



## NEWS RELEASE

Thursday 4<sup>th</sup> November 2004

### NEW STUDY FOR DEPRESSION SUFFERERS

Sydney medical researchers are looking to find out more about TMS – the treatment where strong magnetic fields are used to stimulate the brain via a simple coil held to a patient’s head – for the treatment of depression. TMS (Transcranial Magnetic Stimulation) is non-invasive and is given while a person is fully awake and alert. For some people, it may be an alternative to anti-depressant medication.

Worldwide, studies have reported that TMS reduced depression, auditory hallucinations, obsessions and compulsions in some sufferers.

The Black Dog Institute/ Mood Disorders Unit, located at the Prince of Wales Hospital at Randwick in Sydney, has been a leading centre in research into the benefits and applications of TMS for over seven years. The Institute is now looking to expand their research in this field and is seeking people to participate in a trial of TMS as a treatment for depression.

Treatment will be provided free of charge and in confidence.

Participants need to be over 18 years and suffering from a major depressive episode of less than two years duration. Those interested will also need to be able to attend the Prince of Wales Hospital on weekdays for a period of several weeks as an outpatient to receive treatment.

In screening volunteers for the research, people will be asked to complete the following 10-point self-assessment questionnaire by circling the number to the right of each question that best describes how they have felt during the past month.

0 = represents not at all, 1 = a little, 2 = quite a lot and 3 = extremely

• I am feeling sad and depressed	0	1	2	3
• I am having difficulty sleeping	0	1	2	3
• I have low energy	0	1	2	3
• My appetite has changed	0	1	2	3
• I am experiencing feelings of guilt	0	1	2	3
• I have a loss of interest in work and pleasurable activities	0	1	2	3
• I feel hopeless about the future	0	1	2	3
• I feel tense and anxious	0	1	2	3
• I am having difficulty making decisions	0	1	2	3
• I am having trouble concentrating	0	1	2	3

**Anyone who meets the criteria is encouraged to call: (02) 9382 3720 or email: [TMSandDCS@unsw.edu.au](mailto:TMSandDCS@unsw.edu.au).**