



The Truth About Electroconvulsive Therapy (ECT)



VOCABULARY

- ***Stigma** – a distinguishing mark of social disgrace
- ***Unrelenting Depression** – constant or continuous depression
- ***Electrode** – a small piece of metal or other substance that is used to take an electric current to or from a source of power, a piece of equipment, or a living body
- ***Muscle relaxant** – any drug which relaxes muscles and may be used to treat muscle spasms and muscle pain
- ***Bipolar Disorder** – a mental illness in which a person's state of mind changes between extreme happiness and extreme depression

COMPREHENSION

1. In what year was ECT first used as a medical therapy?
2. What diagnosis are effectively treated with ECT?
3. What are the potential side effects of ECT?
4. Do scientists know exactly how ECT works?

LET'S TALK

1. Do you think it is possible to get a brain damage from ECT?
2. Despite the risks and side effects of ECT, do you think it should still be used to treat mental illnesses?
3. There are a number of medications available for depression and mood disorders. ECT is a more invasive treatment that is used when other treatments fail. What are some other approaches or therapies that could be tried for an individual suffering from depression?