

Sooma Depression Therapy

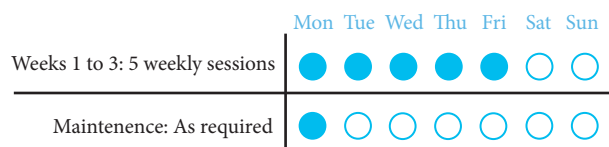
Offer fast, safe and effective depression care!



5 weekly sessions for 3 weeks
30 minutes per session

Sooma Depression Therapy offers a fast, safe and effective means of treating major depression. The therapy utilises transcranial direct current stimulation (tDCS) to modulate brain activity. The goal is to increase excitability of the left dorsolateral prefrontal cortex (DLPFC) and consequently relieve depressive symptoms.

Sooma Depression Therapy uses a low-strength (2mA) direct current which is delivered non-invasively through two electrodes placed on the scalp. Applying the therapy is easy and the patient can also self-administer the therapy at home.



Effective

The effectiveness of tDCS in treating major depression has been shown in multiple placebo-controlled studies, the most recent based on over 240 patients.¹ The results of tDCS treatment were reported as comparable to that of antidepressant pharmaceuticals.² In clinical practice, applying Sooma Depression Therapy for 119 patients (mainly severe MDD) resulted in 66% response and 20% remission rate.³ The Royal College of Psychiatrists released a supportive statement in 2017 on tDCS efficacy in treating major depression.⁴ The evidence-based guideline gave a level B (probable efficacy) recommendation in 2016.⁵

Safe

Sooma Depression Therapy is well tolerated and not associated with serious adverse events. 90% of patients complete the treatment course successfully even if they are required to visit a clinic for every treatment session. A recent tDCS safety review, based on over 40 000 stimulation sessions, concluded that the technique is safe even when used in adolescent or elderly population.⁶ In clinical practice, applying Sooma Depression Therapy to 103 patients for a total of 1477 sessions and over 700 hours of stimulation showed no serious adverse effects.⁷

The Sooma Depression Therapy starter kit includes:

- Sooma tDCS stimulator
- ComfoTrode electrodes
- ComfoCap for bifrontal stimulation
- 60 pairs of ComfoPad stimulation pads
- Mobile Case
- Access to Sooma Software Suite
- Use training and clinical support



Easy to apply

The stimulation is delivered using a Class IIa-medical device: Sooma tDCS™. It features a single control button that is used to start and pause the stimulation. Everything else, including ending a session, is automated for your convenience and to prevent accidental modification of stimulation output. The stimulator unit is portable enabling normal movement or simultaneous rehabilitation during stimulation.



Specifications

Output current	0 - 3 mA direct current, adjustable in increments of 0.1 mA.
Application time	0 - 60 min. Adjustable in increments of 30 sec.
Ramp-Up / Ramp-Down	0.1 mA/s
Placebo mode	Supports double-blind condition with validated sham reliability.

With remote monitoring

Physicians are able to follow the progress of home-based patients during Sooma Depression Therapy via Sooma Software Suite. An application is installed on the patient's mobile phone, which is used to record data about wellbeing and daily mood. The data is synchronised to a cloud which the physician is able to access via an internet browser. Using the data, the physician is able to monitor the treatment progress and make instant changes to the treatment schedule.

References

1. Brunoni A.R., et al. Transcranial direct current stimulation for acute major depressive episodes: meta-analysis of individual patient data. *The British Journal of Psychiatry* (2016) 208, 1–10.
2. Ibid.
3. Sooma – Treatment Outcomes (2017). Available online: <http://soomamedical.com/blog/treatment-outcomes/>
4. The Royal College of Psychiatrists – Position statement CERT04/17 (2017).
5. Lefaucheur J.P., et al. Evidence-based guidelines on the therapeutic use of transcranial direct current stimulation (tDCS). *Clin Neurophysiol.* 2017 Jan;128(1):56-92.
6. Bikson M., et al. Safety of Transcranial Direct Current Stimulation: Evidence Based Update 2016. *Brain Stimul.* 2016 Sep-Oct;9(5):641-61.
7. Sooma – Treatment Outcomes (2017). Available online: <http://soomamedical.com/blog/treatment-outcomes/>

Head caps for all your needs

Our head caps are intuitive to use and always offer just the correct electrode position. You can choose head caps with fixed electrode placement or we can help you build individualised head caps for each one of your patients.

Accessories

ComfoCap	CCS2 CCM2 CCL2	ComfoCap for bifrontal stimulation. Small, Medium, Large
ComfoTrode	CE25	A pair of electrodes.
ComfoPad	CP25	20 pairs of contact media pads for use with ComfoTrode electrodes.
ComfoCap customised placement	CCS0 CCM0 CCL0 TOOL	ComfoCap without fixed electrode positions. Tool for creating electrode positions.

See our product catalogue for more accessories, at www.soomamedical.com.

