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The Effectiveness of TDCS in Combination with HYPNOCBT in the Treatment of Depression

Golkar G* and Gharibzadeh S

Institute for Cognitive and Brain Sciences, Shahid Beheshti University, Tehran, Iran

Dear Editor,

Depression is a common neurological and mental disorder which extremely affects human health and characterised with cognitive, affective, and somatic symptoms [1,2]. There are some features like the presence of sad, empty, or irritable mood in this disorder [3]. The somatic symptoms of depression is; fatigue, sleep disturbances, appetite changes, palpitations, and concomitant organic symptoms (e.g., headache, backache, arthritis) [4]. The global population with depression in 2015 is approximately 4.4% the prevalence of depression in females (5.1%) is more than males (3.6%). “The total number of people living with depression in the world is 322 million” [5]. The person with depression needs primary care settings [4].

We have two models of intervention for depression in generally: pharmacological and non-pharmacological [6].

“Psychotropic drugs were classified into six groups:

Those considered specific for the treatment of depression, i.e., antidepressants in general;

Benzodiazepines;

Hypnotics;

Antipsychotics;

Mood stabilizers;

Medicines used to treat dementia and parkinsonian syndromes (neurotropic drugs)” [7].

Also; we have drugs like the selective serotonin reuptake inhibitors (e.g. sertraline or citalopram), tricyclic antidepressants (e.g. desipramine or amitriptyline), monoamine oxidase inhibitors (e.g. phenelzine), or psychostimulants (e.g. methylphenidate). But just sometimes the pharmacotherapy is benefit for preventing or treating depression. Other interventions include psychological therapies, such as CBT or acceptance and commitment therapy, also behavioural interventions, such as exercise programs. “There are also non-pharmacological medical interventions such as surgeries or physical treatments such as brain stimulation” [6].

Different studies support the hypothesis that irregular functional connectivity within fronto-limbic system basis the pathophysiology of depression. Both structural and functional differences indicated abnormal physiological complexity in Electroencephalographic (EEG) and in Electrocardiographic (ECG) signals in depression. “TDCS is low-intensity modality of Transcranial Electrical Stimulation (TES) which induces very mild sensations in the skin”. The neurophysiological mechanisms of Transcranial Direct Current Stimulation (TDCS) for treating depressive patients are not clear exactly. There is scarce evidence of why this technique can decrease depressive symptoms. But we know its safety and effectiveness. There is a case of hypoactivity of the left dorsolateral prefrontal cortex (DLPFC) that TDCS can help him/her [8].

Less attention has been paid to hypnotherapy/Hypnosis, but the evidence indicates that it has many effective treatment method for anxiety and disorders related to anxiety like depression. Hypnotherapy is scientific knowledge which is known by WHO as a safe way of therapy [9].

Finally; it seems that TDCS can use for depression treatment totally; I suggest that we can use TDCS for increasing the serotonin secretion instead of drug's prescription and so avoid drug side effects. As well as use the “HYPNOCBT” to augment the cognition of patients and change their view of life and hypnosis can speed up the healing process. Surely, it needs to be tested in practice.

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*Correspondence:

Ghazal Golkar, Institute for Cognitive and Brain Sciences, Shahid Beheshti University, Tehran, Iran.

E-mail: golkar.gh@gmail.com

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