

U.S. District Court Middle District of Florida <b>PLAINTIFFS EXHIBIT</b> Exhibit Number: <u>PL. 95</u>
Case Number: <u>8:20-cv-01724</u>
<u>JEFFREY THELEN v. SOMATICS, LLC</u>
Date Identified: _____
Date Admitted: _____

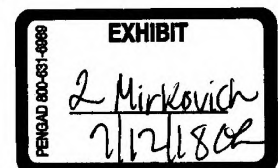
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*Name:	Faith
*Age when you had ECT:	24
*Your gender:	Female
*Country:	United States
State/Province if applicable:	FL
Where was ECT performed (if different than above):	Florida
Number of ECTs, if known:	Unknown
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Lots of medications all at once.
Why was ECT prescribed (symptoms, diagnosis):	Major depression
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	I lost my memory and it did not help the depression except very short term
What negative side effects, if any, did you experience:	Memory loss, Verbal recall of phrases, people, my life memories.



If you felt harmed by ECT; what was the reaction of your doctor to your complaints:

I was told there were no side effects to ECT.

Do you still see the same doctor who administered your ECT:

No, he committed suicide.

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

Absolutely not.

\*In one sentence, sum up your thoughts on your ECT experience:

The biggest medical mistake of my life.

Email (optional):

Squeaks@aol.com

Additional comments/your ECT story:

ECT has affected my longterm and short term memory and cognitive skills. I have suffered from many bouts of depression and been suicidal since. Prior to ECT I had never been depressed and never contemplated suicide. The doctor who gave me ECT has committed suicide. It should be outlawed. I sought counseling and ended up instead permanently changed by medications and ECT.

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*Name:	trent lynn
*Age when you had ECT:	30
*Your gender:	Female
*Country:	Italy
Where was ECT performed (if different than above):	In a private hospital
Number of ECTs, if known:	15
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	ANTI DEPPRESAANTS
Why was ECT prescribed (symptoms, diagnosis):	GRAVE DEPRESSION
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	To forget why I was depressed
What negative side effects, if any, did you experience:	I suffer from epilepsy, I feel stigmatized, I suffer from electrical pollution
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	That I need them

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

I lost my soul

Email (optional):

ibis33@hotmail.com

Additional comments/your ECT story:

I was never told the side effects, it was offered as the only treatment available, it was preformed in a private hospital and cost at the time quite a lot, the doctor told me I needed it once a month. I take no medicines now I'm still depressed but get along with my life, the depression was caused while I was teaching using unorthodox methods like alice in wonderland, no alternative was given to cure me, shocks were given to me like handing out candy, I nearly died in one they couldn't wake me up for two days, my memory pops up at times I do not expect bringing back all, I lost my capacity to speak languages I used to speak five fluently and had to relearn. ect ect ect

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*Name:	Sylvia Caras
*Age when you had ECT:	32
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MA
Where was ECT performed (if different than above):	private facility
Number of ECTs, if known:	don't know
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Involuntary
Treatments/alternatives tried prior to ECT:	long hospitalization, neuroleptics, talk, milieu
Why was ECT prescribed (symptoms, diagnosis):	almost catatonic depression
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	I don't remember much before or after
What negative side effects, if any, did you experience:	memory loss, flat affect, disorientation

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

too depressed to complain

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

I didn't know that what I felt was a result of ect; I thought my prognosis was accurate and that I was deteriorating.

Email (optional):

sylvia@peoplewho.org

Additional comments/your ECT story:

If I'd been offered a choice, I would have done what was recommended. I was too depressed to evaluate options and too desperate for relief. I didn't know memory loss was an effect. When I couldn't remember names I was \*so\* embarrassed; when people knew me and I didn't know who they were, I was disoriented. I had no one to support me because I told no one about these events - I thought I was continuing to lose my mind. And mind was what I valued about myself.

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\*Name: Wendy Funk

\*Age when you had ECT: 32

\*Your gender: Female

\*Country: Canada

State/Province if applicable: BC

Where was ECT performed (if different than above): Medicine Hat, Alberta

Number of ECTs, if known: 43

Type, if known: Bilateral

Treatments/alternatives tried prior to ECT: prozac for 10 days

Why was ECT prescribed (symptoms, diagnosis): original diagnosis was sore throat with fever. After prozac I stopped eating and sleeping.

\*Was your ECT: Coerced

In what ways did ECT help you (short & long term): none

What negative side effects, if any, did you experience: memory loss for Everything prior. Kneecap was removed (and not replaced) due to dislocations resulting from ect. Heart valves are not good causing severely low blood pressure since ect.

If you felt harmed by

ECT, what was the reaction of your doctor to your complaints:      rolling of eyes and laughter

Do you still see the same doctor who administered your ECT:      no

\*Choose one to describe the effects of ECT on you:      Greatly harmful

Would you willingly have ECT again, or recommend it to another:      NO!

\*In one sentence, sum up your thoughts on your ECT experience:      ECT ect is a barbaric, humiliating, and dangerous procedure. It is not a medical treatment - but torture!

Email (optional):      wendyf@telus.net

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\*Name: george ebert

\*Age when you had ECT: 28

\*Your gender: Male

\*Country: United States

State/Province if applicable: NY

Where was ECT performed (if different than above): ohio

Number of ECTs, if known: 15

Type, if known: Bilateral

Voluntary/Involuntary patient at time of ECT: Involuntary

Treatments/alternatives tried prior to ECT: they drugged me first

Why was ECT prescribed (symptoms, diagnosis): they said I was paranoid schizophrenic

\*Was your ECT: Pressured by others

In what ways did ECT help you (short & long term): n/a

What negative side effects, if any, did you experience: instant memory loss, loss of self, loss of hope, fear, confusion

If you felt harmed by

ECT, what was the reaction of your doctor to your complaints:

this is for your own good

Do you still see the same doctor who administered your ECT:

he hid behind a white mask

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

it showed me the extent of man's inhumanity and gave me mission to try to expose and stop it.

Email (optional):

georgeebert@yahoo.com

Additional comments/your ECT story:

contact me

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*Name:	Terry Grimes
*Age when you had ECT:	49 & 50
*Your gender:	Female
*Country:	United States
State/Province if applicable:	VA
Number of ECTs, if known:	16-18
Type, if known:	Unilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Just about all available appropriate pschotropic med, cognitive behavioral and talk therapy, inpatient hospitalization
Why was ECT prescribed (symptoms, diagnosis):	severe depression, suicidal urges, OCD with psychotic features, severe agitation and anxiety
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	I did not experience significant mood change until about 7 treatments. Then my view of life brightened and I was definitely not plagued by suicidal thoughts and urges not tormenting obsessive thinking . I completed a second course about a year later because of similar syptoms
What negative side effects, if any, did you	I really don't remeber any very uncomfortable side effects, certainly

experience: nothing like some of the effects of some meds I've taken. There was some initial confusion. I did not experience headache or severe memory loss due to the ECT. While I have experience memory loss due to dissociative state because of severe anxiety

If you felt harmed by ECT, what was the reaction of your doctor to your complaints: I never felt harmed. I was given a thorough physical exam which included x-rays, an MRI (which was abnormal), a consult with a neurologist, a second confirming consult with another psychiatrist, full explanation of the procedure, a video to review and ample opportunity to think about my decision and have all my questions addressed as well as any concerns

Do you still see the same doctor who administered your ECT: Yes, see about him on my web site [www.EFHM.com](http://www.EFHM.com)

\*Choose one to describe the effects of ECT on you: Greatly beneficial

Would you willingly have ECT again, or recommend it to another: Definitely

\*In one sentence, sum up your thoughts on your ECT experience: It saved my life, and offered an alternative treatment that was not nearly as invasive as I had imagined.

Email (optional): [tgrimes@rbnet.com](mailto:tgrimes@rbnet.com)

Additional comments/your ECT story: I am glad that this treatment is available although I am concerned that due to certain perhaps misguided zealots it may not be considered by persons who could benefit greatly from the relief obtained. I am sorry that it is no longer used in VA state hospitals. I do believe if fully informed that people can make their own decision and should consider both the pluses and minuses, not just somebody's horror story from 20-30 years ago. We should do this with every treatment we consider. We

all know now how dangerous Freudian therapy can be for some of us. I am deathly allergic to GEODON. I look at ECT just as a treatment alternative, certainly no worse than depot haldol for some. As always, we need to be informed mental health consumers and use what we are comfortable with.

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*Name:	peggy
*Age when you had ECT:	43? &55
*Your gender:	Female
*Country:	United States
State/Province if applicable:	SD
Number of ECTs, if known:	26+
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	medication
Why was ECT prescribed (symptoms, diagnosis):	major depression
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	In 80's - helpful, symptoms releived This time disasterous
What negative side effects, if any, did you experience:	Total loss of memory of my past except childhood, documented brain damage
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	Changed doctor after ECT - New one encourages me to sue for damages

Do you still see the same doctor who administered your ECT:	He was never my dr. - He never spoke to me
*Choose one to describe the effects of ECT on you:	Greatly harmful
Would you willingly have ECT again, or recommend it to another:	NO
*In one sentence, sum up your thoughts on your ECT experience:	By the dr's lack of monitoring my cognitive changes, he has taken away the little bit of life I had remaining after my husband's death
Email (optional):	Pegsalt977@cs.com
Additional comments/your ECT story:	I was not seen by my regular psychiatrist while having the ECT on an outpatient basis, nor did the dr. doing them ever speak to me. Now I have no memory of the past 30-40- years of my life, have difficulty reading, have difficulty organizing, and can't find my way anywhere without written directions. I am unable to work as a nurse practitioner anymore. I have been tested extensively by a neuropsychologist and found to have extensive frontal and right sided brain damage. Even though there are many areas of my medical records that fall short of the standards set by the APA, I have run out of money trying to find a doctor willing to say the standards were breached. The dr. couldn't have killed me better if he had put a gun to my head!

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*Name:	Sue Clark
*Age when you had ECT:	17
*Your gender:	Female
*Country:	Canada
State/Province if applicable:	ON
Number of ECTs, if known:	5
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Involuntary
Treatments/alternatives tried prior to ECT:	psychiatric drugs
Why was ECT prescribed (symptoms, diagnosis):	severe depression
*Was your ECT:	Coerced
In what ways did ECT help you (short & long term):	None
What negative side effects, if any, did you experience:	I have a permanent short term memory loss as a result of having these ECTs. I had an 8 hour memory test done at a local Ottawa Hospital whereby it was established by the tests I do have a short term memory disorder. Some of my long term memory has also been affected to some degree.



If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

Just laughed and mocked me

Do you still see the same doctor who administered your ECT:

No

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

No

\*In one sentence, sum up your thoughts on your ECT experience:

My ECT experience has had a negative effect on my life.

Email (optional):

sueciark2001@hotmail.com

Additional comments/your ECT story:

The ECTs were given to me against my will in 1973 at the age of 17. I had 5 ECTs given to me. I was supposed to have more series of the ECTs but it was discontinued as my heart stopped and I was revived on my 5th ECT. I was allergic to one of the medications given to me prior to having ECT.

I feel I was tortured against my will. The permanent damage by the short term memory loss has had a negative effect on my life. I find it difficult to learn anything new. Prior to having ECT, I had an good memory and no learning difficulties.

Many in the medical community are aware of the potential dangers of ECT and refuse to abolish ECT. I want ECT abolished now.

I don't want anyone to go through what I did. It is a crime against humanity. I was tortured in my own country, paid by the Ontario Ministry of Health. It is horrendous.

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*Name:	Emma Pierce
*Age when you had ECT:	24
*Your gender:	Female
*Country:	Australia
Number of ECTs, if known:	4-6?
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Chemo-therapy - Psycho Therapy
Why was ECT prescribed (symptoms, diagnosis):	diagnosed manic depressive
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	Loss of memory - let me in a state of 'unconcern'
What negative side effects, if any, did you experience:	Memory loss had its frightening side in the short term, and in the long term I still have occasions when I suddenly go blank and have to wait several seconds to remember where I am and what I'm doing. And I am now 58 years old.
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	The harm was only temporary, he said, and the long terms benefits were worth the short term 'inconvenience'!

Do you still see the same doctor who administered your ECT:

I do not see any doctor, nor have I taken any medication for some 30 years. I fully recovered by getting away from the medical model. My story has been told in a book published in 1986. The book is called "Ordinary Insanity", the first of 9 books writt

\*Choose one to describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

Never!!!

\*In one sentence, sum up your thoughts on your ECT experience:

One human being taking a shot in the dark at the most sacred organ of another human being, violating human dignity in the process.

Email (optional):

epierce@brokenbay.catholic.org.au

Additional comments/your ECT story:

As I said, my story has been told in "Ordinary Insanity". As a result of my diagnosis, treatment and prognosis, I am now researching/studying to write my doctoral thesis "A Theology of Mental Health". Obviously my discipline is theology ... which has more comprehensive understanding of what it means to be human than any of the human sciences. At least, that has been my experience of recovery from mental illness ... and after some 30 years, I believe I can validly call it 'recovery'.

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\*Name: Grace Heckenberg

\*Age when you had ECT: 17

\*Your gender: Female

\*Country: United States

State/Province if applicable: OR

Where was ECT performed (if different than above): Portland Oregon

Number of ECTs, if known: 6 (I think)

Type, if known: Bilateral

Voluntary/Involuntary patient at time of ECT: Involuntary

Treatments/alternatives tried prior to ECT: neuroleptic drugs

Why was ECT prescribed (symptoms, diagnosis): Ostensibly for "paranoid schizophrenia" but probably more to diminish my memory of sexual contact with psychiatrist who prescribed it

\*Was your ECT: Physical force was used

In what ways did ECT help you (short & long term): Have slight, vague memory of a period of head injury high lasting perhaps two weeks

What negative side effects, if any, did you experience: The amnesia from ECT was TERRIFYING. I thought I was really going insane. Long term, the emotional trauma has led me to have great fear of

doctors and hospitals. And I'm bothered by the gaps in my memory. And it seems pretty clear that I lost some cognitive functioning. I feel very bitter about it.

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

He pretended that he didn't order the ECT and didn't know it was going to be done to me. He called the doctor who did the procedure "The Mad Shocker" and fumed about it being done to me. But the doctor who actually shocked me wrote several times in his notes that he didn't believe it would help me and was only doing it at that doctor's request.

Do you still see the same doctor who administered your ECT:

NO!

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

It was a lesson in my lack of value in this society -- as was my entire experience of psychiatry. Such cruel things would not be done to people who are cared about.

Email (optional):

grace@pcez.com

Additional comments/your ECT story:

My ECT was not only involuntary but surprise ECT: I was told that I needed to spend a week in the hospital for medical tests, but when I arrived there was sent to a psych ward and involuntarily shocked. It's sort of like a little murder: They strap you down, force the rubber dam into your mouth, and then knock you unconscious with electricity to the head. If you weren't really traumatized before the experience, you will be afterwards, and if, like me, you were really traumatized beforehand, you'll need some luck to

survive after that as it will increase your pain and fear. The amnesia was the worst part. They can't really expect people who are so essentially uncared for that they wind up being shocked to have any sort of support in dealing with the memory loss. In my case, forced, surprise ECT was one of the main factors that led me to being sent for warehousing in a state hospital a couple months later.

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*Name:	Liz Carter
*Age when you had ECT:	39
*Your gender:	Female
*Country:	United States
State/Province if applicable:	FL
Number of ECTs, if known:	30
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	All antidepressants, they would work for a while and then stop working, I remained depressed with suicidal ideation.
Why was ECT prescribed (symptoms, diagnosis):	Severe depression, suicide attempt, self harming behavior, lack of care of anything.
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	First time it seemed to help the depression, got me out of the suicidal ideation. Less depression, was able to function. Lasted for about a year and then we had to go through another session which did not help, nor did the third.
What negative side effects, if any, did you experience:	First off was memory problems, which I was led to believe would be temporary. My last ect was in 1997 and



my memory problems have progressively gotten worse. I started having severe daily headaches after my last treatment Dec 1997. Tests were run and nothing could be found. I was started on pain medication which eventually led to addiction

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

He said he could not say the headaches were caused by the ects, but that it had never been documented.

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

NEVER, to both questions

\*In one sentence, sum up your thoughts on your ECT experience:

The most horrible experience in my life.

Email (optional):

bettepod@yahoo.com

Additional comments/your ECT story:

I just wish I could get help. No one can help me and I still have daily headaches, and now that I have been labeled as an "addict" I can receive no medication to ease the pain. I am going through spinal blocks in my neck but they are not completely helpful. I feel they have ruined my life.

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*Name:	Karen
*Age when you had ECT:	31
*Your gender:	Female
*Country:	Australia
State/Province if applicable:	WA
Number of ECTs, if known:	49
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Anti-Depressants
Why was ECT prescribed (symptoms, diagnosis):	Nothing worked
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	none
What negative side effects, if any, did you experience:	huge memory loss, back to childhood
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	ect doesn't cause these problems

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

never

\*In one sentence, sum up your thoughts on your ECT experience:

my life was taken from me, I have little recollection of anything

Email (optional):

karenrichardson@bigpond.com

Additional comments/your ECT story:

Myself and my husband were not informed that the memory loss could ever be anything like I experienced. I knew who my husband and children were, but knew nothing about them or us. I have lost all the years of the kids growing up, meeting my husband, getting married etc... We renewed our wedding vows 3 years ago because I didn't remember the wedding. I lost my career as a registered nurse, I can no longer work. I can only drive a car in the area where I live because I get so lost. I have found a new life with Jesus as my guide, my true Saviour, who set me free from the depression as no other Dr or the ECT could!!! This treatment should be totally banned, it destroys so much

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*Name:	Katey
*Age when you had ECT:	23
*Your gender:	Female
*Country:	United States
State/Province if applicable:	WI
Number of ECTs, if known:	5
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	over 25 times in psych wards
Why was ECT prescribed (symptoms, diagnosis):	suicidal, cutter, eating disorder, depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	I seem to be a little less depressed
What negative side effects, if any, did you experience:	I had a 15 minute seizure. They had trouble getting me out. I was in ICU for 2 days. I lost almost all memory.
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	they think it was at least worth a shot and I would have gotten worse if it was not done so it was ok.

Do you still see the same doctor who administered your ECT:

hell no!

\*Choose one to describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

would recommend it to another but I would not do it again

\*In one sentence, sum up your thoughts on your ECT experience:

it may have helped to get rid of some of the depression but it also caused some more cause of the severe memory loss.

Email (optional):

KTanAngel@aol.com

Additional comments/your ECT story:

I only had 5 shocks cause on my 5th I had a 15 minuter seizure. I was in ICU for 2 days. I mentally missed my mom's 50th birthday. I have lost my best feature (my memory) Hopefully I will get it back.

Thinking about suing the doctor. He did the ECT when my body was not in the condition to handle it. I had low electrolytes from my eating disorders.

My best friend had ECT so I knew what to expect but i did not expect to almost lose my life. But because of this I saw how my family would have been affected and I dont want to die and put them throught that. God used this horrible experiance and made good come out of it

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\*Name: Zetron

\*Age when you had ECT: 20 to 27

\*Your gender: Male

\*Country: United States

State/Province if applicable: IN

Where was ECT performed (if different than above): same

Number of ECTs, if known: 140

Type, if known: Bilateral

Voluntary/Involuntary patient at time of ECT: Not sure

Treatments/alternatives tried prior to ECT: Psychotherapy, every antidepressant available

Why was ECT prescribed (symptoms, diagnosis): endogenous depression with suicidal ideation

\*Was your ECT: Pressured by others

In what ways did ECT help you (short & long term): It saved my life.

What negative side effects, if any, did you experience: Memory loss from 1962 to 1976, at various levels.

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

ECT is safe.

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

Only to save my life.

\*In one sentence, sum up your thoughts on your ECT experience:

The most horrible thing that CAN EVER happen to me.

Additional comments/your ECT story:

When the time came my name was called. I was required to defecate and urinate, I removed my belt, everything in my pockets and my shoes. In those last horrifying minutes before the doctor came I would say an act of contrition to God over and over again (once they caught me kneeling and doing this). During the treatment I was held down by the doctor, who worked alone behind a LOCKED door. From what I would hear and smell of the others treated before me I was able to figure out what was going on. I could hear the patient convulsing and then the deep gasps for air, then the smell of flatus. After the treatment I was able to walk out of the office on my own with some difficulty. It usually took a whole day in bed to recover. The headache was intense and many times I had a bitten tongue. A pschologist told me in 1995 that I had been tortured. I feel there is noone who I can relate with except maybe a Holocaust survivor!!!!

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*Name:	lexie
*Age when you had ECT:	50
*Your gender:	Female
*Country:	United States
Number of ECTs, if known:	67
Type, if known:	Mixed
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	medication, therapy, hospitalization
Why was ECT prescribed (symptoms, diagnosis):	depression, self mutilation, borderline personality
*Was your ECT:	Coerced
In what ways did ECT help you (short & long term):	eased depression for 7-10 days at a time
What negative side effects, if any, did you experience:	memory loss, headaches, muscle aches
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	changed current and increased frequency of treatments
Do you still see the same doctor who administered your ECT:	yes



\*Choose one to describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

yes

\*In one sentence, sum up your thoughts on your ECT experience:

somewhat helpful but not completely helpful

Additional comments/your ECT story:

still in treatment. still attempted suicide during maintenance phase of treatment

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*Name:	kate
*Age when you had ECT:	18
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MO
Where was ECT performed (if different than above):	St. Louis, MO
Number of ECTs, if known:	7
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	a vast array of medications, including zyprexa, many anti-depressants and antipsychotics.
Why was ECT prescribed (symptoms, diagnosis):	"major depression". this diagnosis was modified after i began to display symptoms of mania, roughly six weeks after i withdrew from ECT treatments.
*Was your ECT:	Coerced
In what ways did ECT help you (short & long term):	it didn't. except that i didn't know what was going on around me for days and days, so i therefore didn't care.
What negative side effects, if any, did you experience:	vomiting, headaches (chronic migraines, onset roughly 2 months after discontinuation of ECT),

disordered thinking symptomatic of ADD, nervousness, paranoia.

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

my doctor was reasonable about agreeing that ECT had done nothing to help me, and that i never was symptomatic of bipolar disorder or psychosis/mania until i had ECT.

Do you still see the same doctor who administered your ECT:

i occasionally see a psychiatrist in the same practice.

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

NO!

\*In one sentence, sum up your thoughts on your ECT experience:

i would have been better off seeking no psychiatric treatment in lieu of pursuing psychiatric treatment which rendered me sicker than i previously was.

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<b>*Name:</b>	eliza
<b>*Age when you had ECT:</b>	24, 28, 30
<b>*Your gender:</b>	Female
<b>*Country:</b>	United States
<b>State/Province if applicable:</b>	MA
<b>Number of ECTs, if known:</b>	20
<b>Type, if known:</b>	Mixed
<b>Voluntary/Involuntary patient at time of ECT:</b>	Voluntary
<b>Treatments/alternatives tried prior to ECT:</b>	every medication under the sun
<b>Why was ECT prescribed (symptoms, diagnosis):</b>	severe depressions, suicide attempts and ideation
<b>*Was your ECT:</b>	Pressured by others
<b>In what ways did ECT help you (short &amp; long term):</b>	very brief periods of relief
<b>What negative side effects, if any, did you experience:</b>	severe retroactive amnesia/long term memory loss and confusion
<b>If you felt harmed by ECT, what was the reaction of your doctor to your complaints:</b>	"This is temporary; you'll feel just fine."

Do you still see the same doctor who administered your ECT:

NO!

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

No!

\*In one sentence, sum up your thoughts on your ECT experience:

ECT provided very little relief and many terrible side effects.

Additional comments/your ECT story:

I am not sure why I have made the decisions I have made. I was very sick, suicidally depressed and unable to see or understand the side effects of this barbaric treatment. The confusion and memory loss was so bad. To this day I have a very hard time with recall and other cognitive abilities. I wish I never had ECT.

I ask this question. Why would we treat an individual who suffers from epilepsy with anti-convulsant medication while at the same time treating an individual with depression with seizures?

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*Name:	Michele
*Age when you had ECT:	18 & 22
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MI
Where was ECT performed (if different than above):	Missouri
Number of ECTs, if known:	Over 40
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Psychotherapy, Drug Therapy
Why was ECT prescribed (symptoms, diagnosis):	Severe Major Depression, auditory hallucinations
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	Very short-term relief of depression
What negative side effects, if any, did you experience:	Scared me so much I decided I would deny symptoms after the ECTs were through. Had complete loss of memory for the entire year of 1995 in which over 30 of my ECTs were given.

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

He denied that ECTs would cause long-term memory loss or brain damage.

Do you still see the same doctor who administered your ECT:

No way!

\*Choose one to describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

No

\*In one sentence, sum up your thoughts on your ECT experience:

Having the ECTs was traumatizing every time I went and left me with no memory. Although it has some short term help of my depression, it was eventually discovered that my illness was dissociation -- which is not helped in the least by ECTs.

Email (optional):

DeafBornert@aol.com

Additional comments/your ECT story:

I had 9 ECTs at the age of 18 and over 30 more in 1995. I was finally diagnosed correctly with multiple personality disorder in 2001 and it was determined that the reason the ECTs didn't work was because my illness isn't the type to be helped by them. I got them for nothing.

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\*Name: Rick

\*Age when you had ECT: 23

\*Your gender: Male

\*Country: United States

State/Province if applicable: SC

Where was ECT performed (if different than above): NJ

Number of ECTs, if known: 7

Type, if known: Not sure

Voluntary/Involuntary patient at time of ECT: Voluntary

Treatments/alternatives tried prior to ECT: some therapy

Why was ECT prescribed (symptoms, diagnosis): depression

\*Was your ECT: Completely my choice

In what ways did ECT help you (short & long term): It left me confused and disoriented in short term. Did not help in long term.

What negative side effects, if any, did you experience: difficulty in concentration. Memory loss.

If you felt harmed by



ECT, what was the reaction of your doctor to your complaints:

Was too confused to complain.

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

I have permanent brain damage from this "treatment".

Additional comments/your ECT story:

If it weren't so serious it would be funny. I can't believe they get away with this sham.

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*Name:	Sara
*Age when you had ECT:	13 and 14
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MN
Where was ECT performed (if different than above):	Minnesota
Number of ECTs, if known:	15 unilateral, and a few months later 8 bilateral
Type, if known:	Mixed
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Several antidepressants, and a few anti-psychotics, Several inpatient, and partial hospitalizations, talk therapy
Why was ECT prescribed (symptoms, diagnosis):	Severe depression, suicidal thoughts and attempts, self injury
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	Almost immediately became less depressed and suicidal, became much more hopeful about future
What negative side effects, if any, did you experience:	Temporary short term memory loss and disorientation, very tired after treatments, headaches

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

n/a

Do you still see the same doctor who administered your ECT:

I see the dr who prescribed it, but not the one who administered it

\*Choose one to describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

Yes, as long as they fully understood the possible risks and benefits, I would definetly be willing to have it again

\*In one sentence, sum up your thoughts on your ECT experience:

It kept me alive and gave me the best 3 months of my life, but the effects didn't last as long as hoped for

Email (optional):

Saire33@hotmail.com

Additional comments/your ECT story:

Without ECT I highly doubt I'd still be alive. And I don't regret having it at all. However the effects only lasted approximately 6 months after the first round (15 unilateral). So I went through another round (8 bilateral) which only lasted about 3 months. Because the effects weren't long lasting and because I'm younger than the majority of people who they treat with ECT (I'm now 15 years old) they have refused to use it on me again, even though it's the only thing that's helped me. My parents and I are still hoping to find a doctor who will agree to do maintenance ECT

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*Name:	t. b.
*Age when you had ECT:	16
*Your gender:	Male
*Country:	United States
State/Province if applicable:	NY
Number of ECTs, if known:	12-18
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Not sure
Treatments/alternatives tried prior to ECT:	psychotherapy
Why was ECT prescribed (symptoms, diagnosis):	depression
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	some short term,immediate relief
What negative side effects, if any, did you experience:	extreme amnesia,numbness,learning disabilities,antereograde amnesia
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	sign of my

Do you still see the same doctor who administered your ECT:

nope

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

absolutely not

\*In one sentence, sum up your thoughts on your ECT experience:

ECT is a criminal ,money generating scam that has destroyed countless people and their loved ones,and is proof that psychiatric stigma is alive and well.

Email (optional):

sonnar35@aol.com

Additional comments/your ECT story:

I have to reteach myself the same things over and over, no matter how simple. I have had some success with a career, but the short-term and long term memory problems have made it quite an ordeal. Despite an above normal IQ, I cannot do simple things (like count backwards or remember sequences) I still suffer from Post Traumatic Stress Syndrome from the ordeal of not being warned of amnesia while being thrust back into high school. I was sent to a "snake pit" era State Institution with the the "knowledge" that I was "incurable " . I thought I was crazy because nobody believed my amnesia. I think that short of an outright ban, there should be post-shock rehab similar to what Brain Injury victims receive. No where else in the annals of Medicine is amnesia taken so lightly, due mostly I feel from the ongoing discrimination from psychiatric labels. In addition, there needs to be studies done on the psychological impact of induced amnesia and a subsequent therapy protocol.

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<b>*Name:</b>	Trado
<b>*Age when you had ECT:</b>	32/33
<b>*Your gender:</b>	Male
<b>*Country:</b>	United States
<b>State/Province if applicable:</b>	MN
<b>Number of ECTs, if known:</b>	45
<b>Type, if known:</b>	Mixed
<b>Voluntary/Involuntary patient at time of ECT:</b>	Voluntary
<b>Treatments/alternatives tried prior to ECT:</b>	6 different meds, hospitalization
<b>Why was ECT prescribed (symptoms, diagnosis):</b>	severe depression
<b>*Was your ECT:</b>	Pressured by others
<b>In what ways did ECT help you (short &amp; long term):</b>	got me out of depression temporarily
<b>What negative side effects, if any, did you experience:</b>	memory loss, huge memory loss.
<b>If you felt harmed by ECT, what was the reaction of your doctor to your complaints:</b>	nessary side effects to accomplish depression treatment

Do you still see the  
same doctor who  
administered your ECT:      yes

\*Choose one to  
describe the effects of  
ECT on you:      Somewhat beneficial

Would you willingly  
have ECT again, or  
recommend it to  
another:      depends on situation most likely yes

\*In one sentence, sum  
up your thoughts on  
your ECT experience:      is saved my life but hard to live with  
after affects

Email (optional):      muddlo@yahoo.com

Additional  
comments/your ECT  
story:      it was nessary but has made my life  
harder to live because of memory  
proplems. I would only use this  
treatment as a last resort which was  
my case

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<b>*Name:</b>	JoRob
<b>*Age when you had ECT:</b>	35-44
<b>*Your gender:</b>	Female
<b>*Country:</b>	United States
<b>State/Province if applicable:</b>	OH
<b>Where was ECT performed (if different than above):</b>	Toledo, Ohio and Ann Arbor, Michigan
<b>Number of ECTs, if known:</b>	four series-4-12 each series
<b>Type, if known:</b>	Unilateral
<b>Voluntary/Involuntary patient at time of ECT:</b>	Voluntary
<b>Treatments/alternatives tried prior to ECT:</b>	every antidepressant medications legal in US and one from Canada, also psychotherapy
<b>Why was ECT prescribed (symptoms, diagnosis):</b>	severe depression, medication resistant
<b>*Was your ECT:</b>	Completely my choice
<b>In what ways did ECT help you (short &amp; long term):</b>	improved mood and function for months to one year
<b>What negative side effects, if any, did you experience:</b>	memory loss, concentration and overall cognitive function deficits

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

understanding but tended to believe problems were from depression not ect

Do you still see the same doctor who administered your ECT:

yes

\*Choose one to describe the effects of ECT on you:

Greatly beneficial

Would you willingly have ECT again, or recommend it to another:

willingly, yes, but with strong reservations

\*In one sentence, sum up your thoughts on your ECT experience:

I absolutely hate ect, but at four different times in my life, when death seemed preferable to life, ect brought me back when nothing else did.

Additional comments/your ECT story:

I have struggled with depression for twenty years. I have been on every antidepressant medication that exists. I have had four separate series of ect, the first about ten years ago and the most recent one year ago. I hate ect, despise it. I feel somewhat like I imagine a cancer patient must feel about chemotherapy. But ect brought me back from the abyss. I experienced memory loss, difficulty concentrating, and other cognitive problems. I still have these problems to some extent. All I know is that now when I wake up in the morning I usually want to get up, and not want to die. I refused to have 'maintenance ect'.

I am blessed to have a wonderful doctor. She is a caring, compassionate, knowledgeable healer. I would, and have, trusted her with my life.

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<b>*Name:</b>	Jack Hunt
<b>*Age when you had ECT:</b>	20
<b>*Your gender:</b>	Male
<b>*Country:</b>	New Zealand
<b>Number of ECTs, if known:</b>	16
<b>Type, if known:</b>	Bilateral
<b>Voluntary/Involuntary patient at time of ECT:</b>	Involuntary
<b>Treatments/alternatives tried prior to ECT:</b>	Medications
<b>Why was ECT prescribed (symptoms, diagnosis):</b>	Psychosis
<b>*Was your ECT:</b>	Pressured by others
<b>In what ways did ECT help you (short &amp; long term):</b>	It did not help me
<b>What negative side effects, if any, did you experience:</b>	Painful headaches
<b>If you felt harmed by ECT, what was the reaction of your doctor to your complaints:</b>	Indifference
<b>Do you still see the same doctor who administered your ECT:</b>	No

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

Never

\*In one sentence, sum up your thoughts on your ECT experience:

An adventure of medical experimentation.

Additional comments/your ECT story:

This was performed at Lake Alice Hospital Marton New Zealand where many patients were physically sexually abused and tortured.

Former Patients are invited to write a short letter of complaint regarding their treatment at Lake Alice irrespective of years between 1960 to 1980 making this available for the

Lake Alice Hospital  
"Patients Action Group"  
POB 563 Bondi Junction NSW 1355.

These letters will be collected collated and decimated to certain media groups including selected newspapers, television non government organisations and the United Nations.

The objective being to bring pressure to bear so that fair and reasonable compensation be paid to all survivors of this abuse of ethical medical practice.

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*Name:	ELLARAY
*Age when you had ECT:	BTWN 18-44
*Your gender:	Female
*Country:	Zimbabwe
Number of ECTs, if known:	40+
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	DRUG THERAPY,PYSCHOTHERAPY
Why was ECT prescribed (symptoms, diagnosis):	SEVERE DEPRESSION/SUICIDE ATTEMPTS
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	I HAVEN'T OVERDOSED FOR SOME TIME NOW AND THE SUICIDAL FEELINGS ARE NOT AS CONSTANT, I'M MORE FUNCTIONAL THEN I WAS WHEN I COMMENCED TREATMENT
What negative side effects, if any, did you experience:	LOSE OF MEMORY,CONFUSION, DE JAVU,MUSCULAR PAIN,HEADACHES
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	DOCTOR IS SUPPORTIVE OF MY DESCISION TO TRY AND DO WITHOUT ECT
Do you still see the	

same doctor who administered your ECT:

YES

\*Choose one to describe the effects of ECT on you:

Greatly beneficial

Would you willingly have ECT again, or recommend it to another:

YES

\*In one sentence, sum up your thoughts on your ECT experience:

ONLY FOR USE IN DESPERATE SITUATIONS.

Additional comments/your ECT story:

I MAY HAVE TO TRY GOING ON A MAINTENANCE DOSE, HIGHEST INCENTIVE FOR AVOIDING TREATMENT AT THE MOMENT IS MY HOPE OF CHANGING MY EMPLOYMENT IN THE NEAR FUTURE.

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\*Name: Jacqui

\*Age when you had ECT: 38

\*Your gender: Female

\*Country: United States

State/Province if applicable: IA

Number of ECTs, if known: 7

Type, if known: Not sure

Voluntary/Involuntary patient at time of ECT: Involuntary

Treatments/alternatives tried prior to ECT: Prozac, Zoloft

Why was ECT prescribed (symptoms, diagnosis): Psychotic Episode

\*Was your ECT: Physical force was used

In what ways did ECT help you (short & long term): It didn't, depression returned.

What negative side effects, if any, did you experience: Headaches, Severe Memory Loss.

Do you still see the same doctor who administered your ECT: No

\*Choose one to

describe the effects of ECT on you:

Greatly harmful .

Would you willingly have ECT again, or recommend it to another:

No.

\*In one sentence, sum up your thoughts on your ECT experience:

Just a moneymaking scheme, very harmful.

Email (optional):

chmibauer@hotmail.com

Additional comments/your ECT story:

I have severe memory loss, I didn't even remember September 11, until my son told me about it.

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*Name:	Pat W.
*Age when you had ECT:	40
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MD
Where was ECT performed (if different than above):	Shephard Pratt, Baltimore Md
Number of ECTs, if known:	12
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	everything I could do I did
Why was ECT prescribed (symptoms, diagnosis):	treatment resistant depression, OCD, panic, anxiety
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	it helped for one year and I started to decline again
What negative side effects, if any, did you experience:	lost words, memory, concentration
Do you still see the	

same doctor who administered your ECT: no done at a different hospital

\*Choose one to describe the effects of ECT on you: Somewhat beneficial

Would you willingly have ECT again, or recommend it to another: Yes, if I get as bad as I was before. I would recommend it but it does not work the same on every person, I was lucky

\*In one sentence, sum up your thoughts on your ECT experience: I cannot remember much, a little here and there. I did not like the IV everytime, otherwise I'd do it right now without hesitation

Email (optional): kayak@friend.ly.net

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*Name:	Brit
*Age when you had ECT:	21 to 22
*Your gender:	Female
*Country:	United States
State/Province if applicable:	WI
Number of ECTs, if known:	I think like 12 or so
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	I tried *MOST anti-depressants, and when they didn't work, they put me on anti-psychotics with the AD's. They didn't work either. I was hospitalized 8 times and put in a mental institution all after being found cutting on myself.
Why was ECT prescribed (symptoms, diagnosis):	Major depression, PTSD, OCD, Suicidal ideation
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	I am still sad, but I know the difference between sad and depressed now. I feel more in control of my feelings.
What negative side effects, if any, did you experience:	I had/still have a little problem with my short term memory. And even a tinier bit with my long term. I hate forgetting peoples names that i haven't seen in a long time, something I have never had

a problem with before.

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

Last time I was to have a treatment, I freaked out on the table right before, and the doctor was completely supportive that I didn't want it even though the nurses thought I was just being stupid. He had to tell them to take out my IV and let me go.

Do you still see the same doctor who administered your ECT:

I see the doctor who helped me into ECT, not the Dr. that gave the treatments to me.

\*Choose one to describe the effects of ECT on you:

Greatly beneficial

Would you willingly have ECT again, or recommend it to another:

Yes, I would. Others I would try to inform them of the bad sides as well as the good to the best of my ability.

\*In one sentence, sum up your thoughts on your ECT experience:

If/When my depression comes back, I would have it again.

Email (optional):

crzybtch2@yahoo.com

Additional comments/your ECT story:

I had a series when I was 21. I felt great afterwards, but slowly the depression started creeping back in. That led to another series at 22, and with the possibility of "maintenance ECT". I am still 22 at this point, and I am still waiting for my depression to come back again before I get more interested in getting a treatment once a month. I will get one once a week for a month or so, then the once a month for an undetermined period. I don't know why I freaked out. Some people might think something inside of me was telling me something, but I think I just want support. Depression is a hard thing for me to deal with. I have battled with it since I was 12ish. I do have more of a story.... but I don't wanna bore you more. Sorry for this being SOOOO long. Email me if you wanna talk.

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*Name:	Angie	
*Age when you had ECT:	37	
*Your gender:	Female	
*Country:	Australia	
Where was ECT performed (if different than above):	Calvary Hospital Canberra	
Number of ECTs, if known:	15	
Type, if known:	Not sure	
Voluntary/Involuntary patient at time of ECT:	Voluntary	
Treatments/alternatives tried prior to ECT:	Prozac, Dothiepen, Cipramil, Exffor, many others	
Why was ECT prescribed (symptoms, diagnosis):	Post Tramatic Stress	
*Was your ECT:	Pressured by others	
In what ways did ECT help you (short & long term):	It didn't help, only made it worse by loosing my memory	
What negative side effects, if any, did you experience:	Memory loss and confusion	
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	Totally ingored my questions about it, treats me like I know nothin..	

Do you still see the same doctor who administered your ECT:

Yes

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

No never

\*In one sentence, sum up your thoughts on your ECT experience:

Disgusting, I wouldnt wish it to my worst enemy

Email (optional):

snookie@bigpond.net.au

Additional comments/your ECT story:

It has distroyed my life, I can't remember anything anymore... I can't even work....

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\*Name: Maria

\*Age when you had ECT: 20

\*Your gender: Female

\*Country: United Kingdom

Type, if known: Not sure

Voluntary/Involuntary patient at time of ECT: Involuntary

Treatments/alternatives tried prior to ECT: psychotherapy, antipsychotics, antidepressants

Why was ECT prescribed (symptoms, diagnosis): psychotic depression, borderline personality disorder

\*Was your ECT: Pressured by others

In what ways did ECT help you (short & long term): lifted my depression initially

What negative side effects, if any, did you experience: memory loss, 'zombie' feeling - even now

If you felt harmed by ECT, what was the reaction of your doctor to your complaints: laughter

Do you still see the same doctor who administered your ECT: yes

\*Choose one to describe the effects of: Somewhat beneficial



ECT on you:

Would you willingly have ECT again, or recommend it to another:

NO

\*In one sentence, sum up your thoughts on your ECT experience:

Helpful initailly, but has taken away many memories. Still feel like a zombie even today in many ways

Additional comments/your ECT story:

I was taken into hospital against my will and told that if I didn't agree to 'treatment', then a court order would be obtained and I wouldn't have a choice. I agreed. Although I think it helped me initially, I'm left now with memory loss and often feel displaced from my feelings, surroundings, life and emotions. I don't know if this is a result of having had ect, I just feel my emotions have been dampened down, numbed. I'm sure it has been helpful for many people and perhaps even saved lives with an immeadiate threat of suicide for example. I think for myself though, the long term effects have outweighed the short term effects. I believe, for me anyway, it's caused more harm then good.

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*Name:	Lisa
*Age when you had ECT:	33
*Your gender:	Female
*Country:	United States
State/Province if applicable:	GA
Number of ECTs, if known:	11
Type, if known:	Unilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Prozac, Welbutrin, Effexor, Celexa
Why was ECT prescribed (symptoms, diagnosis):	Major Depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	Short Term it relieved the depression. No more feelings of guilt for being alive and am not crying all the time.
What negative side effects, if any, did you experience:	Extreme confusion, major memory loss-continued, headaches, not able to cry, panic attacks,
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	"it will clear up with time" and basic ignoring of my concerns

Do you still see the same doctor who administered your ECT:

NO!!!!!!

\*Choose one to describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

NO!!!!

\*In one sentence, sum up your thoughts on your ECT experience:

While it did accomplish what was intended, I wish I had NEVER done that to my brain.

Email (optional):

lisa1bug@aol.com

Additional comments/your ECT story:

I don't know how many were planned and I can't imagine what my personality would be like with any more than the 11 I endured. It has been 3 weeks since my last treatment. I still get lost in the grocery store, I can't remember people, locations, directions or instructions. I wish I would have had a second opinion and thought a little longer about what I was doing to my brain but at the time I was really in no condition to be making decisions about myself. In the long run, my husband feels there are positives that I do not acknowledge because he sees a big positive change in not being depressed. He doesn't feel or understand the frustration that goes with the confusion, the memory loss, the inability to think! So to him, it was all worth it. To me it wasn't.

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*Name:	Horizon
*Age when you had ECT:	19
*Your gender:	Female
*Country:	Turkey
Number of ECTs, if known:	6
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Psychotherapy, anti-depressants
Why was ECT prescribed (symptoms, diagnosis):	Major depression, suicidal ideation
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	It didn't help me at all, i even got "more" suicidal afterwards.
What negative side effects, if any, did you experience:	Mild memory loss: I still can't remember things like books I read and things I did before the treatment. I have difficulty concentrating too.
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	I didn't complain...
Do you still see the same doctor who	No

administered your ECT:

\*Choose one to describe the effects of ECT on you:

Neither beneficial nor harmful

Would you willingly have ECT again, or recommend it to another:

I don't know... maybe i would.

\*In one sentence, sum up your thoughts on your ECT experience:

I still don't understand why it hasn't done anything for me.

Email (optional):

horizontina@thefragile.com

Additional comments/your ECT story:

I am now 21 years old and still having therapy and medication. Nothing seems to work, i don't know what to do anymore.

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*Name:	Cindy
*Age when you had ECT:	39
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MN
Number of ECTs, if known:	10+
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Involuntary
Treatments/alternatives tried prior to ECT:	drugs, psychotherapy (i think)
Why was ECT prescribed (symptoms, diagnosis):	dr told husband that this was the last resort
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	helped me out of serious depression. doctor thought it was my only chance left
What negative side effects, if any, did you experience:	short term memory loss, confusion, long term memory loss, inability to concentrate
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	he said it was a side effect of the treatment

Do you still see the  
same doctor who  
administered your ECT:

sort of

\*Choose one to  
describe the effects of  
ECT on you:

Somewhat harmful

Would you willingly  
have ECT again, or  
recommend it to  
another:

not sure

\*In one sentence, sum  
up your thoughts on  
your ECT experience:

it saved my life - but now i have half  
memories of that life .

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<b>*Name:</b>	Thomas
<b>*Age when you had ECT:</b>	52
<b>*Your gender:</b>	Male
<b>*Country:</b>	United States
<b>State/Province if applicable:</b>	IL
<b>Number of ECTs, if known:</b>	5
<b>Type, if known:</b>	Bilateral
<b>Voluntary/Involuntary patient at time of ECT:</b>	Voluntary
<b>Treatments/alternatives tried prior to ECT:</b>	Zoloft, Paxil, Serzone, Effexor, Valium, and many hours of therapy with several therapists
<b>Why was ECT prescribed (symptoms, diagnosis):</b>	Major Depression
<b>*Was your ECT:</b>	Completely my choice
<b>In what ways did ECT help you (short &amp; long term):</b>	No help at all
<b>What negative side effects, if any, did you experience:</b>	Significant memory loss Significant memory impairment
<b>If you felt harmed by ECT, what was the reaction of your doctor to your complaints:</b>	Suggested to allow time for memory to recover



Do you still see the same doctor who administered your ECT:

· Yes

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

NO and NO

\*In one sentence, sum up your thoughts on your ECT experience:

Biggest disappointment of my life

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\*Name: G. Christiane Starks

\*Age when you had ECT: 24

\*Your gender: Female

\*Country: United States

State/Province if applicable: NH

Where was ECT performed (if different than above): Beth Israel Hospital, Boston, MA

Number of ECTs, if known: 6

Type, if known: Bilateral

Voluntary/Involuntary patient at time of ECT: Voluntary

Treatments/alternatives tried prior to ECT: Antidepressants

Why was ECT prescribed (symptoms, diagnosis): Severe depression

\*Was your ECT: Pressured by others

In what ways did ECT help you (short & long term): ECT relieved my depression for one whole WEEK

What negative side effects, if any, did you experience: Permanent memory loss; confusion; inability to concentrate

If you felt harmed by

ECT, what was the reaction of your doctor to your complaints:

The side effects will go away 'soon'.

Do you still see the same doctor who administered your ECT:

No

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

NO

\*In one sentence, sum up your thoughts on your ECT experience:

ECT erased most of my college degree, my memory of high school and college friends, and has left me with day-to-day memory loss and the inability to concentrate.

Email (optional):

gcstarks@attbi.com

Additional comments/your ECT story:

Before ECT, one of my goals was to return to B.U. for a Master's Degree. I became severely depressed. After I was quite desperate, I agreed to ECT. After 6 treatments my brains felt so 'scrambled'. The doctors assured me that this feeling would be temporary. I refused further treatments and was sent home. At home I was generally 'confused'. My attention span was short, and my memory was poor. Today is 8 years later. I have been in touch with persons who claim to have been good friends with me at one time - but I don't remember them. I will never work as an Engineer again. I have a Boston University diploma - class of 1991 - that is on paper only. When I am asked to describe my experience, my state of mind, this is what I tell people:  
Take a brand new jigsaw puzzle, shake the box vigorously to thoroughly mix all of the pieces, then remove a random hand full of pieces and throw them away. Now try to put the puzzle back together.

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*Name:	pam
*Age when you had ECT:	14-18
*Your gender:	Female
*Country:	United States
State/Province if applicable:	CA
Number of ECTs, if known:	60
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	this was done in a state hospital in the 1950's
Why was ECT prescribed (symptoms, diagnosis):	to control behavior in
*Was your ECT:	Physical force was used
In what ways did ECT help you (short & long term):	none as i was not really
What negative side effects, if any, did you experience:	loss of most childhood memories and continued difficulty with concentration and retention
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	they didn't care, we were kids under their complete control

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

Never/No unless it was a life or death situation for someone so gravely mentally ill taht it was truely a last resort attempt to restore them to a functioning level

\*In one sentence, sum up your thoughts on your ECT experience:

it was inhumane and given without regard for my overall well being and used as a punishment and a control over emotionally disturbed kids who were not

Email (optional):

itspk@aol.com

Additional comments/your ECT story:

I am 58 year old woman and am just now begining to be able to speak openly about my experiences 45 years ago in a state mental hospital. My first series of 20 ECT was given when i was only 14, and in many ways i was arrested there in time and my "essence" my way of being in the world is still 14. There is not enough room here for me to tell you how this has affected my life. If anyone is interested, email me .

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*Name:	bhagel
*Age when you had ECT:	48, 50
*Your gender:	Female
*Country:	United States
State/Province if applicable:	CT
Where was ECT performed (if different than above):	New Haven, Bridgeport CT
Number of ECTs, if known:	28 total
Type, if known:	Mixed
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	many hospitalizations, almost every antidepressant available
Why was ECT prescribed (symptoms, diagnosis):	suicidal depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	I have severe memory loss--i don't remember any of my oldest daughter's accomplishments during her senior year, etc., short term confusion was very difficult to deal with--i've had them twice and still can't get over the initial confusion and how rottenly that affects my life

What negative side effects, if any, did you experience:

confusion, memory loss, difficulty in speaking

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

he continues to believe that the ects are what

Do you still see the same doctor who administered your ECT:

different doctor from my usual administered my ects, so no

\*Choose one to describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

don't know

\*In one sentence, sum up your thoughts on your ECT experience:

My feelings about ect are ambivalent.

Additional comments/your ECT story:

The memory loss i have experienced has been devastating. However, after the second series last December, i experienced the feeling of pure happiness for the first time in my adult life. was it the ects or the combination of three different antidepressants? I don't know. I do know that i am feeling derpressed again and my doctor has once again recommended ects because the "bring me back."

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*Name:	Josephine
*Age when you had ECT:	35 and 51
*Your gender:	Female
*Country:	United States
State/Province if applicable:	CA
Number of ECTs, if known:	12 and 17
Type, if known:	Mixed
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	numerous meds, psychotherapy
Why was ECT prescribed (symptoms, diagnosis):	suicidality' double refractory depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	I'm still alive
What negative side effects, if any, did you experience:	severe present, short & long term memory impairments and cognitive deficits
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	initially claimed my cognitive deficits and memory impairments were due to dissociation

Do you still see the same doctor who administered your ECT:

yes

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

It might have been more beneficial to just be in hospital protected environment to prevent suicide.

Email (optional):

mjy688@cs.com

Additional comments/your ECT story:

I have such severy memory and cognitive impairments I am unable to perform my chosen profession and fear that I may never be able to resume that work. The ECT did not help my basic depression, it just dealt w/immediate crisis probably by making me so out of it I couldn't have committed suicide for about 1 month. Then suicidality and severe depression returned and has stayed. I had forgotten that ECT did not work for me during my round in 1985 or was just so suicidal I was convinced/pressured to do it again in 2001. I should have never done it again.

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*Name:	thomas mack
*Age when you had ECT:	42
*Your gender:	Male
*Country:	United States
State/Province if applicable:	CA
Where was ECT performed (if different than above):	northridge, california
Number of ECTs, if known:	13
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Psychotherapy and at one time or another all the various types of psychopharmaceuticals and I mean all; lithium, tricyclics, mao, major and minor tranquilizer, ssri's, and anti-convulsants.s
Why was ECT prescribed (symptoms, diagnosis):	manic depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	It would be difficult to say that it helped me without stretching the definition of remedy. During the course of the treatment and for several weeks following I had too little short term

memory to feel much of anything. But then as my cognitive function improved I immediately fell back into my usual rollercoaster mood cycles. having a full-bl

What negative side effects, if any, did you experience:

I have a memory gap extending back roughly eighteen months prior to the first treatment. I also experienced a decline in my language skills though within a year they were gradually recovered.

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

Totally dismissive, patronizing.

Do you still see the same doctor who administered your ECT:

No. I was referred to him by a psychiatrist I'd been seeing for two years and only met with him once before the first treatment and never after.

\*Choose one to describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

absolutely not

\*In one sentence, sum up your thoughts on your ECT experience:

Dreadful

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*Name:	Tina Brooks
*Age when you had ECT:	22
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MI
Where was ECT performed (if different than above):	Pine Rest in Grand Rapids, MI
Number of ECTs, if known:	8
Type, if known:	Unilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Therapy, Medications
Why was ECT prescribed (symptoms, diagnosis):	Severe Depression, Anxiety, didn't respond to medication
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	It's only been a couple weeks since my last one, so short term has been frustrating because of confusion and memory loss. But I don't feel I have depression at all.
What negative side effects, if any, did you experience:	Confusion, memory loss (short and long term), migraines, throwing up constantly after treatment

Do you still see the same doctor who administered your ECT:

various dr.'s did it, so no

\*Choose one to describe the effects of ECT on you:

Greatly beneficial

Would you willingly have ECT again, or recommend it to another:

yes

\*In one sentence, sum up your thoughts on your ECT experience:

I would do it again in a heartbeat!

Email (optional):

spanky@wmis.net

Additional comments/your ECT story:

I'd do this again in a heartbeat! I wanted to die anyway, so I hoped it either would work, kill me, or make me a vegetable. And I can't believe the difference! My mother, husband and friends all keep telling what a great difference there is. Only complaint is, very frustrating with the memory loss. Can't rememeber a question right after it is asked and if I do, I can't comprehend it. Like someone speaking another language. Can't drive, forget to watch the road. Can't watch television, forget to watch it and just stare down at the carpet. Some long term memory is coming back, but short term is very rough. Also, first treatment they over did the electricity and my seizure lasted over 2 minutes. I don't remember though, the nurses told my husband. Feel free to e-mail me.

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*Name:	caroline
*Age when you had ECT:	56
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MI
Number of ECTs, if known:	9
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	all meds and therapies for major depression
Why was ECT prescribed (symptoms, diagnosis):	last resort
*Was your ECT:	Completely my choice
What negative side effects, if any, did you experience:	short term memory loss getting worse, ability to remember how to do tasks
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	not taken seriously
Do you still see the same doctor who administered your ECT:	yes

\*Choose one to describe the effects of ECT on you: Greatly harmful

Would you willingly have ECT again, or recommend it to another: no

\*In one sentence, sum up your thoughts on your ECT experience: blank spot in life, no memories of what happened in those two weeks

Additional comments/your ECT story: Have others experienced the same side effects as I have? I forget everything even when written down and displayed. My ability to think a project through and remember is gone. Don't cook, cannot remember how. miss appointments even when reminded. Life altering experience and very scary and frustrating. Definitely made depression worse.

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*Name:	Leanne
*Age when you had ECT:	21
*Your gender:	Female
*Country:	Canada
State/Province if applicable:	ON
Number of ECTs, if known:	18
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	medications
Why was ECT prescribed (symptoms, diagnosis):	treatment resistant bi-polar
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	short term relief, it did not last long
What negative side effects, if any, did you experience:	memory loss. still have problems with memory loss to this day.
Do you still see the same doctor who administered your ECT:	no
*Choose one to	

describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

yes

\*In one sentence, sum up your thoughts on your ECT experience:

ect can be a valuable tool when other treatments failed , but the final decision MUST be left to the patient

Additional comments/your ECT story:

thanks to muscle relaxants and short term anesthetics the procedure itself was not that bad but i remember feeling awful after the treatment when i woke up. it did help but it was short term. i do not think i would have it again but you never know, if i feel bad enough i might consider it again

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*Name:	DENISE M.
*Age when you had ECT:	33
*Your gender:	Female
*Country:	United States
State/Province if applicable:	VA
Where was ECT performed (if different than above):	Salem,va
Number of ECTs, if known:	17 I think????
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	therapy for number of years, medication, hospitalizations, you name it weve tried it
Why was ECT prescribed (symptoms, diagnosis):	DEPRESSION, SUICIDAL ATTEMPTS AND TENDENCIES, NOTHING ELSE LEFT TO TRY
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	ECT HELPED ME FOR ABOUT 14 DAYS UNTIL I HAD THE LAST ONE NOW IT ONLY HELPED FOR ABOUT A WEEK OR LESS.
What negative side effects, if any, did you experience:	I DO NOT KNOW WHO I AM ANYMORE, I CANT REMEMBER PARTS OF MY LIFE, I CANT READ SOMETHING AND

REMEMBER IT FIVE MINUTES LATER, MY CHILDREN GET UPSET BECAUSE I DO NOT REMEMBER EVENTS OF THEIR LIVES, I SEE THINGS AT THE CORNER OF MY EYES THAT ARE NOT THERE AND IT SCARES ME. I HAVE TO WRITE DOWN ALL APPT FOR ME AND MY FAMILY BECAUSE FROM ONE DAY TO THE

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

YOUR MEMORY WILL RETURN IN TIME OR ON A GOOD VISIT HE WOULD SAY THAT IS JUST A SIDE EFFECT OF ECT. WHICH HE DIDNT TELL ME BEFORE I HAD IT DONE

Do you still see the same doctor who administered your ECT:

MY DOCTOR IS BLIND, HIS COLLEGE IS THE ONE WHO ADMINISTERED THE TREATMENTS

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

NOT NOW AFTER I HAVE READ OTHER TESTIMONIES, I THOUGHT I WAS LOOSING MY MIND NOW I SEE THAT IT IS NORMAL WHAT I AM GOING THRU

\*In one sentence, sum up your thoughts on your ECT experience:

I FEEL DOCTORS NEED TO TELL ALL THE RISKS OF ECT AND THAT IT IS HARMFUL TO YOUR BRAIN

Email (optional):

KCMDLM@AOL.COM

Additional comments/your ECT story:

MY DEPRESSION HAS GOTTEN WORSE SINCE THE ECTS, NOW I AM DEPRESSED AND CONFUSED ABOUT THINGS IN MY LIFE. I WOULD LIKE TO TALK TO OTHER PEOPLE WHO HAVE HAD THEN DONE AND ARE EXPERIENCING SIMILAR SIDE EFFECTS. I FEEL ALONE AND SCARED.

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*Name:	David
*Age when you had ECT:	33
*Your gender:	Male
*Country:	United States
State/Province if applicable:	CA
Number of ECTs, if known:	12
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	medications
Why was ECT prescribed (symptoms, diagnosis):	depression
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	none, didn't work
What negative side effects, if any, did you experience:	memory loss, get lost all the time, headaches
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	Ignored me completely

Do you still see the  
same doctor who  
administered your ECT:

NO

\*Choose one to  
describe the effects of  
ECT on you:

Greatly harmful

Would you willingly  
have ECT again, or  
recommend it to  
another:

NO WAY

\*In one sentence, sum  
up your thoughts on  
your ECT experience:

It sucked!

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**\*Name:** JJ

**\*Age when you had ECT:** 38

**\*Your gender:** Female

**\*Country:** United States

**State/Province if applicable:** AZ

**Number of ECTs, if known:** unkown

**Type, if known:** Not sure

**Voluntary/Involuntary patient at time of ECT:** Not sure

**Treatments/alternatives tried prior to ECT:** hospitalizations, involuntary commitment, various medications

**Why was ECT prescribed (symptoms, diagnosis):** Severe depression. I had had an involuntary commitment because I am a diabetic and I refused to eat. I was in my third hospitalization in six weeks.

**\*Was your ECT:** Unsure/Other

**In what ways did ECT help you (short & long term):** It did help the depression. I had been off SSD (Social Security Disability) and working full time for four years at the time, but I was preparing to apply to go back on SSD. I ended up being able to return to work.

**If you felt harmed by ECT, what was the reaction of your doctor to your complaints:** Memory Loss

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly beneficial

Would you willingly have ECT again, or recommend it to another:

I'm not sure. The circumstances would have to be pretty severe. ECT is not a treatment to be undertaken lightly.

\*In one sentence, sum up your thoughts on your ECT experience:

I have mixed feelings about this very strange and life changing experience.

Additional comments/your ECT story:

I am very frustrated about my memory. I returned to my job immediately after finishing the treatment. I didn't tell my co-workers I had ECT and I find it very frustrating and embarrassing that I don't remember some things I should know. Also, I have no memory of my relationship with my girlfriend prior to the ECT. That is very frustrating. I don't know what to say when she brings up something I have absolutely no memory of. I spend a lot of time pretending I remember things I don't know anything about.

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<b>*Name:</b>	Paul	
<b>*Age when you had ECT:</b>	37	
<b>*Your gender:</b>	Male	
<b>*Country:</b>	United States	
<b>State/Province if applicable:</b>	CA	
<b>Where was ECT performed (if different than above):</b>	Sutter Center for Psychiatry, Sacramento	
<b>Number of ECTs, if known:</b>	21	
<b>Type, if known:</b>	Mixed	
<b>Voluntary/Involuntary patient at time of ECT:</b>	Involuntary	
<b>Treatments/alternatives tried prior to ECT:</b>	lithium nardil... previously numerous anti-depressants, mood stabilizers, and anti-psychotic medications.	
<b>Why was ECT prescribed (symptoms, diagnosis):</b>	bipolar disorder, severe depressive episode (stopped eating).	
<b>*Was your ECT:</b>	Unsure/Other	
<b>In what ways did ECT help you (short &amp; long term):</b>	It brought me out of my depression.	
<b>What negative side effects, if any, did you experience:</b>	I can't remember very much of the 5-7 years previous to the ECT, I couldn't drive for a year because I was too afraid and would get lost, I couldn't	

read a book for 3 years without falling asleep (I'm still having these difficulties), I've had difficulty making plans and remembering them, my short term memory was extremely poor for 3 years

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:

Dr. Goodman wanted to give me more ECT treatments.

Do you still see the same doctor who administered your ECT:

no

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

Short term effect at the expense of long term memory and concentration issues resulting in a dependence upon disability income.

Additional comments/your ECT story:

I was diagnosed with bipolar disorder 20 years ago. Before ECT, I'd worked and/or went to school. I've been on disability since.

Previous to the ECT, I read the AMA reference book about ECT. It did not address many of the short term nor any of the long term side effects of the ECT that I experienced.

I feel the HMO promoted ECT (an outpatient treatment) rather than hospitalization.

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*Name:	Patricia
*Age when you had ECT:	50
*Your gender:	Female
*Country:	United States
State/Province if applicable:	NY
Number of ECTs, if known:	6
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	many different antidepressants
Why was ECT prescribed (symptoms, diagnosis):	severe depression
*Was your ECT:	Completely my choice
In what ways did ECT help you (short & long term):	not sure
What negative side effects, if any, did you experience:	terrible breaks in time, memory problems
Do you still see the same doctor who administered your ECT:	no
*Choose one to	

describe the effects of ECT on you:

Somewhat harmful

Would you willingly have ECT again, or recommend it to another:

probably not

\*In one sentence, sum up your thoughts on your ECT experience:

It was my last hope, it didn't help, it ruined my memory

Email (optional):

pkelley922@aol.com

Additional comments/your ECT story:

After trying it as a last hope and having it not work, I just want to die. What is there left for me? Medications haven't worked, I am incapable of maintaining relationships, jobs, etc.

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*Name:	ALI
*Age when you had ECT:	33
*Your gender:	Male
*Country:	United Kingdom
Where was ECT performed (if different than above):	UK. SCOTLAND
Number of ECTs, if known:	10
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	TRICYCLICS, MAOI, LITHIUM
Why was ECT prescribed (symptoms, diagnosis):	TREATMENT-RESISTIVE DEPRESSION
*Was your ECT:	Coerced
In what ways did ECT help you (short & long term):	MODERATLY SUCESSFUL WITH DEPRESSION, EFFECTIVE ON AGITATION/ AGGRESSION AND SELF-HARM.
What negative side effects, if any, did you experience:	MEMORY OF THE PERIODS BEFORE, DURING AND AFTER ARE VERY SKETCHY (approx 1 year). SEVERE HEADACHES AND CONFUSION POST-TREATMENT.
Do you still see the	

same doctor who administered your ECT:

YES

\*Choose one to describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

I WOULD CONSIDER TREATMENT IF SEVERE ENOUGH.

\*In one sentence, sum up your thoughts on your ECT experience:

MODERATELY HELPFUL BUT SCAREY AND A LAST RESORT.

Additional comments/your ECT story:

I HAD TO BE CONVINCED TO GO AHEAD WITH ECT. IWAS ALLOWED TO VISIT THE ECT SUITE AND SPEAK TO THE ECT NURSE PRIOR TO TREATMENT. I FOUND THIS HELPED TO MAKE MY DESISION AND WOULD RECOMMEND THIS PRACTICE.

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*Name:	Joan Spurling
*Age when you had ECT:	49
*Your gender:	Female
*Country:	United States
State/Province if applicable:	CA
Number of ECTs, if known:	60+
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	medications, therapy
Why was ECT prescribed (symptoms, diagnosis):	suicidal depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	less depression
What negative side effects, if any, did you experience:	short and long term memory loss
If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	distressed

Do you still see the same doctor who administered your ECT:

No

\*Choose one to describe the effects of ECT on you:

Greatly harmful

Would you willingly have ECT again, or recommend it to another:

No

\*In one sentence, sum up your thoughts on your ECT experience:

ECT was the worst mistake of my life

Email (optional):

[spurmom@attbi.com](mailto:spurmom@attbi.com)

Additional comments/your ECT story:

Ect cost me my job and the memory of most of my life, including my kids' growing up.

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*Name:	K
*Age when you had ECT:	20
*Your gender:	Female
*Country:	United States
State/Province if applicable:	CT
Number of ECTs, if known:	Can't remember
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Involuntary
Why was ECT prescribed (symptoms, diagnosis):	Depression after a rape and forced abortion
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	It didn't help at all
What negative side effects, if any, did you experience:	Significant (nearly total) memory loss for life before ECT
Do you still see the same doctor who administered your ECT:	No, he was disbarred
*Choose one to	

describe the effects of ECT on you:	Greatly harmful
Would you willingly have ECT again, or recommend it to another:	No
*In one sentence, sum up your thoughts on your ECT experience:	It left me as a shell - I still have no real identity
Additional comments/your ECT story:	<p>I had my treatment some 28 years ago. My parents signed the papers - I had no choice. They had forced me to have an illegal abortion after a rape - anyone would have been depressed.</p> <p>Now I am left with few memories before that time and no remembered references as to who I am. My family have tried for years to help me remember but everything is still a blank.</p> <p>I have an IQ of 157, yet I will look at something and not remember the word for what it is.</p> <p>I feel like a shell, a husk of an individual without my memories. I feel angered that the medical professional still use ECT. Perhaps a taste of their own medicine would convince them of the devastation it can cause. If they are unwilling, then perhaps they will give me back my memories!</p>

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*Name:	joy2friends
*Age when you had ECT:	22
*Your gender:	Female
*Country:	United States
State/Province if applicable:	WI
Where was ECT performed (if different than above):	University of Wisconsin Hospital
Number of ECTs, if known:	6
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Involuntary
Treatments/alternatives tried prior to ECT:	all types of anti-depressants: SSRI, ....
Why was ECT prescribed (symptoms, diagnosis):	severe depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	short term: it did liberate my spirit. A long lost self was so strange and phenonmenonal. But, relapse two weeks right after the treatments. The adverse effects were so much more pain and were understated.
What negative side effects, if any, did you	nauseated, non stop vomitting throughout the day of every treatment,

experience: violent headache and memory loss

If you felt harmed by ECT, what was the reaction of your doctor to your complaints: i asked right before admission. I was told there are minimal side effects and they would go away

Do you still see the same doctor who administered your ECT: no

\*Choose one to describe the effects of ECT on you: Greatly harmful

Would you willingly have ECT again, or recommend it to another: i probably would like to try it again if situation doesn't improve and my memory loss is already here. Seem like nothing to lose, but, i definitely won't recommend to others.

\*In one sentence, sum up your thoughts on your ECT experience: Be more educated about ECT, dont let your doctor lure you into anything, and be prepared for the consequence that can sink you right back into the first desperate place you were in.

Email (optional): joy2friends@hotmail.com

Additional comments/your ECT story: I definitely recommend not to jump into the ECT options even recommended by your healthcare provider(S).

It was during one of my sessions that my psychiatrist refers me to the ECT option. She admitted me into the hospital right away. I was told minimal adverse effects and they are temporary.

Now, I ended up with \$16k medical bills not covered by insurance. They told me it would only cost \$5k. Talk about health "CARE", ha! The terrible vomiting and violent headache after each session and permanent behavioural change, my temper got worst. Worst of all, Irreversible memory loss, which jeopardize my academic career.

Now, I am forced to drop out of college  
with enough debts to put my life and  
anything worth living for behind.

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*Name:	Lyn
*Age when you had ECT:	21
*Your gender:	Female
*Country:	United Kingdom
Number of ECTs, if known:	6
Voluntary/Involuntary patient at time of ECT:	Not sure
Treatments/alternatives tried prior to ECT:	Anti depressants
Why was ECT prescribed (symptoms, diagnosis):	Attempted suicide
*Was your ECT:	Unsure/Other
What negative side effects, if any, did you experience:	Long term memory loss, large chunks of my memory still missing 25 years on.
Do you still see the same doctor who administered your ECT:	No
*Choose one to describe the effects of ECT on you:	Somewhat harmful
Would you willingly have ECT again, or recommend it to another:	No
*In one sentence, sum	

up your thoughts on  
your ECT experience:

Total waste of time and electricity!

Additional  
comments/your ECT  
story:

It was not explained to me what the long term effects of ect would be. I still suffer with depression. I did not realise how bad my memory loss was because obviously you do not know that you have forgotten large chunks of your life. I am now 46 and in the last couple of years, memories I did not know I had lost are beginning to come back. I feel ect is quite barbaric and in this day and age when new drugs and therapies are being discovered all the time, it should be banned. In another 50 years children in their history classes will look back with amazement that we did this to each other!

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*Name:	David Greer
*Age when you had ECT:	45
*Your gender:	Transgendered
*Country:	United States
State/Province if applicable:	NC
Type, if known:	Bilateral
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	drugs, therapy
Why was ECT prescribed (symptoms, diagnosis):	Nothing else stopping the rapid cycling
*Was your ECT:	Coerced
In what ways did ECT help you (short & long term):	cycling stopped for about 6 weeks
What negative side effects, if any, did you experience:	Massive memory loss, both long and short term
Do you still see the same doctor who administered your ECT:	HELL NO!!
*Choose one to describe the effects of ECT on you:	Greatly harmful



Would you willingly have ECT again, or recommend it to another:

NEVER -----EVER .

\*In one sentence, sum up your thoughts on your ECT experience:

Mislead, Misinformed, misjudged = Massive permanent Memory LOSS!!

Email (optional):

ncdg55@att.net

Additional comments/your ECT story:

I wrote over the 1000 word limit about the negative costs of ECT. Short version. I have massive loss of both long and short term memory. Memories of my children growing up--gone. My marriage over 6 weeks ago---gone. What I did over 6 weeks ago--gone. My self esteem, my self respect and the respect I used to have from others--gone or replaced by pity. I have been reduced to being disabled and unemployable at 47. My children don't understand and hold me at arms length. Try living with this one--because of the meds that work in keeping me level my sexual ability is gone and thanks to ECT I can't remember EVER making love with my loving wife. So if you think all the BS about ECT being "safe" is true then go right ahead and get you some, for it is true-- MISERY LOVES COMPANY!!!

ECT IS DANGEROUS AND CAN FOREVER HARM YOU AND YOUR FAMILY. DON'T DO IT!!!

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*Name:	Renee
*Age when you had ECT:	19
*Your gender:	Female
*Country:	United States
State/Province if applicable:	MO
Number of ECTs, if known:	12
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	lithium, zoloft, prozac, etc...
Why was ECT prescribed (symptoms, diagnosis):	clinical depression
*Was your ECT:	Unsure/Other
In what ways did ECT help you (short & long term):	Discontinued suicidal tendencies, significantly less depressive symptoms
What negative side effects, if any, did you experience:	memory loss, aggressive behavior, apathy, lethargy, short attention span
Do you still see the same doctor who administered your ECT:	no
*Choose one to	

describe the effects of ECT on you:

Somewhat beneficial

Would you willingly have ECT again, or recommend it to another:

no

\*In one sentence, sum up your thoughts on your ECT experience:

I would only recommend ECT as an absolute last resort in patients who have tried other multiple treatments without success

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*Name:	Catherine
*Age when you had ECT:	33
*Your gender:	Female
*Country:	United States
State/Province if applicable:	CT
Where was ECT performed (if different than above):	Hartford, CT
Number of ECTs, if known:	6
Type, if known:	Not sure
Voluntary/Involuntary patient at time of ECT:	Voluntary
Treatments/alternatives tried prior to ECT:	Antidepressants
Why was ECT prescribed (symptoms, diagnosis):	Major Depression
*Was your ECT:	Pressured by others
In what ways did ECT help you (short & long term):	Its only been 4 months depression is back
What negative side effects, if any, did you experience:	Lost large chunks of memory from last 2 yrs, some brain damage, can't get thoughts out, can't do math the same, can't spell the same

If you felt harmed by ECT, what was the reaction of your doctor to your complaints:	passed it off; dismissive, said it'll pass
Do you still see the same doctor who administered your ECT:	yes
*Choose one to describe the effects of ECT on you:	Greatly harmful
Would you willingly have ECT again, or recommend it to another:	NO
*In one sentence, sum up your thoughts on your ECT experience:	I will separate from my husband if he threatens me with it again
Email (optional):	minmei88@attbi.com
Additional comments/your ECT story:	I had learning disabilities b4 the ect's, but I have a college degree and am self taught in many fields. I have become even more disabled than I had been because of this, thinking is harder, learning is harder, I have to go over something over and over so many time so I will remember it. And I've stopped asking my family whether or not I did or didn't do something over the last two years, it's become humiliating. I have an educational toy belonging to my children and it ranges in from 6-8th grades and I play with it and I've notices that I now can't do math problems I used to be able to be able to do, and I no longer know my 4s tables. I could go on...

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