

Sooma Depression Therapy

Sooma Depression Therapy is an effective, drug-free treatment for depression. The therapy is based on transcranial direct current stimulation (tDCS). The therapy is suitable for acute depressive symptoms as a stand-alone treatment or when used in combination with other treatment methods.

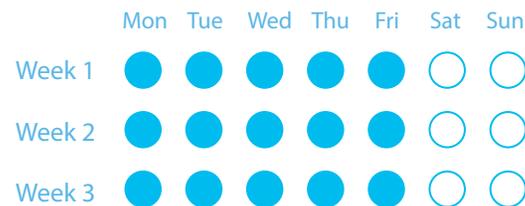
Depression affects brain activity, especially in the prefrontal areas. With Sooma's easy-to-use portable device a weak direct current is delivered to the affected brain areas in order to normalise brain activity and relieve depressive symptoms.

The therapy is easy to conduct, and the patient can do it independently at home after one



guided session administered by a healthcare professional. Home-based therapy saves the time of both patients and healthcare professionals, and adds flexibility to the therapy.

Sooma Depression Therapy consists of 30-minute therapy sessions that are repeated five times per week for a minimum of three weeks. If necessary, the therapy can be prolonged for several months to maintain the achieved treatment effect.



Efficacy

The efficacy of tDCS in treating depression has been proven in a plethora of sham-controlled research during the past decade. The most recent meta-analysis¹ (N=1092) of tDCS in depression found active tDCS to be superior to sham tDCS both in terms of endpoint depression scores, response rate, and remission rate.

Another recent review² (N = 572) published in December 2019 also found tDCS to be a safe and effective treatment for depression.

The latest publication³ of Sooma treatment outcomes showed that majority of the patients experienced a minimum of 50% reduction in depressive symptoms during the three-week treatment period.

61%
received response

In Finland, the use of tDCS in depression treatment is included in the current care guidelines. In the international evidence-based guidelines⁴ the use of tDCS in depression treatment was given a level A recommendation, which means the treatment is definitely effective.

Typical effects from the therapy are improvements in mood, sleep quality, and activity levels, as well as a reduction in anxiety.

Safety

Sooma Depression therapy is well tolerated, and does not cause any adverse side-effects. The therapy is suitable for patients who are resistant to medication or who have not received a satisfactory response from medication. A safety review⁵ based on over 40,000 stimulation sessions concluded tDCS to be a safe treatment method in when used in adult, adolescent and elderly patients.

Sooma Depression Therapy is painless, but might produce an itching sensation in the stimulation area during the first minutes of the treatment session. A small proportion of patients experience mild short-term headache or tiredness after treatment. The skin under the electrodes may also become slightly red.

1 Razza et al. A systematic review and meta-analysis on the effects of transcranial direct current stimulation in depressive episodes (2020).

2 Moffa et al. Efficacy and acceptability of transcranial direct current stimulation (tDCS) for major depressive disorder: An individual patient data meta-analysis (2020).

3 Sooma Masennushoidon tuloksia (<https://soomamedical.com/fi/sooma-masennushoidon-tuloksia-2019/>).

4 Frengi et al. Evidence-based guidelines and secondary meta-analysis for the use of transcranial direct current stimulation (tDCS) in neurological and psychiatric disorders (2020).

5 Bikson et al. Safety of Transcranial Direct Current Stimulation: Evidence Based Update (2016).

Sooma Oy

Sooma Oy is a Finnish medical device company developing accessible therapy solutions for routine care.

Sooma tDCS medical devices are manufactured in Finland in accordance with the international ISO 13485 quality management system for medical devices.



Contact



Sooma Oy
Kuortaneenkatu 2
00510 Helsinki, Finland
www.soomamedical.com
+358 10 328 9811
E-mail: info@soomamedical.com



Sooma Depression Therapy

Effective
neuromodulation
treatment for depression

Information for professionals

