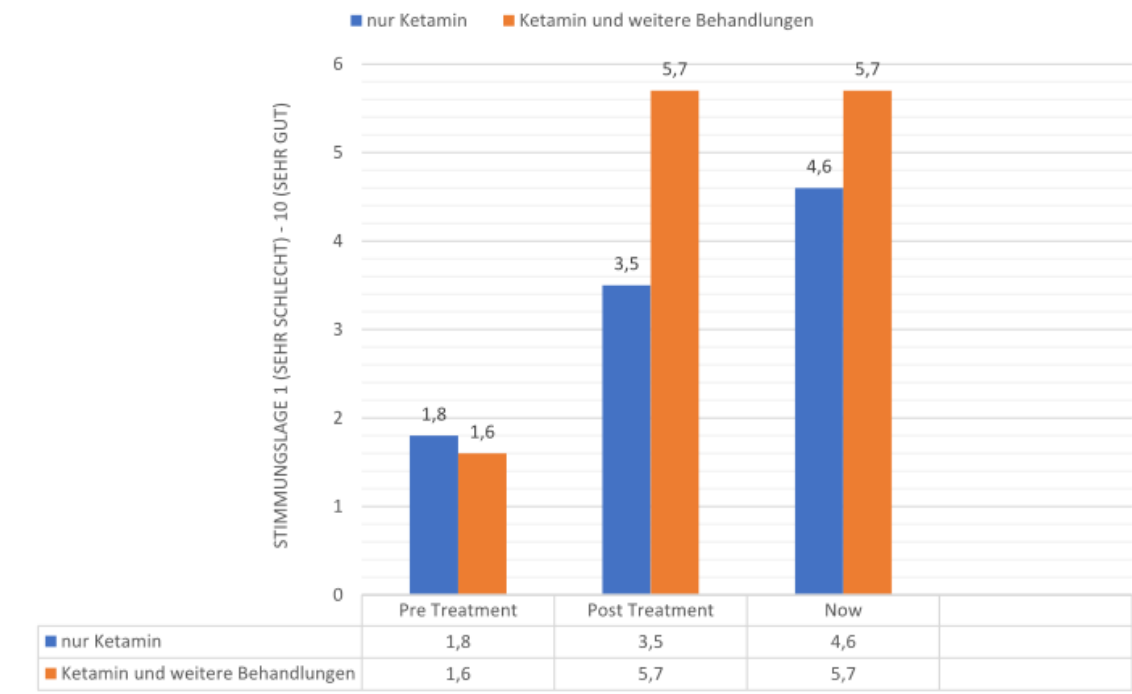


Sustainability of Ketamine treatment

Instituto Dr. Scheib, Mallorca

A preliminary data analysis



Patients were treated at the clinic in Mallorca an average of 2 years and 4 months ago. 26 patients responded on the survey. Mood was self-assessed by patients before treatment, immediately after treatment and in March 2021. Very bad was rated with 1 and very good with 10.

Mood was rated as very poor (ketamine only=1.8; ketamine plus other therapy=1.6) in both groups before the start of treatment.

During treatment, mood improved significantly to 3.5 (ketamine only) and 5.7 (ketamine plus other therapies).

In the combination treatment group, this improved mood persisted more than two years after treatment. Surprisingly, the ketamine-only group improved thereafter to 4.6. However, it has not yet been investigated whether this group had used other therapies at home after treatment ended.

In summary, however, it can be stated that the combined treatment with ketamine plus transcranial magnetic stimulation and/or psychotherapy leads to a significantly better long-term outcome. Further, more differentiated studies will follow.

Johanna Kressner, B.Sc.

Dr. med. Mario Scheib