

IS THERE LIGHT AT THE END OF THE TUNNEL? THE MIRACULOUS EFFECT OF ACCELERATED TRANSCRANIAL MAGNETIC STIMULATION ON BIPOLAR DEPRESSION

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OBJECTIVE: Bipolar affective disorder is a recurrent, disabling and potentially lethal illness that typically begins early in life. The depressive episodes are more numerous, last longer and are more difficult to treat than the manias. Treatment options are limited for patients with bipolar depression. Antidepressants added to mood stabilizers even carry risks of precipitating mixed/manic episodes. Accelerated transcranial magnetic stimulation (aTMS) may provide a safe and effective option for these patients. We aim to present a patient with bipolar depression who benefited from aTMS.

CASE: A 23-year-old male patient was admitted with unhappiness, lack of pleasure, anhedonia and insomnia. He was diagnosed with Bipolar Affective Disorder, had a manic episode 1 year ago. We learned that his depressive symptoms had started 4-5 months ago and his current treatment was lithium carbonate 900 mg/day and aripiprazole 5 mg/day. We decided to apply aTMS to the patient and aTMS was applied to the left DLPFC (Dorsolateral prefrontal cortex) with intermittent theta burst

stimulation (5 Hz, 1800 pulses) and to the right DLPFC with continuous theta burst stimulation (5 Hz, 600 pulses) for 10 days with 3 sessions per day and 30-minute intervals for a total of 30 sessions. Hamilton Depression Rating Scale-17, Montgomery-Asberg Depression Rating Scale and Insomnia Severity Index scores decreased from 11, 29 and 12 points to 2, 2 and 0 points after treatment, respectively. No side effects were observed during aTMS. The patient, who is on lithium carbonate 900 mg/day has no active psychiatric complaints and continues to be followed up in our clinic with a remission for about six months. Verbal and written consent was obtained from the patient for the case report.

DISCUSSION: Considering literature, efficacy of aTMS in bipolar depression remains uncertain. In our case, significant improvement was observed following aTMS, with no side effects. Through the presentation of this case, it is emphasized that aTMS is a safe and effective treatment option for bipolar depression.

Keywords: Accelerated transcranial magnetic stimulation, bipolar depression, treatment