

# ECT practice in the Kingdom of Denmark

## A Nationwide Register- and Questionnaire-based Study



Didde Bjørnshauge<sup>1</sup>, Sim on Hjerrild<sup>2</sup> & Poul Videbech<sup>1,3</sup>

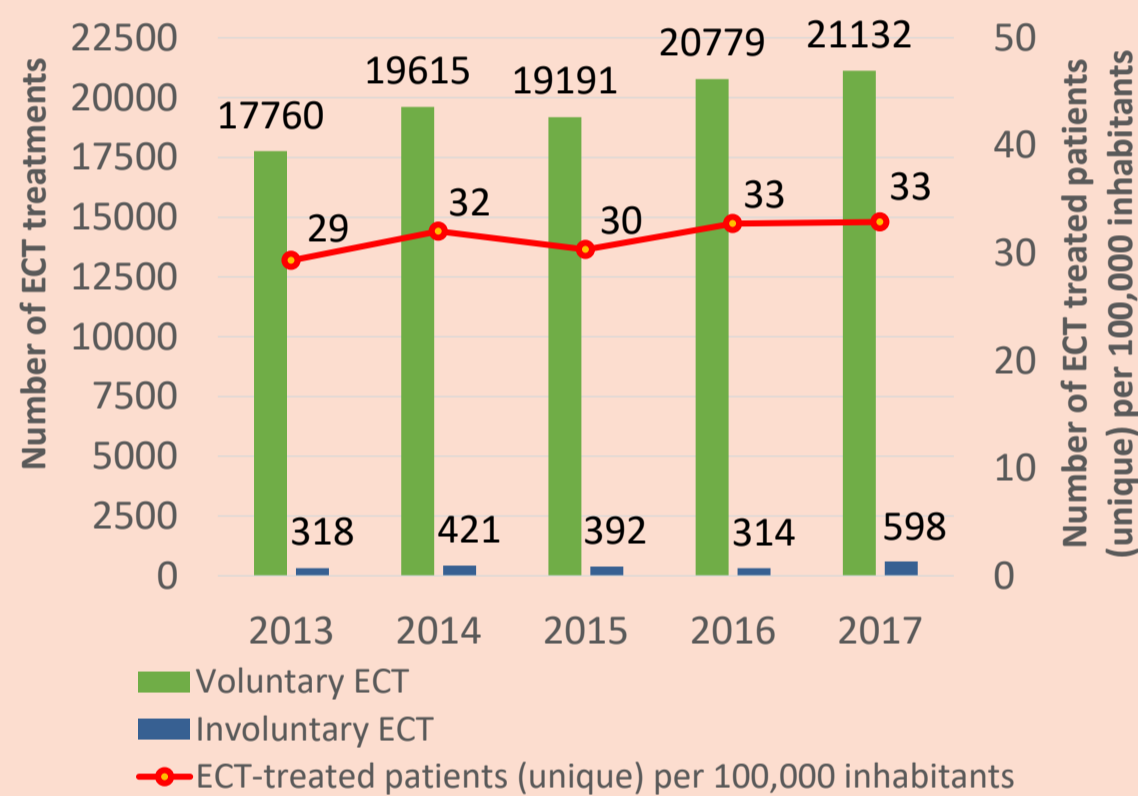
Center for Neuropsychiatric Depression Research

Mental Health Center Glostrup, Mental Health Services of the Capital Region of Denmark

▶▶ ECT is frequently used in Denmark, Greenland, and the Faroe Islands in a relatively uniform way in adherence with clinical guidelines ◀◀

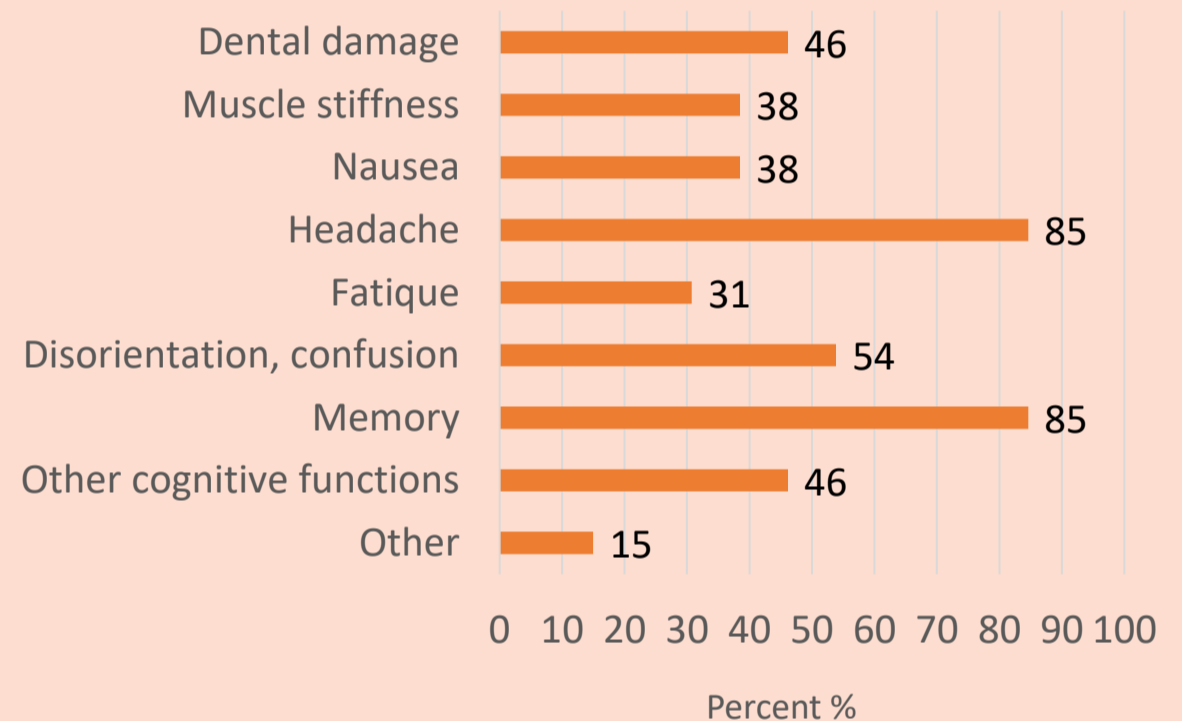
### Register Data

Number of voluntary and involuntary ECTs and ECT-treated patients (unique) per 100,000 inhabitants in Denmark, 2013-2017

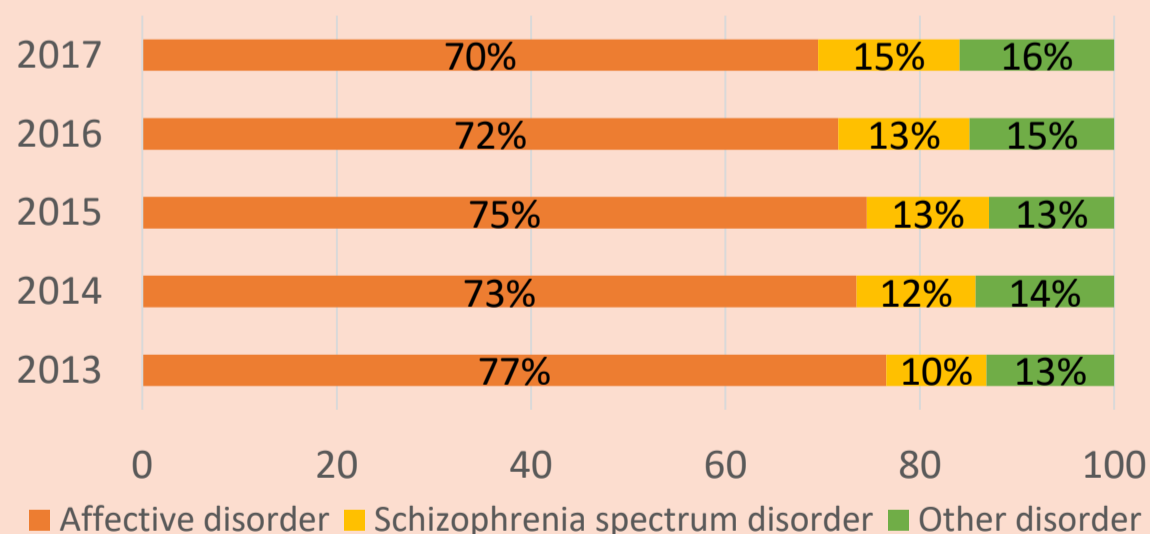


### Questionnaire Data

Side effects assessed after ECT by the psychiatric departments, who answered "yes" to systematic assessment of side effects (46%, n=13)



ECT treated patients (unique) in relation to diagnosis categories in Denmark, 2013-2017



The psychiatric departments' practices regarding electrode placement

Practice	n	%
Almost exclusively (>80 %) bilateral	23	82
Mainly (>50 %) bilateral	3	11
Almost exclusively (>80 %) unilateral	0	0
Mainly (>50 %) unilateral	1	4
Other types of placement	1	4
<b>Total</b>	<b>28</b>	<b>100</b>

### Aim

The aim was to survey and describe the contemporary practice of Electroconvulsive therapy (ECT) in the Kingdom of Denmark (Denmark, Greenland, and the Faroe Islands).

### Method

Register study:

- Data regarding ECT utilization in Denmark was retrieved from the Danish National Patient Registry (DNPR).

Questionnaire study:

- A 45-item questionnaire was sent to all psychiatric departments practicing ECT in the Kingdom of Denmark (Denmark, n=26; Greenland, n=1; and the Faroe Islands, n=1).

### Background

ECT is performed in many countries worldwide. Several national surveys of ECT indicate that the practice of ECT still vary considerably between and within countries, on aspects such as utilization rates, diagnostic indications, and ECT parameters.

<sup>1</sup>Center for Neuropsychiatric Depression Research (CNDR), Mental Health Center Glostrup

<sup>2</sup>Department for affective disorders, Aarhus University Hospital

<sup>3</sup>University of Copenhagen