

AN INFORMED CONSENT FORM FOR ELECTRO CONVULSIVE THERAPY (ECT)

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Informed Consent Form for ECT

To the patient – this is an important document. By signing it, you are giving your consent to receive Electro Convulsive Therapy (ECT). There are 6 points in all. Read each point carefully in turn. It is important that you understand each point. If there is anything you do not understand, ask for an explanation. And do not sign until you have understood, agreed to, and ticked, every point.

Point 1

The scientific evidence proving that ECT helps with depression and with suicide has always been either weak or seriously flawed.

I have had this point carefully explained to me, and I clearly understand its full implications for me. Yes No

Point 2

ECT is still controversial, medical opinion has always been divided – some doctors being strongly in favour, others strongly against, then as now.

I have had this point carefully explained to me, and I clearly understand its full implications for me. Yes No .

Point 3

ECT can be fatal, with one estimate being as high as 1 death in every 2000 patients.

I have had this point carefully explained to me, and I clearly understand its full implications for me. Yes No .

Point 4

ECT always disrupts the memory, sometimes briefly, sometimes permanently.

I have had this point carefully explained to me, and I clearly understand its full implications for me. Yes No .

Point 5

ECT always causes mental confusion, known as ‘cognitive impairment’. This means that normal mental activities such as reading, calculating, planning, learning something new, telling the time, telling who you are – any or all of these can become hard or impossible to do, following ECT. Sometimes this impairment is brief, sometimes it is permanent. In its first 20 years, this was commonly used to justify the use of ECT.

I have had this point carefully explained to me, and I clearly understand its full implications for me. Yes No .

Point 6

ECT always damages brain cells, as animal studies amply prove. Again, in the early decades, this was regarded by some as justification for using it (cf lobotomy).

I have had this point carefully explained to me, and I clearly understand its full implications for me. Yes No .