



Including Sooma Depression Therapy in your practice

Sooma Depression Therapy is only available with a doctor's referral. The therapy can be included in the routine clinical practice of specialized care units, primary healthcare centers, or private clinics.

Using Sooma Depression Therapy with your patients is simple with the Sooma Clinicians Portal. Within the portal, you can manage patient profiles, create and adjust treatment protocols, track treatment compliance and dosage reports, and monitor patient progress with self-reported assessment metrics.

Our team of experts will accompany you at every step of the process, providing you with all necessary training and materials to seamlessly integrate the use of the Sooma Depression Therapy in your practice. Sooma Depression Therapy is used in more than 150 clinics in 35 countries around the world, having treated more than 17,000 patients by 2023.

References

1. Löökene et al. (2022). Reduction Of Symptoms In Patients With Major Depressive Disorder After Transcranial Direct Current Stimulation Treatment: A Real-World Study. *Journal of Affective Disorders Reports*.
2. Fregni et al. (2020). Evidence-based guidelines and secondary meta-analysis for the use of transcranial direct current stimulation (tDCS) in neurological and psychiatric disorders. *International Journal of Neuropsychopharmacology*.
3. Barbati et al. (2022). Tuning brain networks: The emerging role of transcranial direct current stimulation on structural plasticity. *Frontiers in Cellular Neuroscience*.
4. Bikson et al. (2016). Safety of Transcranial Direct Current Stimulation: Evidence Based Update. *Brain Stimulation*.

About Sooma

Sooma Oy is a Finnish medical device company developing accessible neuromodulation solutions for routine care. Our products are manufactured in Finland in accordance with the international ISO 13485 quality management system for medical devices.

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What is Sooma Depression Therapy?

- Drug-free, effective depression treatment without serious side-effects
- Prescribed and monitored by a healthcare professional
- The most prescribed tDCS therapy worldwide



What is Transcranial Direct Current Stimulation?

Transcranial Direct Current Stimulation (tDCS) is a simple and effective brain stimulation treatment indicated for Major Depressive Disorder. The therapy is drug-free and uses a mild electrical current to stimulate targeted areas of the brain. Suitable for alleviating depressive symptoms as a stand-alone treatment, it can also be used in combination with other treatment methods.

Sooma Depression Therapy uses a medical tDCS device to treat depression. The treatment sessions are easy to conduct. After only one guided session by a healthcare professional, most patients are able to use it independently even at home.



Why choose Sooma Depression Therapy?



Safe, whether alone or in combination with other treatments: Sooma Depression Therapy is a painless, drug-free treatment option with zero serious adverse events reported¹. The therapy may be used in combination with other treatments such as SSRIs, psychotherapy or other neuromodulation therapies. It is also an ideal candidate for patients who cannot or do not wish to take medication or who have not received a satisfactory response from other antidepressant treatments.



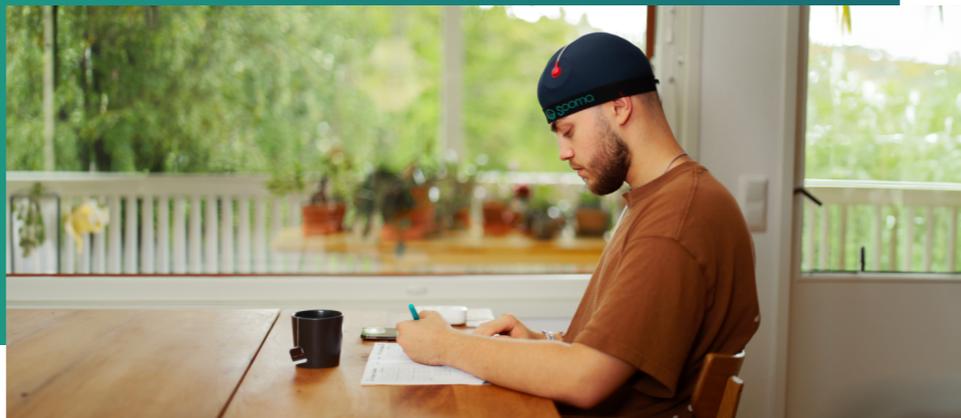
Proven effective: 55% of the patients treated with Sooma experienced a reduction in depressive symptoms of at least half during the standard three-week treatment period¹. Typical effects of the therapy are improvements in mood, sleep quality, and activity levels, as well as a reduction in anxiety.



Supported by science: International evidence-based guidelines give the use of tDCS in the treatment of depression a level A recommendation, which means the treatment is definitely effective².

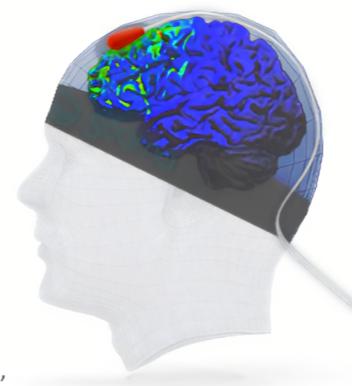


Trusted by clinicians worldwide: Sooma Depression Therapy is the number one device of choice for clinicians and is prescribed to more patients globally than any other tDCS therapy.



How does tDCS work?

Depression is known to affect brain activity, especially in the prefrontal area. Sooma's easy-to-use and portable transcranial direct current stimulation (tDCS) device produces a mild direct current of 2mA delivered to targeted brain areas (dorsolateral prefrontal cortex, DLPFC) via two small electrodes placed on the patient's scalp.



The resulting electric field between the electrodes affects the electrical status of the neurons (membrane potentials), being the strongest in the brain areas closest to the stimulation electrode.

The intensity of the electric fields created by tDCS has been shown to reach deep brain areas by in-vivo measurements, it does not push membrane potentials over the threshold to cause seizures.

Sooma Depression Therapy increases neuronal excitability with anodal stimulation while reducing this activity near the cathodal electrode, targeting a large group of neurons (neuronal network). The overall effect of modulating neuronal excitability leads to changes in the network's activities, which can be observed as changes in the oscillatory activity of the neuronal networks and in the functional coupling of brain areas. These effects have been found to correlate with induced behavioural changes³.

Repeated stimulations evoke neuroplasticity, allowing the necessary long-term functional and structural changes in the neuronal networks that can alleviate the symptoms of neurological and psychiatric disorders.

Safety and tolerability

Sooma Depression Therapy is safe. No instances of adverse events or adverse interactions with medications or other neuromodulation therapies have been reported.



Typical side effects

The therapy is painless, but may produce a tingling or itching sensation in the stimulation area. A small portion of patients experience a mild short-term headache or fatigue after treatment. The skin under the electrodes may also become slightly red.



Contraindications

Contraindications for use are metal implants on or inside the skull, and acute eczema or broken skin in the stimulation area.

A safety review based on over 33,000 stimulation sessions concluded tDCS to be a safe treatment method⁴.



Download Sooma App

Manage treatments remotely and monitor compliance within our Sooma Portal and App ecosystem. Available in the App Store and Google Play.

www.soomamedical.com