



# CASE STUDY

22-Year-Old Male with Treatment-Resistant Depression Experiences Remission with Deep TMS



**TMS Center of Colorado, LLC**  
repetitive Transcranial Magnetic Stimulation Therapy

**Dear Colleague,**

For the convenience of our patients and the doctors who treat them, TMS Center of Colorado has expanded to a second location in Lakewood. As a result, we are able to accommodate more patients, with greater flexibility in scheduling and very short wait times for appointments.

I am the attending psychiatrist of this facility, and I'm writing today to introduce myself to you. I have practiced psychiatry in the Denver area for over 30 years, and I have seen firsthand the benefits of **Brainsway Deep TMS (dTMS)** therapy for treatment-resistant depression.

Four years ago, TMS Center of Colorado was the first facility in the state to offer dTMS. Since that time, our experience with this innovative and more powerful transcranial magnetic stimulation system demonstrated exactly what national clinical trials were already showing that dTMS, by virtue of its ability to reach more deeply and broadly into the limbic system, was more effective at treating depression than other TMS devices.

When you refer a patient to us for dTMS, you can be assured that we will work in collaboration with you, with the goal of maintaining your working relationship with your patient. Our focus is on the specific modality of dTMS.

As you know, many depressed patients do not respond adequately to medications and/or psychotherapy. Even those who have failed multiple other treatments have a >65% chance of a significant response to dTMS, and >40% chance of achieving complete remission. Additionally, clinical studies have shown dTMS to be a viable treatment option for other mental health disorders, such as OCD and anxiety disorders.

Should you have any questions about deep TMS therapy or our services, or if you would like to discuss the appropriateness of this treatment for a particular patient, please contact me at 303-884-3867.

**Sincerely,**

**Roberta Richardson, MD**  
**Attending Psychiatrist**



**TMS Center of Colorado, LLC**  
repetitive Transcranial Magnetic Stimulation Therapy

# 22-Year-Old Male with Treatment-Resistant Depression Experiences Remission with Deep TMS

Tom was first diagnosed with depression at the age of 8, and reported being depressed most of the time since age 12 or 13. Prominent symptoms included poor appetite, anhedonia, social isolation, low energy and inability to concentrate. He complained of anxiety “24/7”, and thought of suicide every day. Due to preoccupation with negative thoughts about himself, his father wondered if he had OCD, and consulted an expert in psychotherapy for this condition, who treated the patient without success.

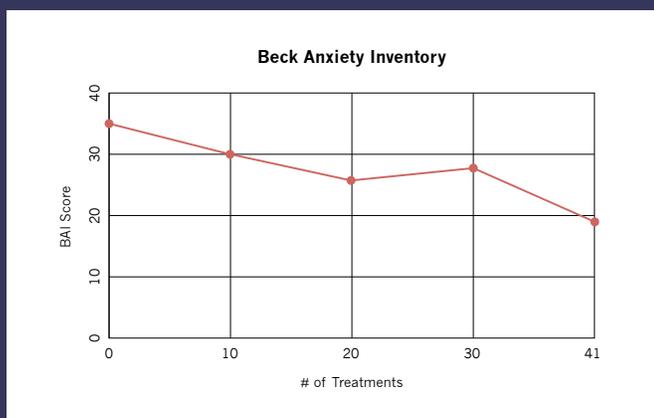
Tom graduated high school, but since then had been unable to sustain a job or stay in community college, despite enrolling twice, because it was all “just too much.” He had never been able to live on his own.

Past unsuccessful treatments included fluoxetine, sertraline, citalopram, venlafaxine, bupropion, and clomipramine, as well as augmentation trials with aripiprazole, quetiapine, buspirone, and stimulants. He also participated faithfully in a 4 month trial of cognitive behavioral psychotherapy for depression, which gave him some coping skills but did not decrease his depression.

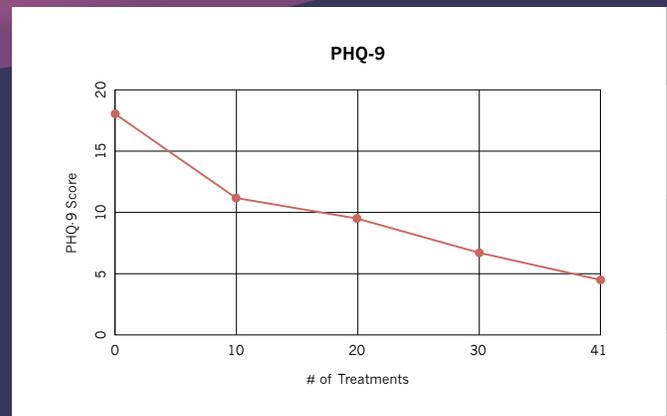
When he first started TMS treatment, his rating scales showed a PHQ-9 score of 17, a BDI-II score of 36, and a BAI of 35. His affect was quite depressed, and he was very quiet and withdrawn. A diagnosis of severe major depression with anxious distress was made, and he underwent a total of 41 deep TMS treatments.

After 35 treatments, his PHQ-9 had dropped to 5, BDI-II to 8, and BAI to 26. After an additional 6 tapering treatments, the BAI dropped further to 19. By this point, Tom had secured a part-time job and an apartment of his own; was applying to community college; and was demonstrating his smiling, engaging personality to the treatment team.

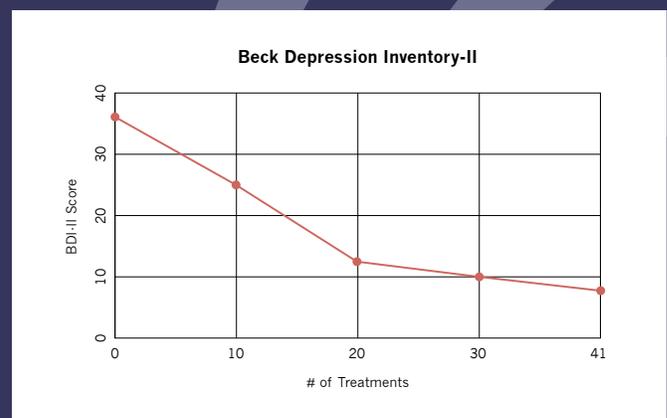
**Tom’s dTMS treatment worked when multiple pharmacologic approaches failed.**



Beck Anxiety Inventory scores at baseline (week 0) through 41 dTMS treatments.



Patient Health Questionnaire-9 scores at baseline (week 0) through 41 dTMS treatments.



Beck Depression Inventory®-II (BDI®-II) scores at baseline (week 0) through 41 dTMS treatments.



**TMS Center of Colorado, LLC**

repetitive Transcranial Magnetic Stimulation Therapy

4770 E. Iliff Avenue - Suite, 224,  
Denver, Colorado 80222

**Denver Location**  
4770 E. Iliff Avenue, Suite, 224  
Denver, Colorado 80222

**Lakewood Location**  
44 Union Blvd, Suite 104  
Lakewood, CO 80228

Phone: 303.884.3867 • Fax: 303.757.7994  
[www.tmscenterofcolorado.com](http://www.tmscenterofcolorado.com)

