

The Effectiveness of Therapy with Transcranial Direct Current Stimulation on Rumination, Negative Thoughts, and Psychological Symptoms (Anxiety and Depression) in Patients with Major Depression

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Abstract The aim of current research was to investigate the Effectiveness of electrical brain stimulation TDCS(on rumination, Negative automatic thoughts and psychological symptoms (anxiety and depression) among Patients with major depression (MDD). The research method is semi-experimental and the pretest-posttest design with control group was used. Statistical society in this study consisted of Patients with major depression of Tehran city in 2017. In this study 20 people were ed based on available sampling method and were assigned using random sampling method in two experimental and control groups (10 ones per group). Electrical brain stimulation was conducted for the experimental group and control group received no intervention. The rumination, Negative automatic thoughts, anxiety and depression questionnaires were used for data collection. The gathered data were analyzed by multivariate analysis of covariance. The results showed that there is significant differences between post-test scores of the experimental and control group and electrical brain stimulation could significantly reduce rumination and Negative automatic thoughts ($P>0.01$). Also electrical brain stimulation could significantly reduce anxiety and depression ($P>0.01$). Based on the findings of the present study, brain electrical stimulation is considered as one of the effective interventions for improving the cognitive ability of patients with major depression.

Keywords : Brain electrical stimulation, rumination, Negative automatic thoughts, psychological symptoms

