

Preventative Steps After Successful ECT		
	Pros	Cons
Continue pre-ECT meds	<ul style="list-style-type: none"> • Avoids risk of new side effects • Some medications have preventative effects even if they did not work acutely (eg, lithium, lamotrigine) 	<ul style="list-style-type: none"> • Generally less effective than other options
Lithium Augmentation	<ul style="list-style-type: none"> • Lowers relapse risk by up to 50%, particularly when used with a tricyclic or SNRI 	<ul style="list-style-type: none"> • Adds to side effect burden
Maintenance ECT	<ul style="list-style-type: none"> • Lowers relapse risk, particularly when combined with pharmacotherapy 	<ul style="list-style-type: none"> • Side effects (eg, cognitive), cost, and inconvenience
Psycho-therapy	<ul style="list-style-type: none"> • Has good evidence to prevent relapse into depression, including after ECT • May prevent depression even when it failed to treat depression 	<ul style="list-style-type: none"> • Cost, time

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