

Patient 205:

21 yo female with history of severe depression and anxiety. She had tried many medications without lasting benefit. She always slipped back into severe depression.

<i>Before Treatment</i>		Depression Measures
Headache	✓	Zung Depression Scale = ND
Hyperarousal		
Sleep disturbance	✓	
Memory Problems		Quick Inventory of Depression Symptoms = 13/27 (Moderate)
Cognitive Problems	✓	
Balance Problems		
Depression	✓	Beck Depression Scale = 28/60 (Moderate)
Anxiety	✓	
Suicidal Ideation		
Irritability		

Patient received 14 treatments with Multi-Watt Infrared Laser over approximately 4 weeks.

After treatment, the patient reported her depression was strikingly better. She was also more resilient. She noted that when her mother suddenly passed away, she expected herself to sink into a deep depression. But she did not. She was sad, but she was able to keep functioning.”

<i>After Treatment</i>		Depression Measures
Headache		Zung Depression Scale = ND
Hyperarousal		
Sleep disturbance		
Memory Problems		Quick Inventory of Depression Symptoms = 0/27 (Non Significant)
Cognitive Problems		
Balance Problems		
Depression		Beck Depression Scale = 4/60 (Non Significant)
Anxiety	✓	
Suicidal Ideation		
Irritability		