ECT was first used in Norway at Neevengården hospital in Bergen, Nov. 1941

Norwegian official statistics: The activities of the mental asylums 1941
ECT was extensively used in Norway in the 1940s and 50s for example

- Valen hospital, western Norway, first 7 months from June 8 1942:
  \[83 \text{ patients in 7 months} \approx 60 \text{ per 100 000}\]
  Konrad Lunde 1943

- Psychiatric Clinic, University of Oslo, first 12 years from 1942:
  \[\approx 7000 \text{ patients} \approx \text{half of all patients}\]
  Gabriel Langfeldt 1954; Einar Kringlen 2007

- Private psychiatric practitioner Torgeir Skabo, Skien, Telemark:
  ECT at office and sometimes in patients’ homes
  Kringlen 2007
ECT in Norway decreased in the 1960-70s, but was more than doubled 25 years later

Turning point? Giacomo d’Elia to Haukeland Univ. Hospital, Bergen, Aug 1978

<table>
<thead>
<tr>
<th></th>
<th>1978(^1)</th>
<th>2004(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECT-patients per 100 000 total population</td>
<td>10</td>
<td>24</td>
</tr>
<tr>
<td>Percentage of inpatients receiving ECT</td>
<td>2.8</td>
<td>5.3</td>
</tr>
</tbody>
</table>


Regional differences were marked in 2004

<table>
<thead>
<tr>
<th></th>
<th>North</th>
<th>Central</th>
<th>West</th>
<th>East</th>
<th>South</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ECT-patients per 100 000</strong></td>
<td>18</td>
<td>27</td>
<td>34</td>
<td>20</td>
<td>19</td>
</tr>
</tbody>
</table>

Frequency of ECT in Norway after 2004
No systematic nationwide study - 10-43/100 000?

VG newspaper/Spets, 2009:
“Last year 1000 Norwegians got electroshock” ≈ 20 per 100 000

Aftenposten newspaper/Egedius & Aarnes, 2013:
“Researchers and psychiatrists ... believe between 500 and 1000 patients each year” ≈ 10-20 per 100 000

Johannesen & Aakhus, “Psykiatriveka”, Stavanger, 2015:
“The rate varies between 24 and 43 per 100 000 population per year”
ECT rate in Ullevål sector (40% of Oslo) depends on changing attitude, interest and practical circumstances over time

Kjell Martin Moksnes 2018 - unpublished

Number of scientific publications on ECT from Norway
Remarkable Norwegian studies on ECT 1947-65

Efficacy in different clinical pictures
Gabriel Langfeldt (Psychiatric Clinic, UiO). Nordisk Medicin 1948;38:841-9

Malignant delirium/catatonia:
Without ECT all 12 died, with ECT all 11 remitted
Ottar Lingjærde Ottar (Lier Hospital, Drammen). Nordisk Medicin 1954;51:742-6.
Journal of Oslo City Hospital 1964;14:41-83.

ECT much better than antidepressants in manic depressive disease, and effective in drug-resistant patients
Cited by Shorter & Healy 2007
Five Norwegian dissertations/theses on ECT

UNIVERSITY OF OSLO & DIAKONHJEMMET HOSPITAL OSLO

• Tor Magne Bjølseth, MD, PhD, 2016. Predicting the treatment outcome of formula-based electroconvulsive therapy in late-life major depression: Emphasis on electrode placement, baseline cognitive function, and post-ictal reorientation time.


NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY / NTNU, TRONDHEIM

• Lindy Jarosch-von Schweder, MD, PhD, 2015. Use of electroconvulsive therapy in psychiatry.

UNIVERSITY OF BERGEN

• Ute Kessler, MD, PhD, 2014. Electroconvulsive therapy for bipolar disorder depression: Effects on depressive symptoms and cognitive function.

• Per Bergsholm, Dr med, 1995. Electroconvulsive therapy: Issues related to narcosis, physiology, radiological anatomy, endocrinology.
Ministry of Health and Care Services decision 2013: Required course in ECT for specializing in psychiatry

Localisations
Gjøvik
Bergen

Lecturers
Eivind Aakhus & Svein Marin Luth: Innlandet Hospital Trust, Gjøvik
Ute Kessler: Haukeland University Hospital, Bergen
Per Bergsholm: Førde Central Hospital, Førde
Oslo, June 2017 - Bjørn Guldvog, Health director

Working group leader: Arne Johannesen, psychiatrist
Norwegian Medical Association: Eivind Aakhus, psychiatrist
Psychiatry: Svein Martin Luth, psychiatrist
Psychiatry: Arne Thorvik, psychiatrist
Norwegian Knowledge Centre for the Health Cervices: Kari Ann Leiknes, psychiatrist
Norwegian Psychological Association: Gro Strømnes Dybedal, psychologist
Directory of Health: Jin Øvreeide, psychologist
Secretary: Gro Fodstad Eng, psychologist
User representative: Karl Olaf Sundfør
National association for relatives in mental health: Anette Krogsund
Mental Health Norway: Tom Børre Jacobsen

Nasjonal faglig retningslinje om bruk av elektrokonvulsiv behandling - ECT
National professional guideline on the use of electroconvulsive therapy - ECT
Norwegian national register on ECT

First meeting: Bergen, Oct 25, 2017

Working group leader: Ute Kessler, Haukeland University Hospital, Bergen

Consultant/statistician: Lena K Bache-Mathiesen, Center for medical quality registers, University of Bergen

Participants from:
- Oslo University Hospital, Ullevål
- Diakonhjemmet Hospital, Tåsen, Oslo
- Akershus University Hospital, Lørenskog
- Innlandet Hospital Trust, Gjøvik
- Vestre Viken Hospital Trust, Blakstad
- Vestfold Hospital Trust, Tønsberg
- Stavanger University Hospital, Stavanger
- Haukeland University Hospital, Bergen
- Førde Central Hospital, Førde
- St. Olav Hospital, Trondheim
- Nordland Hospital Trust, Bodø
- University Hospital of Northern Norway (UNN), Tromsø
Patient complaints on ECT in Norway

2002-2012
56 complaints to the “Patient injury compensation” ≈ 5-6/year
7 approved – compensation together NOK 624 000 ≈ € 70 000
Aftenposten newspaper/Egedius & Aarnes, 2013

2015
First (?) lawsuit - not approved (male 58 yrs)
Fredrikstad blad 2015; VG 2017 - newspapers
Notable negative voices to ECT in Norwegian

Rolf Gjessing (1887-1959), psychiatrist/director 1929-49 at Dikemark Hospital, Oslo
Pål Abrahamsen, psychiatrist, Seilduk Institute, Oslo
Nils Christie (1928-2015), professor, Institute of Criminology, University of Oslo
Joar Tranøy (1954- ), psychologist, criminologist, historian
Yngve Hammerlin (1947- ), sociologist, College and educational center of criminal care, Oslo
Georg Schelderup (1951- ), reg. nurse, assoc. professor, Akershus & Oslo University College
Mette Ellingsdalen, the national association “We shall overcome”, previously ECT treated
Eva Rognvik, the information center “Hieronimus”

Roar Fosse, psychologist, PhD, Vestre Viken Hospital Trust, Drammen

Notable positive voices from well-known ECT-treated persons in Norwegian

Knut Hauge (1911-99), author (“The gorge”, 1978)
Inge Lønning (1938-2013), politician, theologian, priest, professor
Reiulf Steen (1933-2014), politician, journalist
Jacob Margido Esp (1943- ), actor
Solveig Melkeråen (1978- ), director, media operator
Self-biographic feature film on her own mood disorder and ECT: “Clever girl”/”Flink pike”
Rigmor Galtung (1968- ), actor, comedian
Anlov Peter Mathiesen (1974- ), journalist, information leader and political consultant in Mental Health
ECT in Norway is done on the basis of:
Informed consent, written
Informed consent, oral
Tacit consent
No consent, then virtue of necessity for life or health

Marthe Oldernes: Master thesis
The Faculty of Law, University of Oslo, 2016

“Electroshock on wavering basis” – an evaluation and overview of the juridical basis of performing electroconvulsive therapy in defiance of the law of mental health § 4-4 second subsection