

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

Norwegian official statistics: The activities of the mental asylums 1941



«Bergens Byes Sindssygeasyl, Neevengården». Anno 1893.

Foto: K. Nyblin.

**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 patients in 7 months \approx 60 per 100 000
Konrad Lunde 1943
- **Psychiatric Clinic, University of Oslo, first 12 years from 1942:**
 \approx 7000 patients \approx 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

	1978 ¹	2004 ²
ECT-patients per 100 000 total population	10	24
Percentage of inpatients receiving ECT	2,8	5,3

1. Oddmund Volden & K Gunnar Götestam. [The use of electroconvulsive treatment in Norway during 1968-79]. Tidsskr Nor Laegeforen 1982;102: 411-2
2. Lindy Jarosch-von Schweder et al. Electroconvulsive therapy in Norway: rates of use, clinical characteristics, diagnoses, and attitude. J ECT 2011;27:292-5

Regional differences were marked in 2004

	North	Central	West	East	South
ECT-patients per 100 000	18	27	34	20	19

Lindy Jarosch-von Schweder et al. Electroconvulsive therapy in Norway: rates of use, clinical characteristics, diagnoses, and attitude. J ECT 2011;27:292-5

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” \approx 20 per 100 000

Aftenposten newspaper/Egedius & Aarnes, 2013:

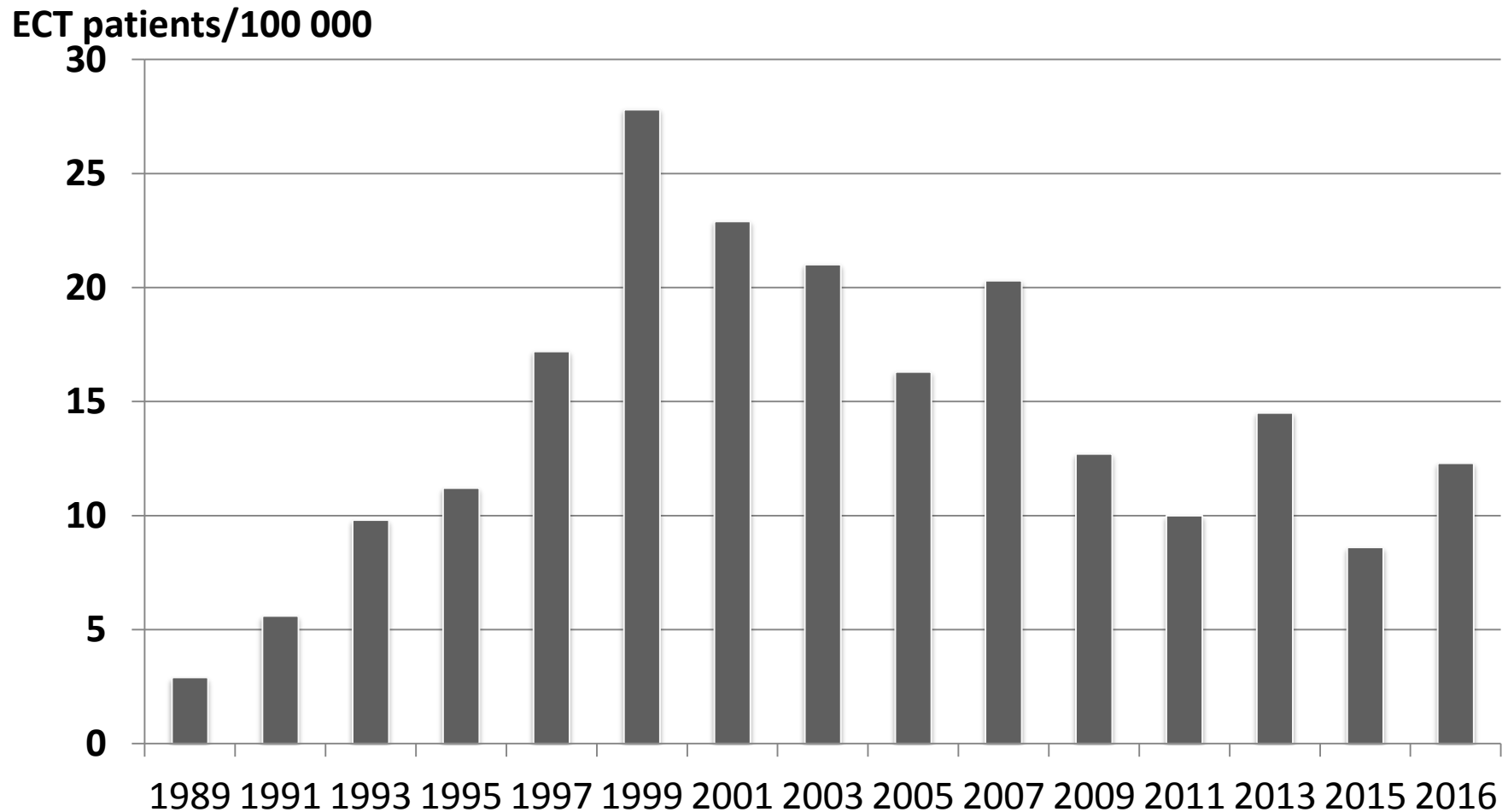
“Researchers and psychiatrists ... believe between 500 and 1000 patients each year” \approx 10-20 per 100 000

Johannesen & Aakhus, “Psykiatriveka”, Stavanger, 2015:

“The rate varies between 24 and 43 per 100 000 population per year”

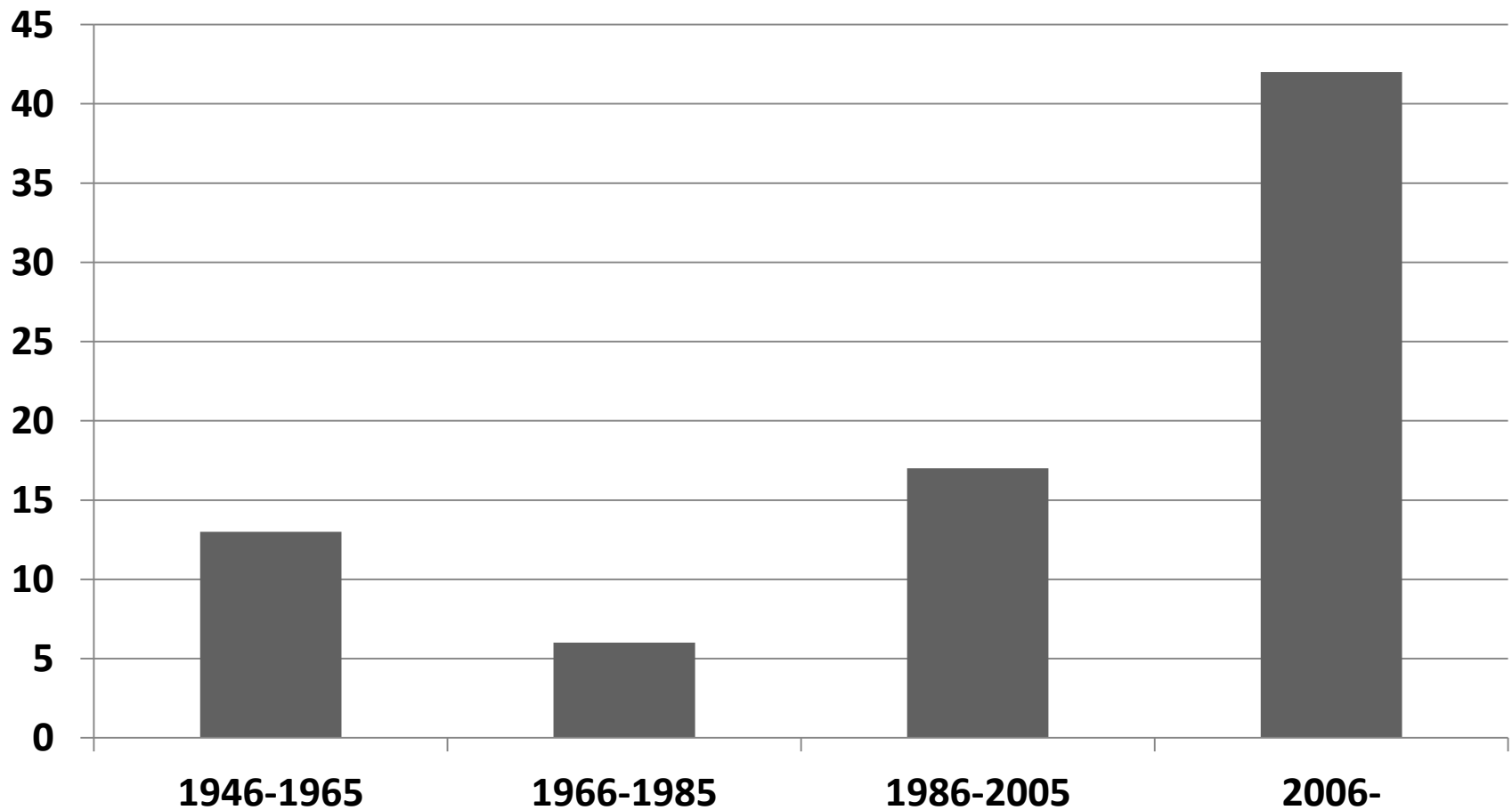
ECT rate in Ullevål sector (40 % of Oslo) depends on changing attitude, interest and practical circumstances over time

Kjell Martin Moksnes 2018 - unpublished



Se also: Marte Horneland. The changing utilization of electroconvulsive therapy: A longitudinal study in a Norwegian catchment area, 1970–1986. Nordisk Psykiatrisk Tidsskrift 1989;43;249-254

Number of **scientific publications on ECT** from Norway



Remarkable Norwegian studies on ECT 1947-65

Efficacy in different clinical pictures

Hans Henrik Dedichen (Privat Clinic, Oslo). Acta Psychiatr Scand 1947; 22/S47:368-382

Per Anchersen (Psychiatric Clinic, UiO). Acta Psychiatr Scand 1947;22/S47:426-42

Gabriel Langfeldt (Psychiatric Clinic, UiO). Nordisk Medicin 1948;38:841-9

Per Anchersen (Ullevål Hospital, Oslo). Acta Psychiatr Scand 1961;37:233-9

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.

Archiv für Psychiatrie und Zeitschrift Neurologie 1954;192:599-612.

Deutsche medizinische Wochenschrift 1961;86:160-3.

Journal of Oslo City Hospital 1964;14:41-83.

ECT much better than antidepressants in manic depressive disease, and effective in drug-resistant patients

Ole Bratfos & John Otto Haug. Acta Psychiatr Scand 1965;41:588-96

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.**
- **Gro Strømsnes Dybedal, psychologist, PhD, 2015.** **Cognitive effects** of electroconvulsive therapy in non-demented elderly depressed patients.

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 Services: 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” \approx **5-6/year**

7 approved – compensation together NOK 624 000 \approx **€ 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

Fosse R, Read J. Electroconvulsive treatment: Hypotheses about mechanisms of action. Front Psychiatry 2013;4:1-10.

Fosse R. [Questionable effects of electroconvulsive therapy]. Tidsskr Nor Legeforen 2013;133:1915-6.

Fosse R, Read J, Bentall R. [Elektroconvulsiv therapy for major depression – in conflict with the Hippocratic oath?] Tidsskr Nor Psykologforen 2011;48:1160-71.

Read J & Bentall R. The effectiveness of electroconvulsive therapy: a literature review. Epidemiol Psichiatr Soc 2010;19: 333-47

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

NORWEGIAN LAW OF 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