

# Royal's Neuromodulation Research Clinic: Progress report

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**The Royal's  
Institute of Mental Health Research**  
*affiliated with the University of Ottawa*

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**Institut de recherche en santé mentale  
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*affilié avec l'Université d'Ottawa*

# Major depressive disorder: a public health crisis

**25% increase  
worldwide**

**1 in 5  
adults in  
2021**



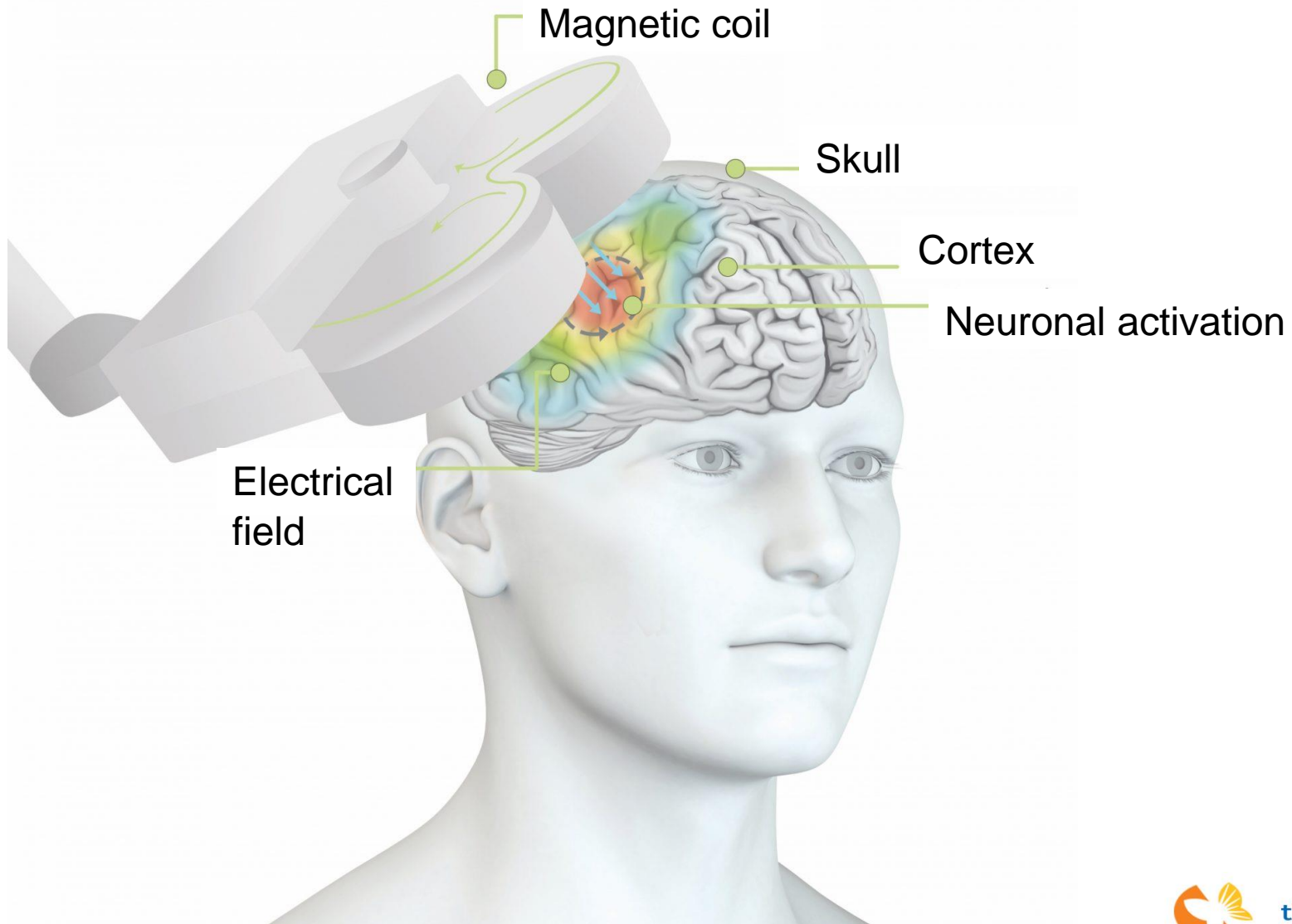
**Low quality  
of life,  
disability,  
suicide**

**40% are treatment-  
resistant**



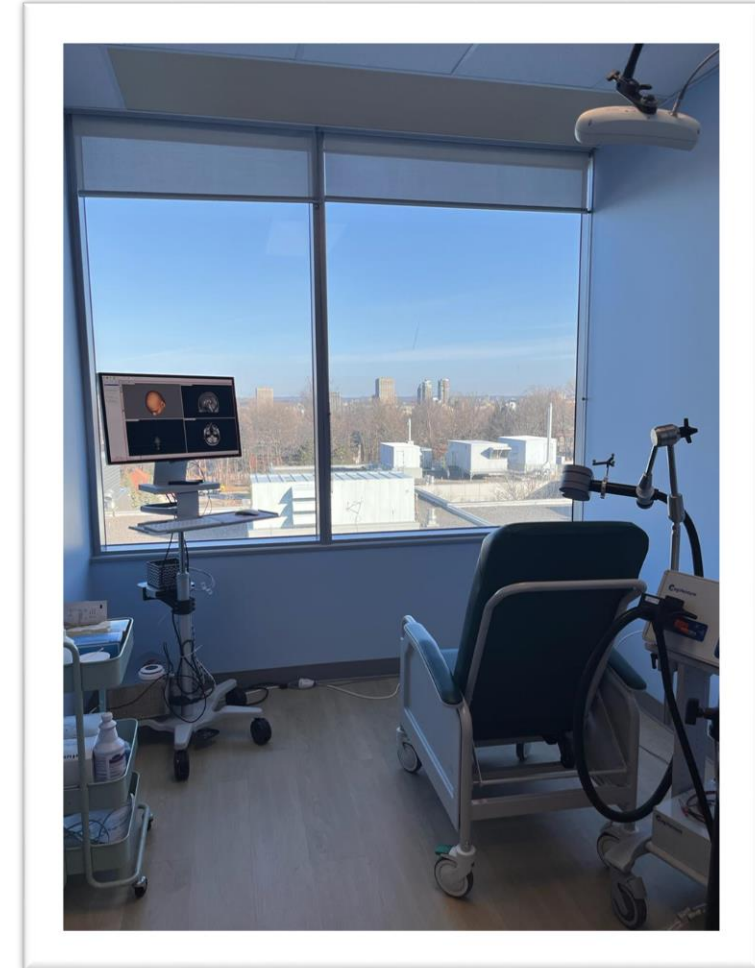
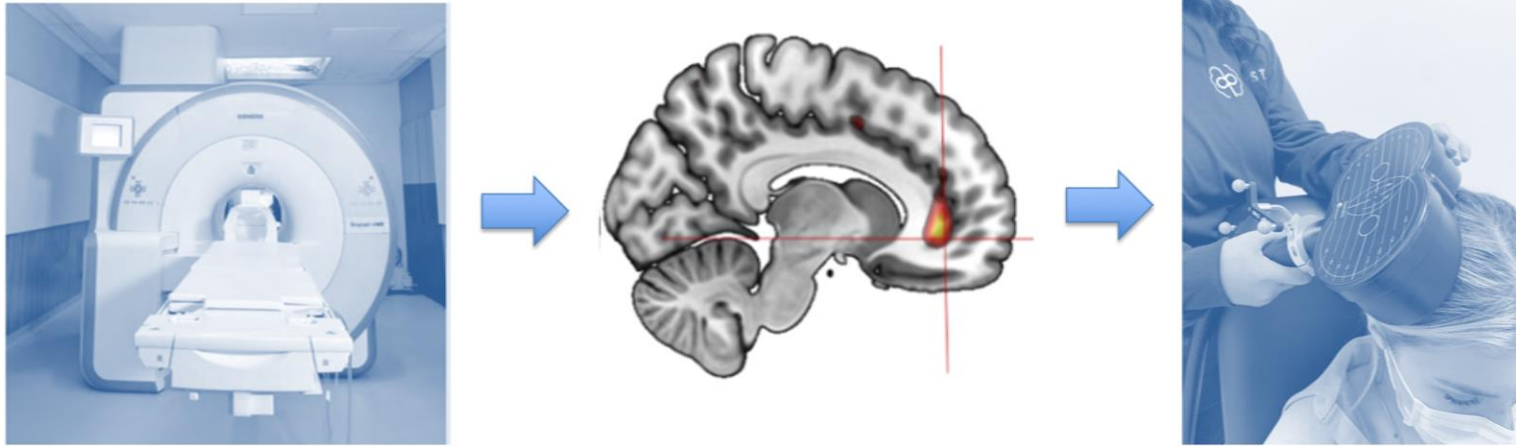
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# Access to innovative care: neuromodulation





# New treatment room and clinical trial

Towards personalized care: brain imaging for guiding treatment



# Progress in capacity and treatment efficacy

**2021  
-  
2022**  **17 clients**

**2022  
-  
2023**  **26 clients**

**2023  
-  
2024**  **40 clients**

**Response rate = 69%**

**Remission rate = 54%**



# Neuromodulation Research Clinic's team

- Dr. Sara Tremblay, Director, Scientific Lead
- Dr. Ruxandra Antochi, Psychiatrist, Education and Program Development Lead
- Dr. Ram Brender, Psychiatrist, Clinical Lead
- Dr. Lisa McMurray, Psychiatrist
- Stacey Shim, Manager
- Maria Da Silva, Administrative Support
- Jessica Drodge, Research Coordinator
- Julia Leclair, Research Assistant
- Jennifer Cuda, Research Assistant
- Maya El Outa, Research Assistant
- Youssef Nasr, Research Assistant





# What is next?



Create a continuum of care with other key treatments such as ECT and esketamine

Develop a Client and Family rTMS Advisory Committee

Develop a Fellowship in Interventional Psychiatry and residency rotation

Combine rTMS with other treatment modalities

Develop new trials to offer rTMS to other mental health disorders



# Client testimony



“ Some of the questions I was asked after treatment were about feeling sad, and I had to really think about it and I said ‘no, I’m not sad like I was.’ There are sad things in life but then you go on to think of other things. And that’s the difference. My anxiety and worry about how I am going to carry on has gone away. ”

“Since the treatment, I have been able to get out of the house and do social things. I look back and say, ‘wow, I felt that way? That bad?’ I can’t believe it. rTMS saved my life.”

