

Symposium | Local minority : [Symposium 12] Development of mental health care for Cambodian people

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(Conference Room B)

## [Symposium 12] Development of mental health care for Cambodian people

Moderator: Tsutomu Aoki (Department of Psychiatry, Asahi General Hospital)

### [SY-12-03] Introducing Transcranial Magnetic Stimulation (TMS) in Mental Health Care in Cambodia.

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Mental health care in Cambodia began developing later than other medical fields, particularly after the mid-1990s. However, its growth has been notably rapid in recent years. From virtually no psychiatrists and limited psychiatric services, the number of mental health professionals has now exceeded 100, and the number of psychiatric clinics has increased significantly. Despite these advancements, treatment options remain limited. The country still relies heavily on a small range of medications, and non-medical therapies are not widely accessible. The *Psychological Medicine Clinic* is one of the private clinics leading the way in offering innovative treatment options, including deep Transcranial Magnetic Stimulation (TMS). TMS is an FDA-approved, non-invasive procedure that uses magnetic fields to stimulate nerve cells in the brain. It has shown promise in treating a range of mental health conditions, including depression, anxious depression, and obsessive-compulsive disorder (OCD). This article presents the author's one-year experience using TMS as an add-on therapy, either as a stand-alone treatment or in combination with traditional methods, to improve treatment outcomes for patients.