

FLOW

NEUROSCIENCE



Neuromodulation in depression treatment

Clinical guide for the successful application of Flow Neuroscience in practice

NEURO⊕LITE

Advanced Medical Solutions

Understanding Flow – the smart add-on

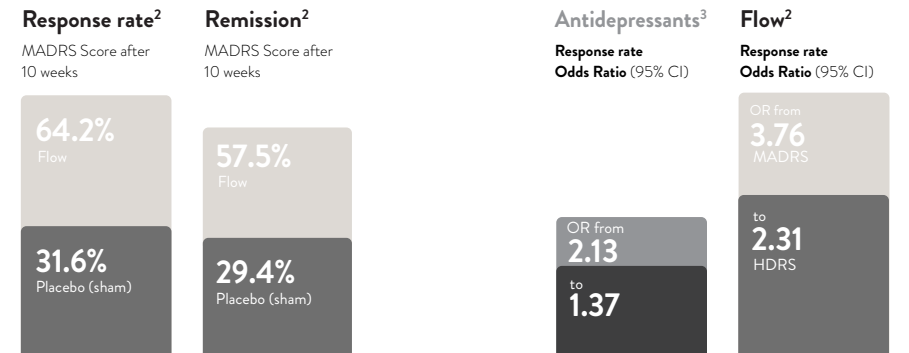
Flow expands your therapeutic options

Flow is a CE-certified medical device for transcranial direct current stimulation (tDCS), complemented by a companion app featuring evidence-based cognitive behavioral therapy elements. The non-invasive and well-tolerated treatment can be conveniently administered at home. Its effectiveness has been scientifically proven (clinical evidence level A) for mild to severe depression – **both as a monotherapy and in combination with antidepressants or psychotherapy.**

Flow is increasingly used in Switzerland and enjoys high patient satisfaction. For healthcare professionals, the Flow Clinical Portal provides comprehensive insights into the treatment process, facilitates patient care, and supports individualized therapy adjustments – easy and efficient to integrate into daily clinical practice.

Recent study in Nature Medicine confirms the efficacy of Flow

tDCS has been established as an effective treatment for depression through numerous studies with evidence level A¹. Results of the study with Flow published in Nature Medicine:



Effective in everyday practice: Flow is effective under real-world conditions – despite comorbidities or irregular use.

Remission rates⁴:

30 % after 3 weeks

34 % after 6 weeks

50 % after 10 weeks

Flow in clinical practice: Application

Scientifically proven and suitable for clinical practice

For your patients:

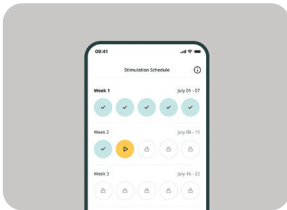
- The Flow headset specifically stimulates the dorsolateral prefrontal cortex – a key area in depression.
- The app supports the application step by step – with instructions and videos.
- 30 minutes per session – at home, flexible in everyday life.
- The app also offers optional modules on sleep, exercise, nutrition and mindfulness and more.
- Weekly MADRS-S evaluations document the treatment progress.

For your clinic:

- Flow is prescribed easily via a prescription form.
- The device is delivered directly to the patients.
- You keep track of adherence, the MADRS score and treatment protocols
- The therapy plan is individually adjustable.
- No additional effort in daily practice – informed in real time.
- Training & Support: We train your team and are always here to assist you.

Typical treatment protocol:

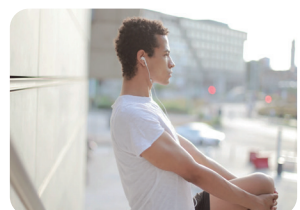
The standard protocol is suitable for most patients. Anpassungen sind bei Adjustments can be made as needed via the Clinical Portal.



Activation phase: 5 x per week for 3 weeks*



Strengthening phase: 2–3 x per week until week 10



Maintenance phase: 2 x per week for 6 to 12 months (for relapse prevention)

*Clinically relevant improvements often appear **after 3 weeks**. Continued treatment over 6–12 months stabilizes mood in the long term – especially during relapse-prone phases.

Why offer Flow in your practice?

More therapy options for your treatment spectrum

Clinically effective: 57.5% remission² after 10 weeks in patients with depression.

Safe and well tolerated: Side effects are rare (< 5%) and generally mild.

Can be combined with antidepressants and psychotherapy – Flow can enhance the effectiveness of existing treatments.

Suitable for many: Also effective in treatment-resistant depression and comorbidities.

Time-saving & efficient: Monitor the treatment progress conveniently through the Clinical Portal.

Digital connectivity: Central patient overview, monitoring, adjustments – all in one portal.

How to get started with Flow in your practice

Fast, simple, with full support

Get in touch: Contact us – we will present Flow to you and train you and your team.

Set up the Clinical Portal: Together, we will set up the Clinical Portal for your practice.

Prescription and ordering: Flow can be prescribed directly via a form. Alternatively, your patients can order the device in the webshop:

www.flowneuroscience.ch

Before starting treatment:

Instruction of the patient.

Recommended follow-up assessments:

Week 4–5: Interim check to evaluate initial response.

Week 10: Review progress and plan next steps.

30-day trial period:

Each order includes a 30-day trial period.

A fee of CHF 98.– applies for returns made within the trial period.

The purchase price is CHF 550.–

Clinical Guide

Important notes for medical use

Indication

Flow is an approved, CE-certified Class IIa medical device for the treatment of major depressive disorder (MDD) in adults.

It can be used as monotherapy or in combination with antidepressants and/or psychotherapy.

Mechanism of action (tDCS)

The Flow headset gently stimulates the left dorsolateral prefrontal cortex – a brain region typically underactive in depression – using a 2 mA direct current.

tDCS modulates neuronal activity, improves emotion regulation, and supports mood. The effect is neurobiologically based and supported by multiple studies and RCT.

Suitable patients

- Adults (18+) with mild, moderate, or severe depression
- Also suitable for: polypharmacy, psychological or physical comorbidities
- Especially suitable for patients with:
 - Side effects or skepticism towards medications
 - Therapy frustration / treatment resistance
 - Low motivation / poor therapy adherence resistance

Contraindications & precautions

No absolute contraindications.

Relative caution in cases of:

- Epilepsy or history of seizures
- Active suicidality or acute mania (requires close monitoring)
- Skin conditions or injuries in the forehead area
- Metal implants in the head region (e.g., deep brain stimulation)

Side effects (rare & mostly mild)

Based on over 40,000 applications, side effects have been observed in less than 5% of patients:

- Skin irritation (~1.2%)
- Headaches (~1%)
- Tinnitus, mild restlessness, or fatigue (<1%)
- Very rare: temporary mood worsening during the first few weeks

tDCS shows dropout rates comparable to placebo in studies – an indication of very good tolerability.

Treatment protocol

- **Phase 1** – Activation: 5 sessions per week (for 3 weeks)
- **Phase 2** – Strengthening: 2–3 sessions per week (minimum 7 weeks)
- **Phase 3** – Maintenance: 2 sessions per week for 6 to 12 months (for relapse prevention)
- Adjustments can be made by health-care professionals via the Flow Clinical Portal

Clinical monitoring & follow-up

The Flow Clinical Portal offers you:

- Weekly symptom scores (MADRS-S)
- Adherence tracking
- Adjustment of the treatment plan based on progress

Behavioral psychology support offerings

Over 50 short units in the Flow app

Topics: activation, exercise, nutrition, sleep, mindfulness and more

Can be used alongside stimulation.

No therapeutic obligation – but effective support for motivation and self-regulation.

Expected treatment effects

Initial effects can vary individually – from the first session up to onset of effect around week 4.

Flow internal data shows: With regular use, depressive symptoms are reduced by >45%; with irregular use, by 15–35%.

¹ tDCS Evidence based guidelines, Fregni et al. 2021 – Published in the International Journal of Neuropsychopharmacology

² Woodham et al. 2024, Home-based transcranial direct current stimulation treatment for major depressive disorder: a fully remote phase 2 randomized sham-controlled trial – Published in Nature Medicine

³ Cipriani et al. 2018, Comparative efficacy and acceptability of 21 antidepressant drugs for the acute treatment of adults with major depressive disorder: a systematic review and network meta-analysis – Published in The Lancet.

⁴ C. Griffiths et al. 2024, “Flow” Transcranial Direct Current Stimulation (tDCS) for Depression Treatment in a Primary Healthcare General Practice—An Open-Label Cohort Study Measuring Montgomery-Åsberg Depression Rating Scale (MADRS-S) Outcomes – Published in the Open Journal of Psychiatry

