



Clinical Neurotherapy: Chapter Five. Defining Developing Evidence-Based Medicine Databases Proving Treatment Efficacy

J.Lucas Koberda

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In these times of escalating healthcare costs in the United States, EEG biofeedback – also called neurofeedback – looks like a very promising form of treatment because of its noninvasive properties and relative cost-effectiveness. Increased numbers of medical conditions are emerging in which neurofeedback shows improvement of their symptoms. However, in only a few neuropsychiatric disorders, which include attention deficit hyperactivity disorder, has the effectiveness of neurofeedback been well documented by randomized studies. Therefore, more well-designed studies are needed to increase the rank of neurofeedback in evidence-based medicine. The author recommends the use of reports combining correlation of both subjective and objective findings documenting an improvement after neurofeedback. In addition, the use of more advanced technology is suggested, including quantitative EEG and functional MRI to document an objective improvement. Also, whenever possible, employing randomization with neurofeedback “sham” controls may be of benefit in order to diminish a placebo effect.

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