

Effects of NeuroOptimal Neurofeedback on Symptoms of Depression and Anxiety

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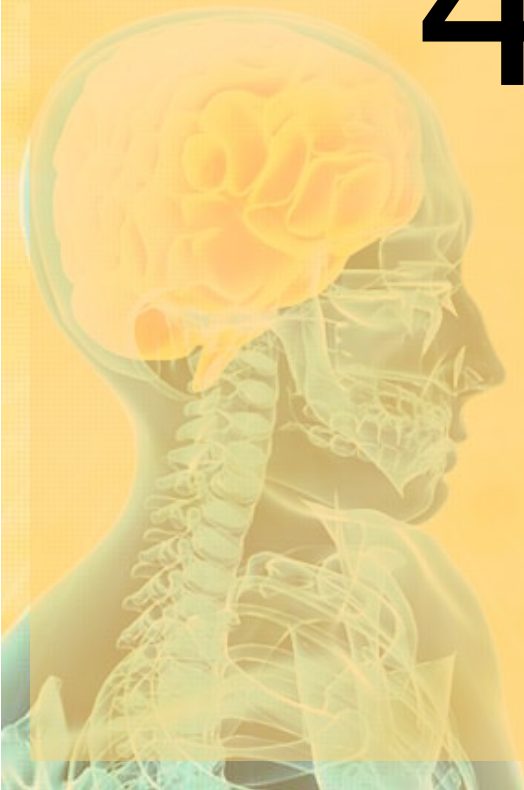


Kingston Institute of Psychotherapy and Neurofeedback

- Roots in Psychotherapy
- NF Clinic Established 2010
- Initially 4 systems
- Currently 8 NF rooms with 10 NeurOptimal systems
- Training 350 to 400 people per week
- Staff: 2 Physicians, Nurse Specialist,
- 2 MSW therapists, 8 technicians
- Also: HRV, HEG, BAUD, QEEG & Targeted NF
- Volunteer run Yoga, Meditation, Cranial Sacral Therapy

45,000+

NeuroOptimal Sessions



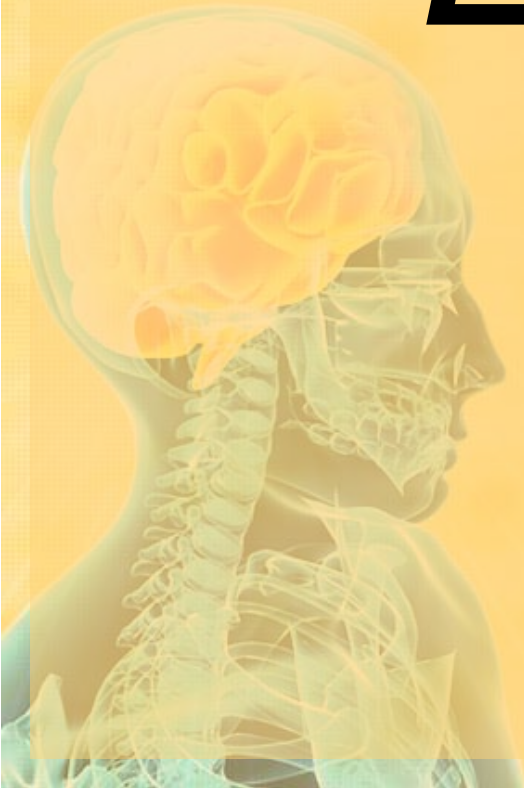


Data at Sessions 0 and 8

Who did we include?

Everyone

- ALL Adults 18+
- ALL diagnoses
- ALL length of illness



Beck Depression Inventory

- 21 groups of statements

(0) I do not feel sad.

(1) I feel sad much of the time

(2) I am sad all the time.

(3) I am so sad or unhappy that I can't stand it.

- Higher scores = more severe symptoms

0–9: minimal depression

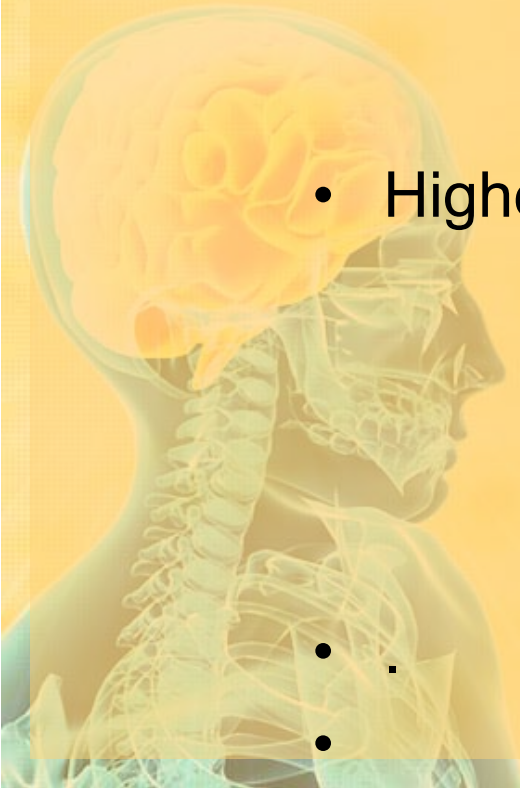
10–18: mild depression

19–29: moderate depression

30–63: severe depression.

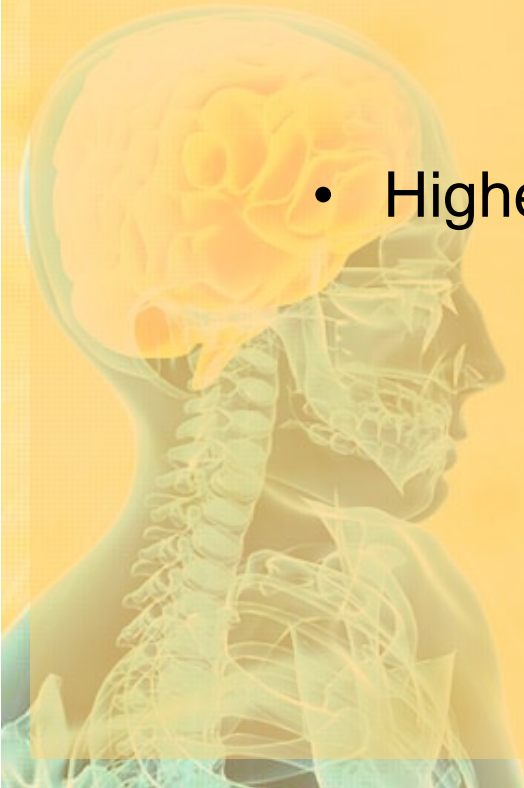
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- Beck Anxiety Inventory

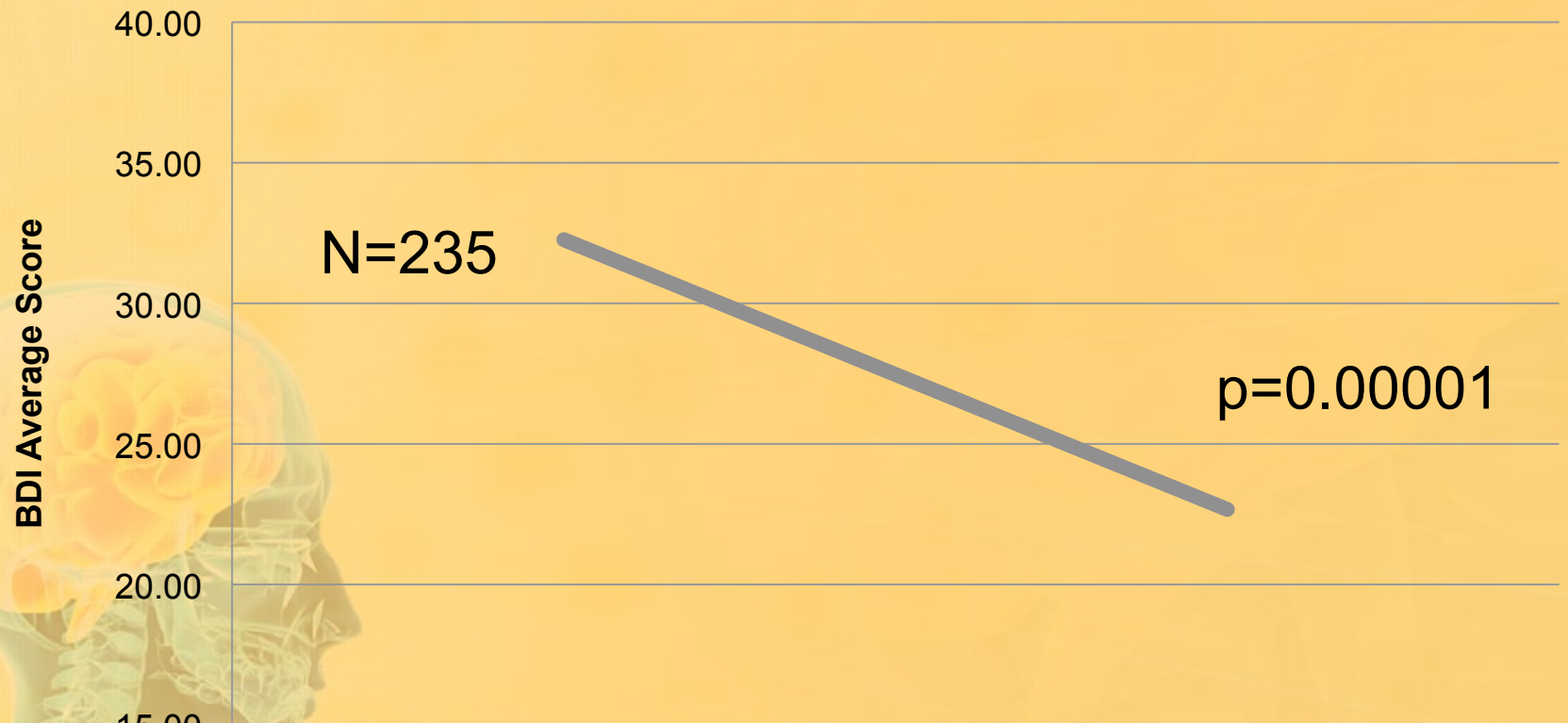


Beck Anxiety Inventory

- 21 cognitive and somatic symptoms
 - (0) Not at all
 - (1) Mildly (It did not bother me much)
 - (2) Moderately (It was very unpleasant, but I could stand it)
 - (3) Severely (I could barely stand it.)
- Higher scores = more severe anxiety
 - 0-7: minimal level of anxiety
 - 8-15: mild anxiety
 - 16-25: moderate anxiety
 - 26-63: severe anxiety

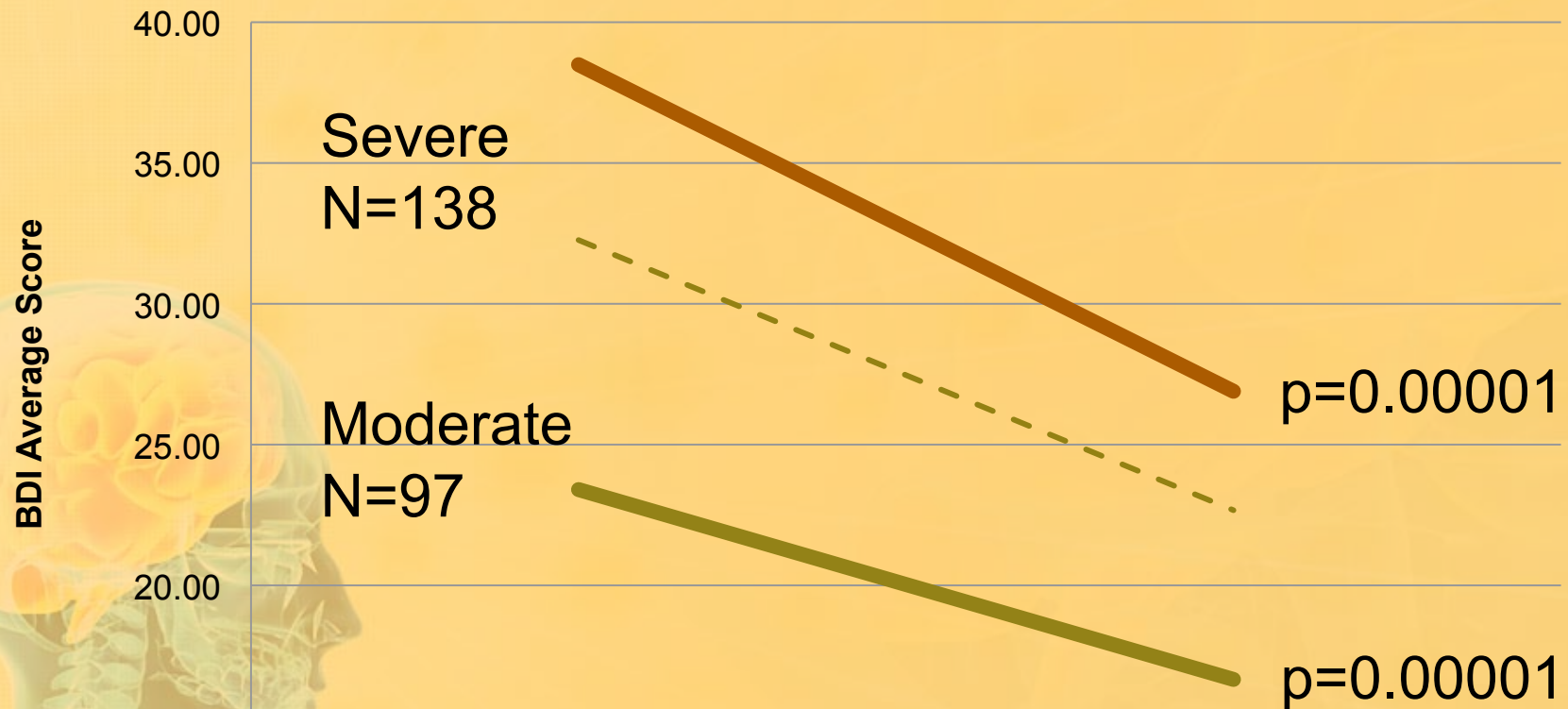


Beck Depression Inventory Results



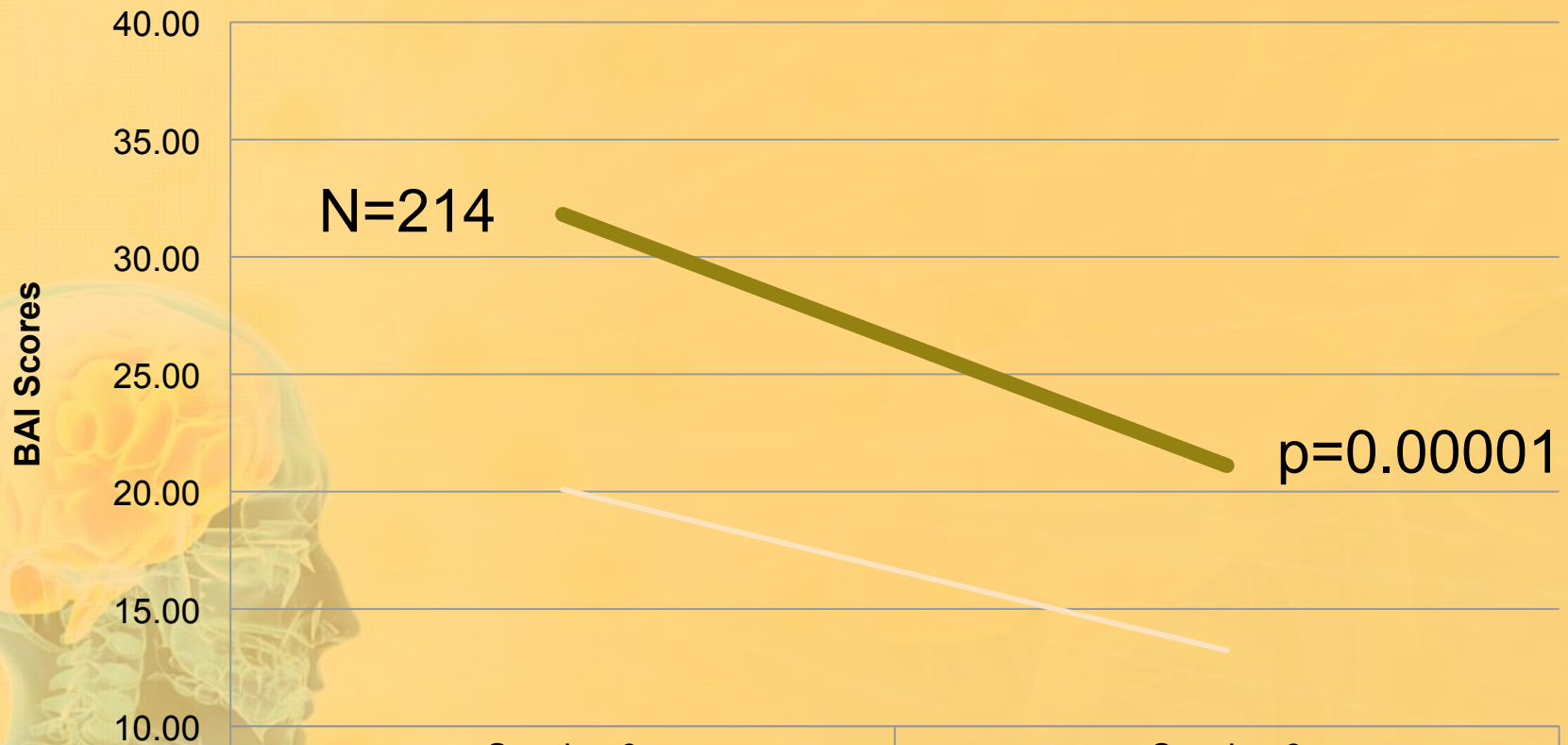
	Session 0	Session 8
All	32.26	22.67
Severe	38.49	26.89
Moderate	23.40	16.66

Beck Depression Inventory Results



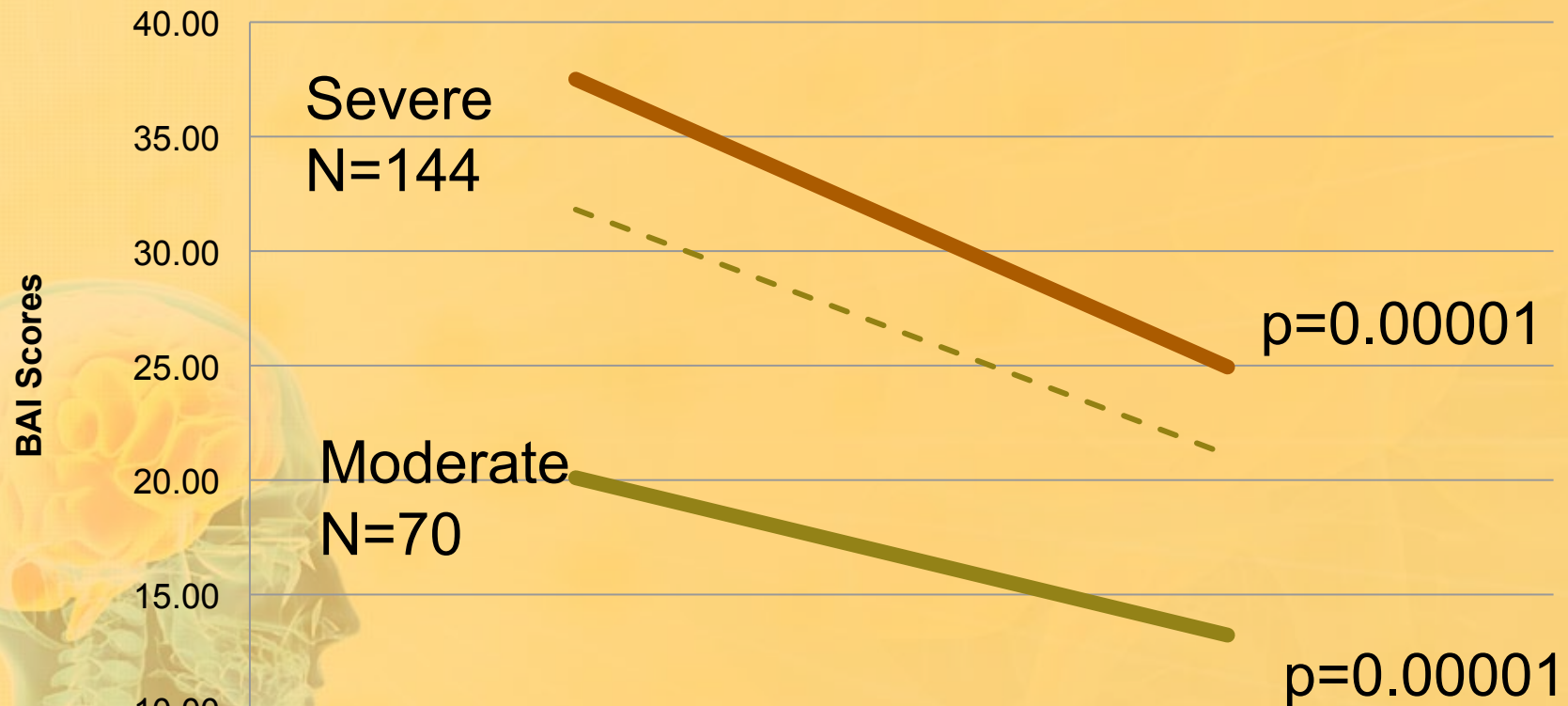
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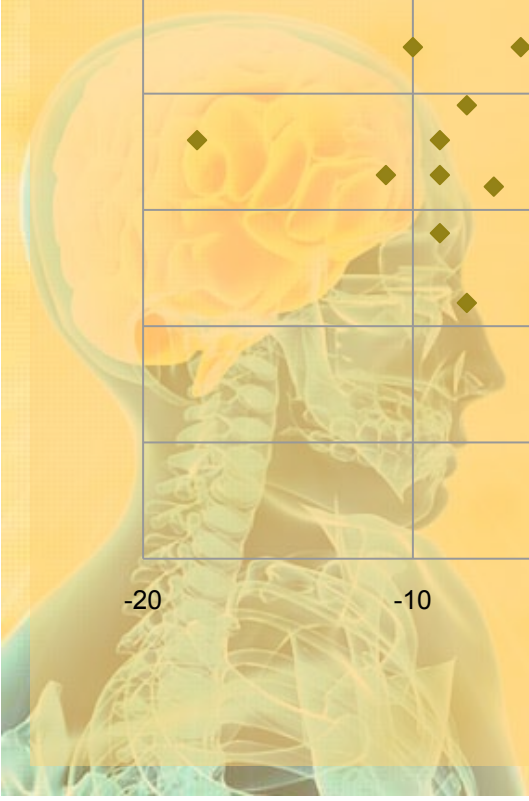
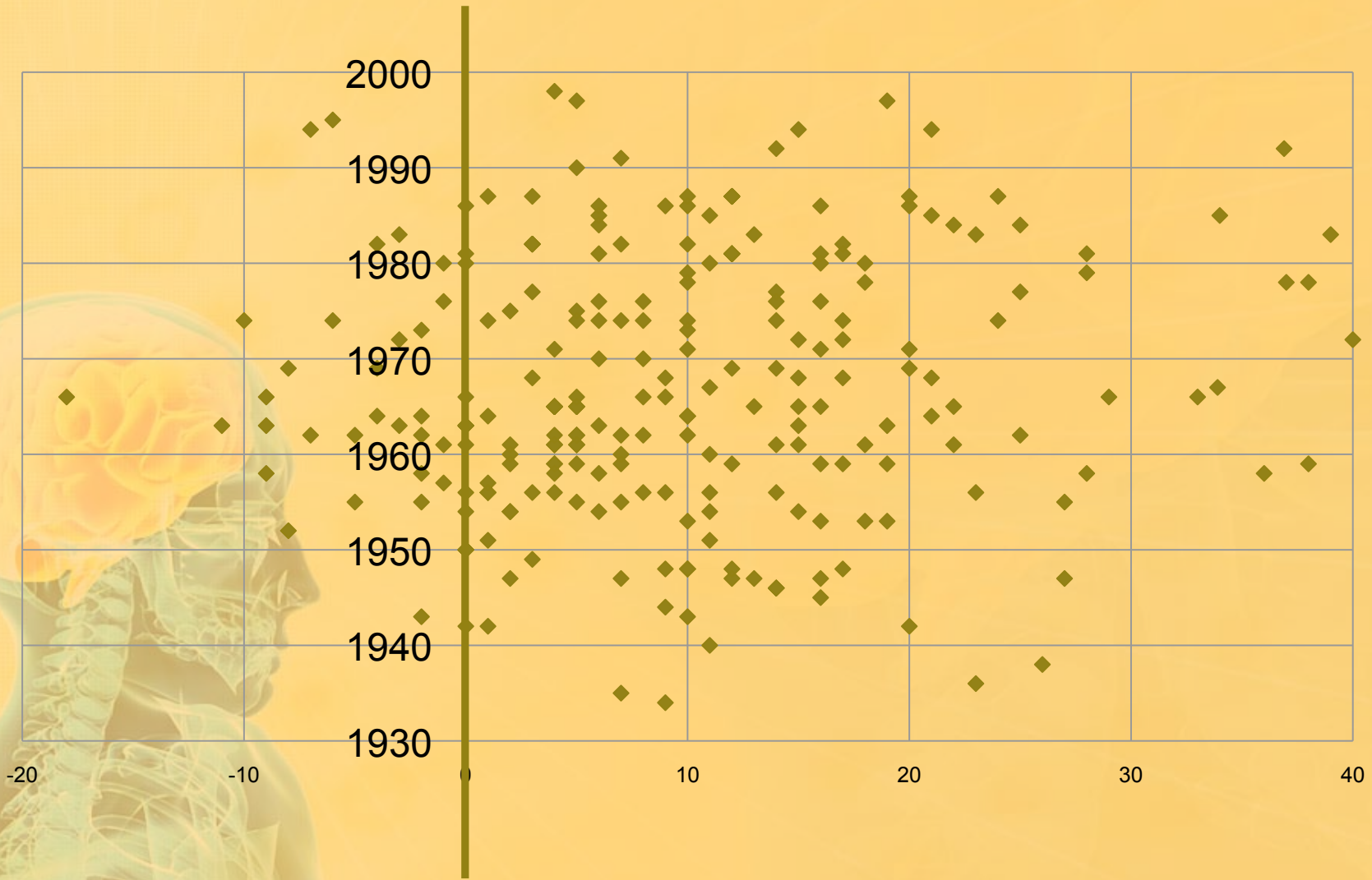
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All	31.81	21.11
Severe	37.51	24.94
Moderate	20.10	13.23

Beck Anxiety Inventory Results

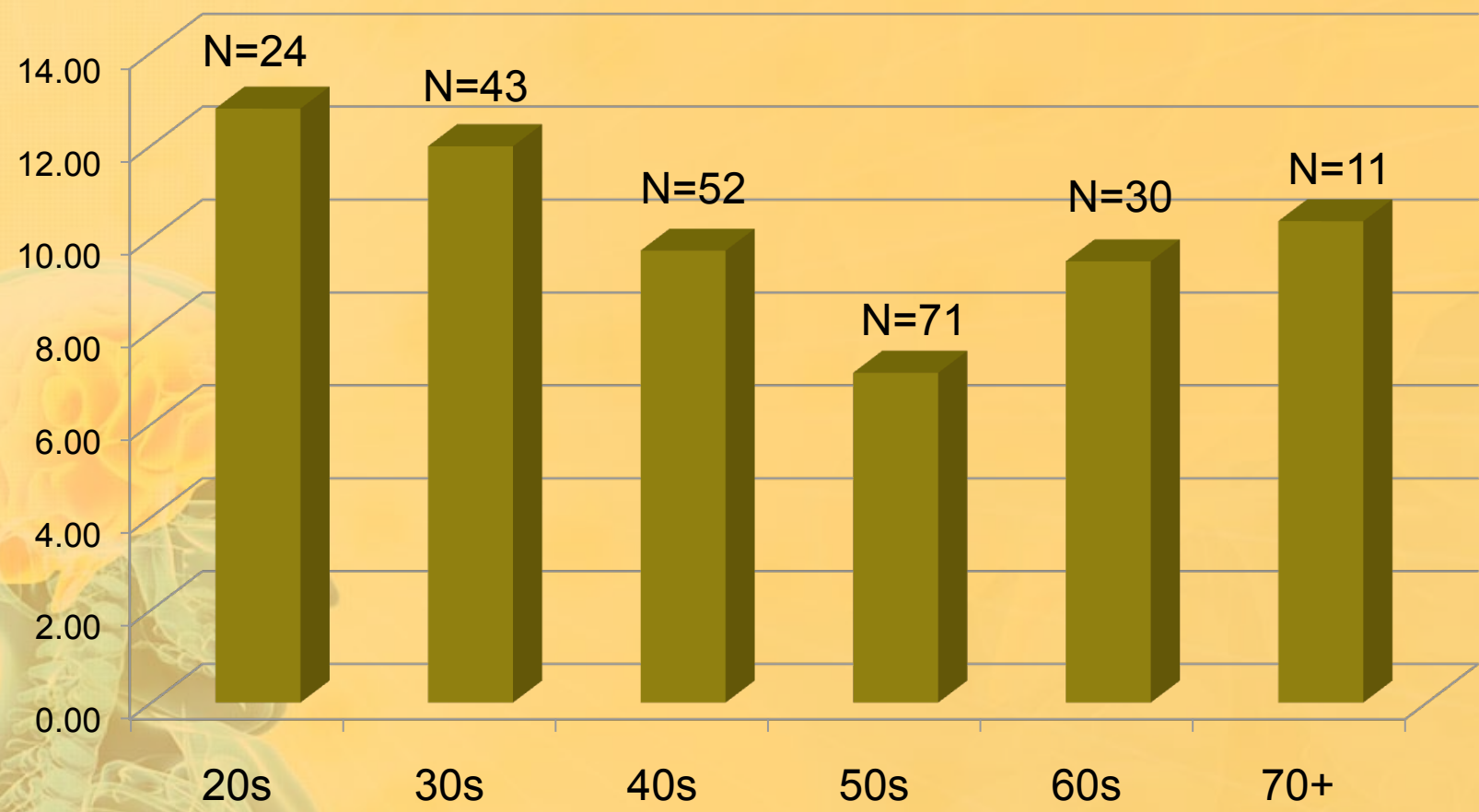


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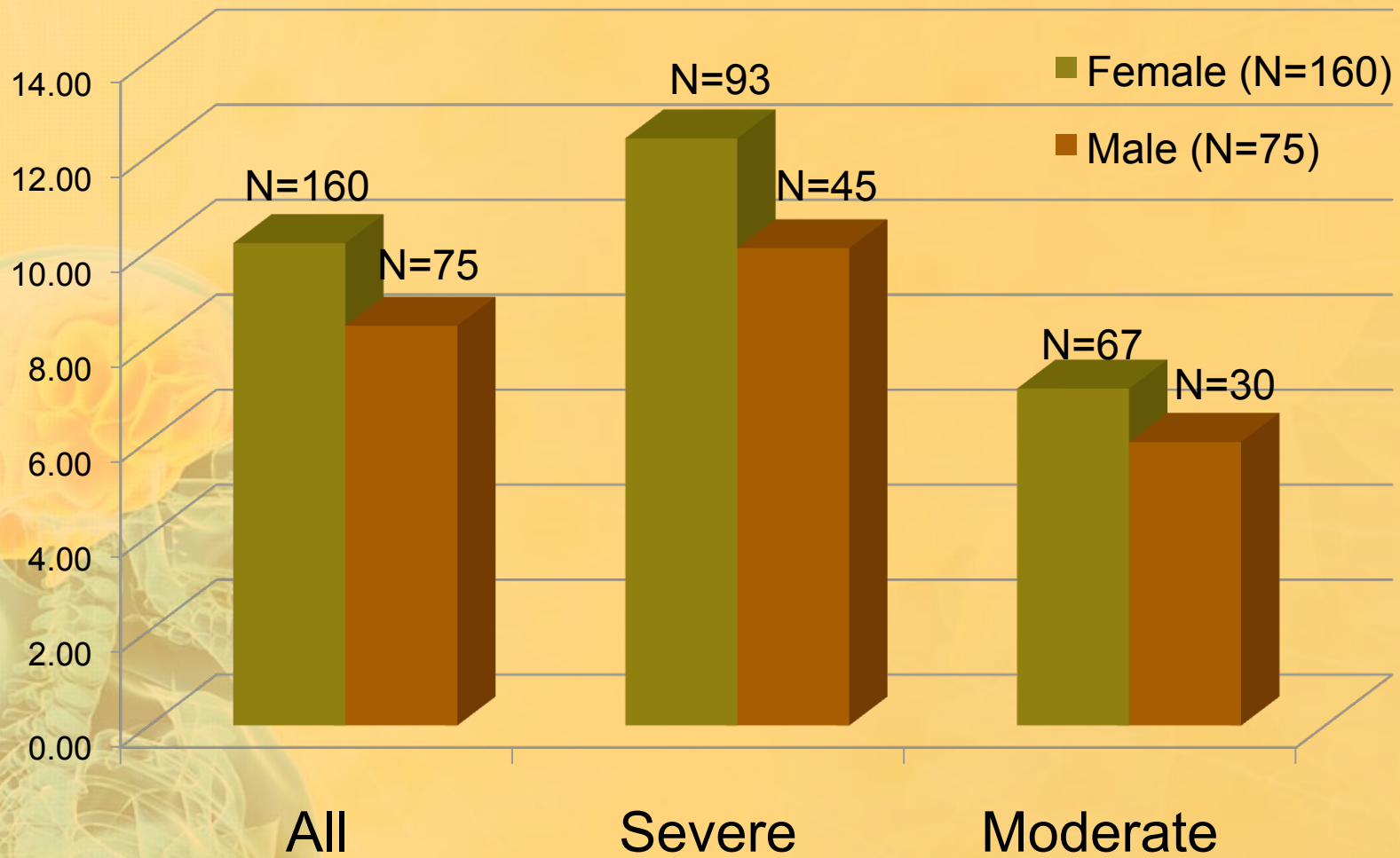
BDI Score Improvement from Session 0 to 8



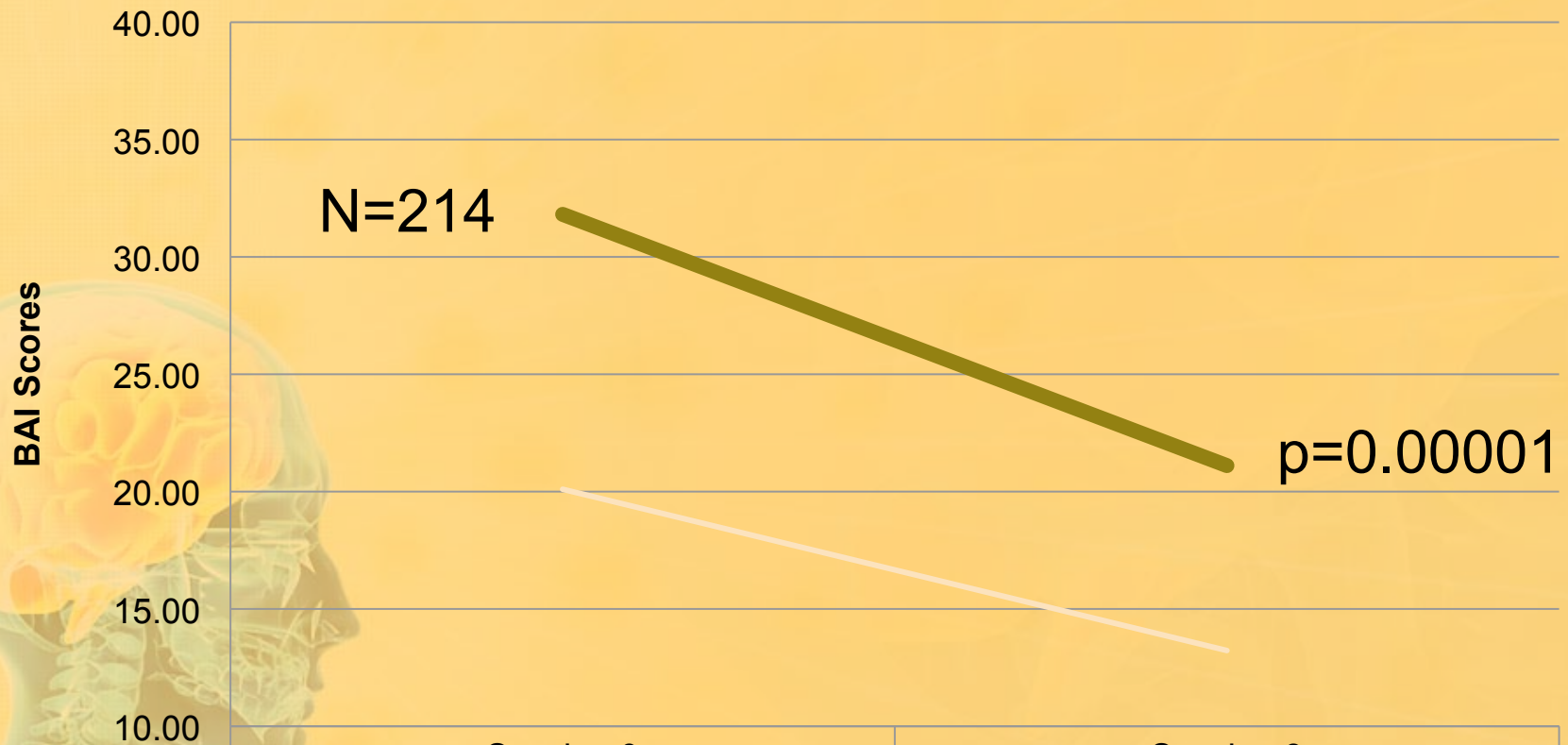
Depression Score Improvement by Age



Depression Score Improvement by Gender

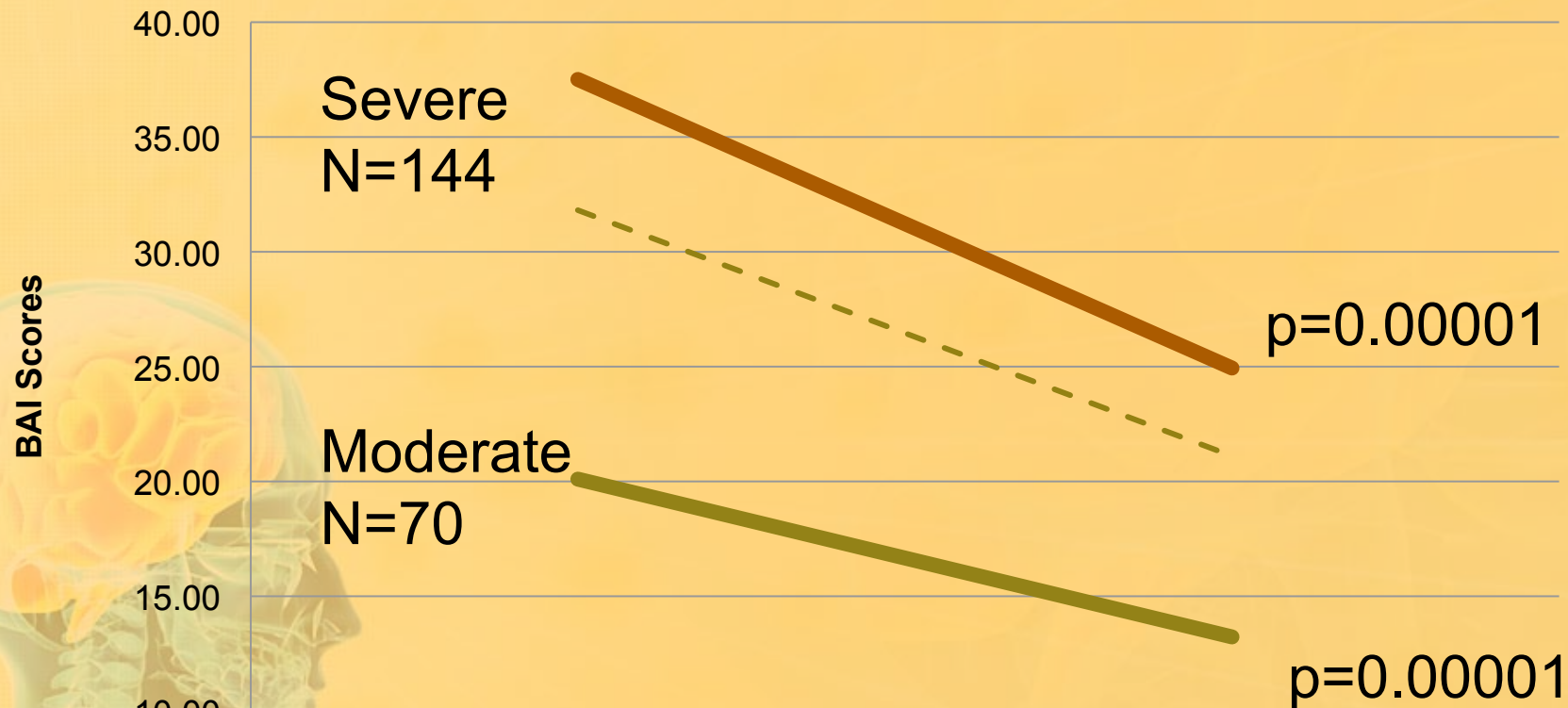


Beck Anxiety Inventory Results



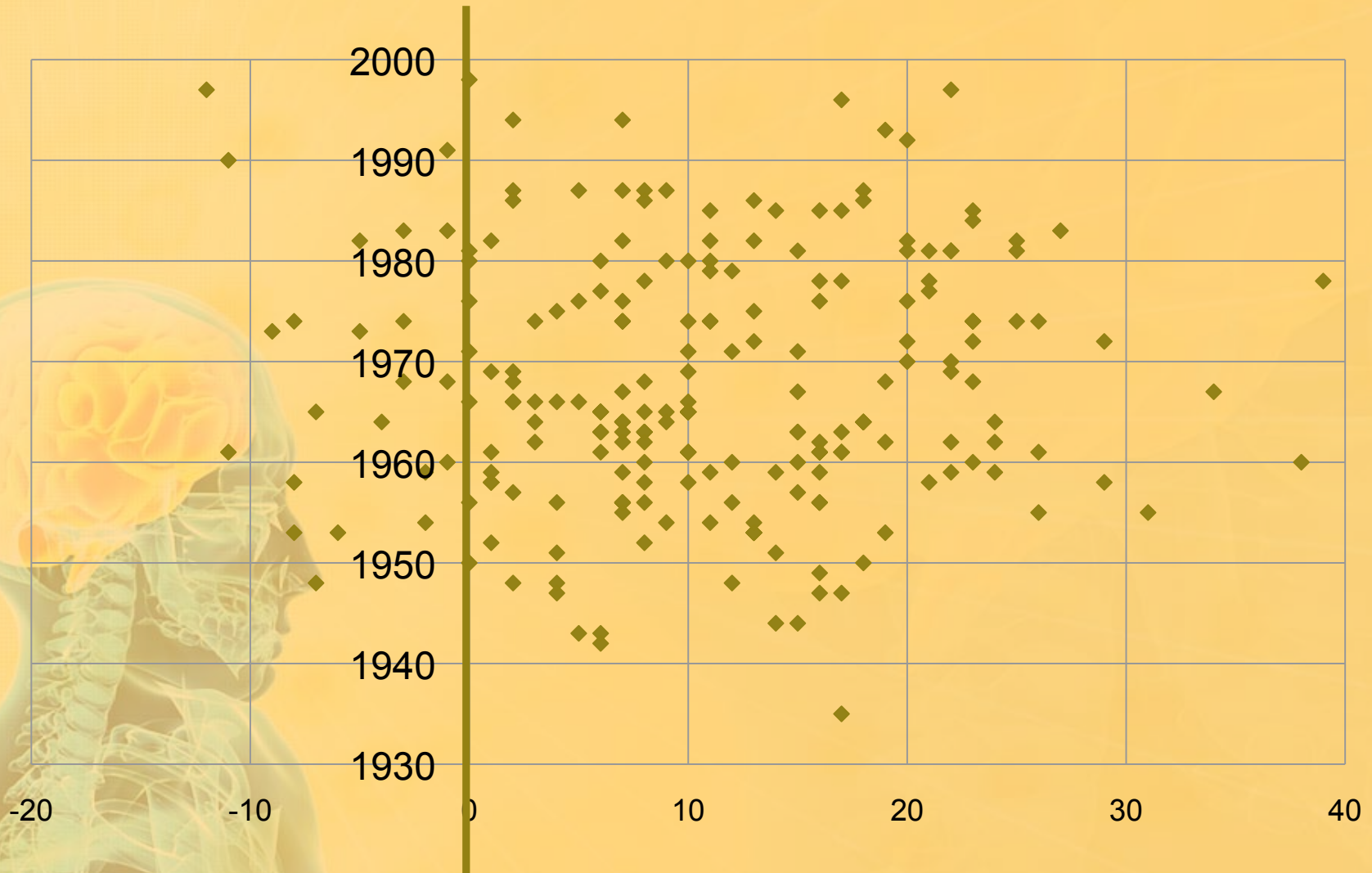
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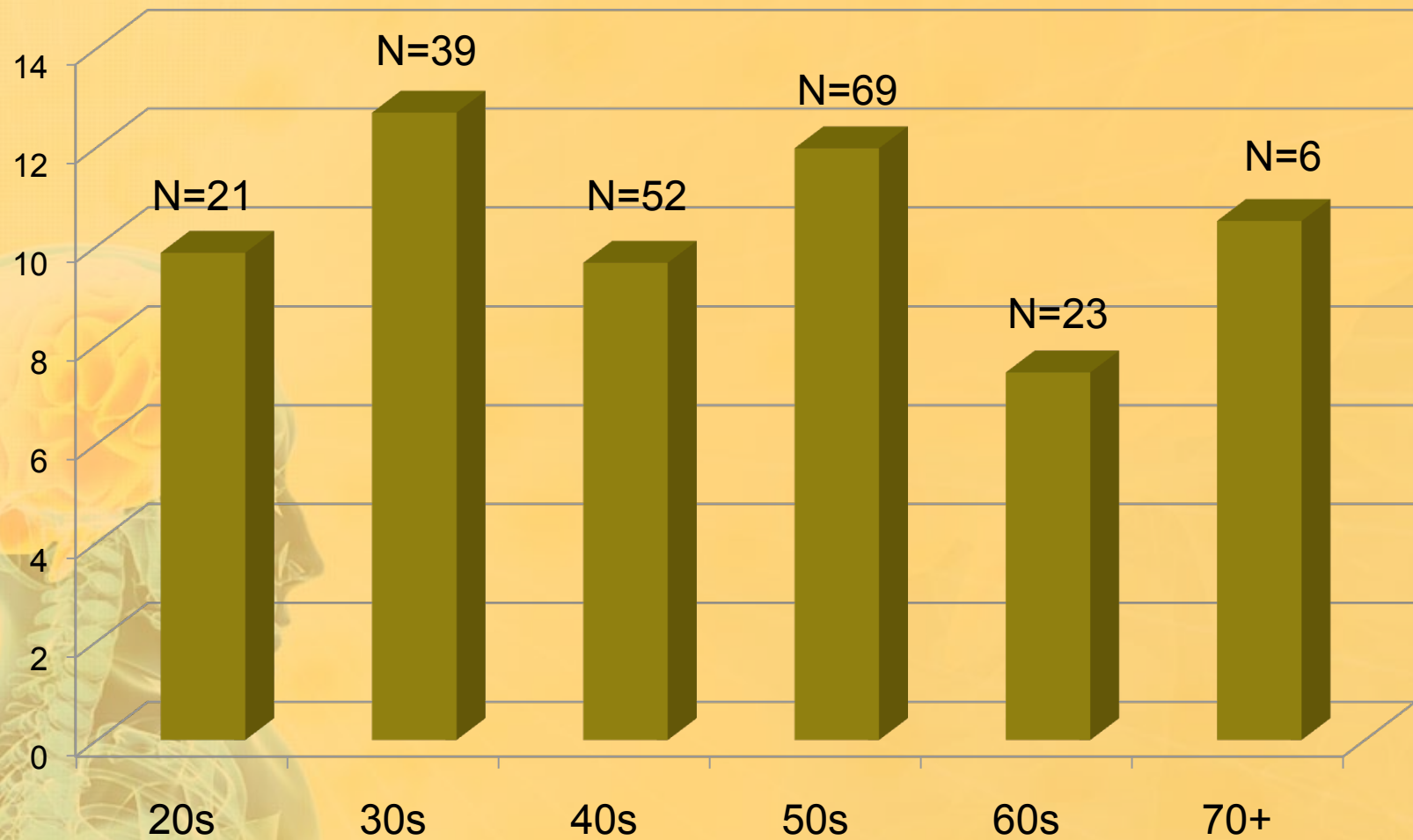


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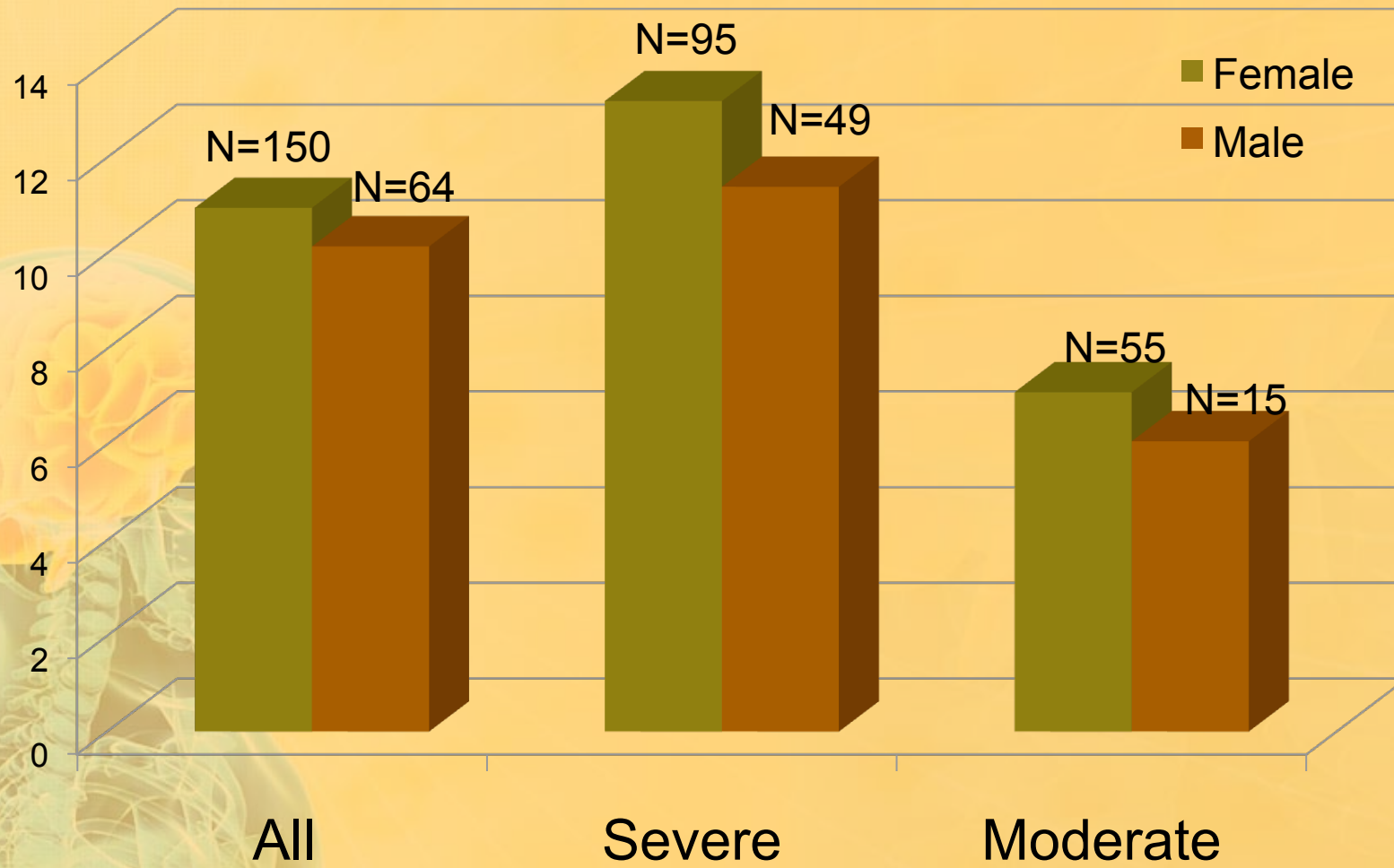
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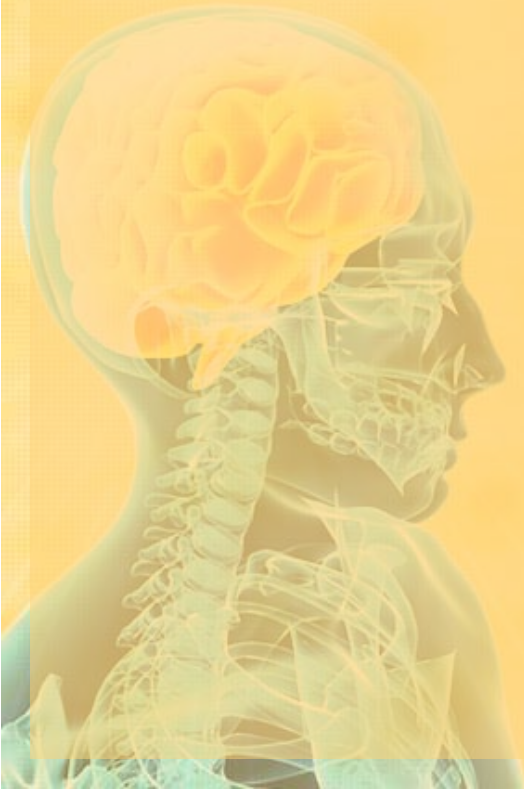
Anxiety Score Improvement by Age



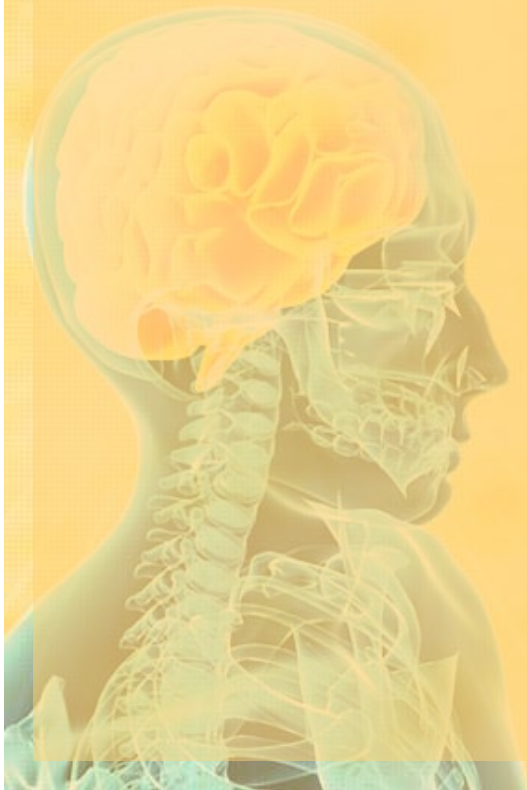
Anxiety Score Improvement by Gender



How Does This Compare with Antidepressants?



How Does This Compare with Cognitive Behavioural Therapy (CBT)?



Post Traumatic Checklist

