

Neurofeedback Research

There are 700+ peer-reviewed studies using neurofeedback in the scientific literature, with demonstrated efficacy in attention-deficit hyperactivity disorder (ADHD), anxiety, post-traumatic stress disorder (PTSD), addiction and more.

The power of neurofeedback suggests that we are talking the brain's language.

ADHD

- <https://publications.aap.org/pediatrics/article-abstract/133/3/483/32343/In-School-Neurofeedback-Training-for-ADHD?autologincheck=redirected>
- <https://link.springer.com/content/pdf/10.1007/s00787-018-1121-4.pdf>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4230047/pdf/fnhum-08-00906.pdf>
- <https://isnr.org/isnr-comprehensive-bibliography>

Anxiety

- https://www.tandfonline.com/doi/abs/10.1300/J184v02n02_03
- <https://www.neuroregulation.org/article/view/16935/11343>
- <https://journals.sagepub.com/doi/10.1177/155005940003100105>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4741268/>

PTSD

- <https://journals.plos.org/plosone/article/file?id=10.1371/journal.pone.0166752&type=printable>
- <https://journals.sagepub.com/doi/abs/10.1177/1524838018781103>
- [https://www.cambridge.org/core/services/aop-cambridge-core/content/view/C153D9E6630114984CE688E1291F4D39/S0924933819000075a.pdf/electroencephalographybased neurofeedback as treatment for posttraumatic stress disorder a systematic review and metaanalysis.pdf](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/C153D9E6630114984CE688E1291F4D39/S0924933819000075a.pdf/electroencephalographybased%20neurofeedback%20as%20treatment%20for%20posttraumatic%20stress%20disorder%20a%20systematic%20review%20and%20metaanalysis.pdf)

Cognitive Enhancement

- <https://onlinelibrary.wiley.com/doi/pdf/10.1002/hbm.23201>
- <https://www.sciencedirect.com/science/article/abs/pii/S105381191001181X?via%3Dihub>
- <https://www.tandfonline.com/doi/abs/10.1080/13854040600744839>

Peak Performance

- <https://journals.humankinetics.com/view/journals/jsep/37/6/article-p626.xml>

- <https://pubmed.ncbi.nlm.nih.gov/12824763/>
- https://www.researchgate.net/publication/233312305_Case_Study_Improvements_in_IQ_Score_and_Maintenance_of_Gains_Following_EEG_Biofeedback_with_Mildly_Developmentally_Delayed_Twins