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Background: Neurobehavioral interventions including brainwave-based treatments (e.g., EEG biofeedback) have demonstrated some effectiveness in treating ADHD-like symptoms. Recent developments in neurotherapy suggest more specific electromagnetic (EM) stimulation of brainwave activity may be beneficial.
Objective: To conduct a pilot investigation of the efficacy of the Flexyx Neurotherapy System (FNS) that uses minute EM pulses to subliminally stimulate the EEG for the treatment of ADHD-like symptoms.
Methods: 69 participants (children, adolescents, and adults; mdn age = 18 yrs) with attention deficit/hyperactivity symptoms referred to the Brain Wellness and Biofeedback Center of Washington were treated with an adaptation of FNS (mdn = 15, range 4-49 sessions). Individual session 0-10 ratings of most bothersome symptoms (attention/concentration, motivation/initiation difficulties, organizational difficulties, hyperactivity, distractibility, mental fog, procrastination, mood issues, racing brain, memory problems) were completed by each participant at the beginning of each treatment session.
Results: Linear trend analyses indicated significant negative slopes (betas with all p's < .001) in evidence for decreases in all symptom ratings over the course of individual treatment.
Conclusion: FNS is a potentially effective treatment for attention deficit/hyperactivity symptoms and related dysfunction. A randomized controlled trial with long-term follow-up is warranted to further verify these highly suggestive findings.