

Current Appraisal of the Utility of Neurofeedback in Treating ADD/ADHD

The following is from Vincent Monastra's book (2008), Unlocking the Potential of Patients with ADHD. He is a respected researcher in this field and has published an earlier review of the research literature which was cited on-line in the CHADD "What We Know" series. That review is outdated and the following update is a more current reflection on the scientific research into the utility of neurofeedback for attention issues.

"On the basis of the publication of several randomized clinical trials (RCTs), as well as multiple controlled studies using comparison with a bona fide treatment, NFT (neurofeedback training) meets the initial requirement to be considered an effective treatment for ADHD using criteria published by the American Psychological Association (Chambless & Hollon, 1998) and the Association for Applied Psychophysiology & Biofeedback (LaVaque et al., 2002). In addition, Hirshberg et al. (2005) applied the guidelines for recommending evidence-based treatments developed by the American Academy of Child & Adolescent Psychiatry (AACAP; Greenhill et al., 2002) and concluded that NFT "meets AACAP criteria for 'Clinical Guidelines' for treatment of ADHD" (p.12). Treatments meeting the requirement for Clinical Guidelines are those that apply approximately 75% of the time. Such practices "should always be considered by the clinician, but there are exceptions to their applications" (Hirshberg et al., 2005, p. 13)."