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Resumen de estudios sobre Biofeedback para
déficit de atención e hiperactividad

Estudios de ADHD y neurofeedback

(1). Kaiser y Othmer (2000). Estudio con 1.089 pacientes. El tratamiento con neurofeedback proporcionó mejoras significativas en ratios de atención, control de impulsos y cambios positivos, medidos mediante el test de variables de atención (TOVA).

(2). Monastra et al (2002). Estudio con 100 niños tomando Ritalin así como con soporte académico y parental. La mitad de los niños recibieron adicionalmente tratamiento de Biofeedback. Solo los niños que también fueron tratados con EEG Biofeedback fueron capaces de retener las mejoras obtenidas con Ritalin después de dejarlo.

(3). Gevensleben et al (2009). Estudio con 102 niños de entre 8 y 12 años con ADHD y neurofeedback. Se registraron notables mejoras en los síntomas de falta de atención, impulsividad / hiperactividad y otros síntomas de ADHD, con diferencias estadísticamente significativas como para indicar efectividad clínica.

(4). Arns M, de Ridder S et al (2009). Estudio realizado con el objetivo de descartar posibles objeciones a estudios antiguos derivados de falta de población incluida, falta de aleatoriedad o grupos de control adecuados. La valoración final del Biofeedback con respecto a ADHD es la calificación de "Eficaz y específico" con gran efecto en falta de atención e impulsividad y efecto medio en hiperactividad.

(1), (2), (3) y (4): Referencias en próxima página

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- (1). Kaiser, D.A., & Othmer, S. (2000). Effect of neurofeedback on variables of attention in a large multicenter trial. *Journal of Neurotherapy*, 4(1), 5-15.
- (2). Monastra B.J., Monastra, D.M., & George, S. (2002). The effects of stimulant therapy, EEG biofeedback and parenting style on the primary symptoms of attention-deficit/hyperactivity disorder. *Applied Psychophysiology and Biofeedback*, 27(4), 231-249.
- (3). Holger Gevensleben, Birgit Holl, Björn Albrecht, Claudia Vogel², Dieter Schlamp³, Oliver Kratz, Petra Studer, Aribert Rothenberger, Gunther H. Moll, Hartmut Heinrich. Is neurofeedback an efficacious treatment for ADHD? A randomised controlled clinical trial. *Journal of Child Psychology and Psychiatry*. Volume 50, Issue 7, pages 780–789, July 2009
- (4). Arns M, de Ridder S, Strehl U, Breteler M, Coenen A. Efficacy of neurofeedback treatment in ADHD: the effects on inattention, impulsivity and hyperactivity: a meta-analysis. *Clin EEG Neurosci*. 2009 Jul;40(3):180-9.

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