

Neurofeedback and Its Effects on ADHD Symptoms in Children

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Abstract. This study investigates the efficacy of neurofeedback as a treatment for attention deficit hyperactivity disorder (ADHD) in children. By monitoring brain activity and providing real-time feedback, neurofeedback aims to improve attention and reduce hyperactivity. The research evaluates the effectiveness of neurofeedback compared to traditional ADHD treatments. Results show that neurofeedback significantly enhances attention and decreases hyperactive behaviors, suggesting its potential as a non-invasive therapeutic option. These findings support the integration of neurofeedback into comprehensive ADHD treatment plans in clinical psychology.

Keywords: Neurofeedback, ADHD, Children, Clinical Psychology, Non-Invasive Treatment

Introduction

Attention deficit hyperactivity disorder (ADHD) is a common neurodevelopmental disorder affecting children, characterized by symptoms of inattention, hyperactivity, and impulsivity. Managing ADHD often involves a combination of medication, behavioral therapy, and educational interventions. However, there is a growing interest in exploring alternative, non-invasive treatment options. Neurofeedback, a technique that uses real-time displays of brain activity to teach self-regulation of brain function, has shown promise in managing ADHD symptoms. This study aims to assess the effectiveness of neurofeedback in reducing ADHD symptoms and improving cognitive functioning in children. By comparing neurofeedback with conventional treatment methods, the research seeks to validate its use as a viable therapeutic approach in clinical psychology. The findings contribute to the evolving landscape of ADHD treatment, highlighting the potential benefits of incorporating neurofeedback into holistic care strategies.

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References

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