

# qEEG Interpret Guide

<b>GLOBAL</b>	
Low Power Fast or Slow	Metabolic Resource Depletion, Cellular Degeneration, Alcoholism
Low Alpha	Stress, Adrenal Fatigue, Confusion, Reduced Cog Stamina
High Alpha	Hypothyroid, Initial Inflammatory Process, Chronic Anxiety, Sleep Deficit, Depression
Low Beta	Reduced Cognitive Efficiency, Chronic Hyperarousal Phase 2
High Beta	Worry, Chronic Hyperarousal Phase 1, Hypermentation
Low Theta	Memory Deficits, Reduced Emotional Awareness
High Theta	ADHD Symptoms, Executive Deficits, Low Cortical Perfusion
Low Delta	TBI, Low Dopamine, White matter Damage, Chronic Drug Use, Poor Funtional integration
High Delta	TBI, Food Sensitivity, Chronic Emotional Trauma, White Matter Inflammation, Low Acetylcholine, Heavy Metals
High Power	Allergies, Asthma, Toxin Exposure, Food Sensitivities
High Theta and Beta	Oppositional, Impulsive
High Delta and Theta	Mild to Severe Cognitive Decline
<b>REGIONAL</b>	
High Frontal Alpha	Low Motivation
Low Frontal Alpha	Excess Worry
High Posterior Alpha	Perseverance, Positive Rumination, Bargaining
Low Posterior Alpha	Confusion, Slowed Processing
High Frontal Beta	Excess Worry- Anticipatory, Hypervigilence
Low Frontal Beta	Executive Processing Deficits
High Posterior Beta	Emotional Instability, Negative Rumination
Low Posterior Beta	Attention Deficit
High Frontal Theta	Impulse Control and Attention Deficits
Low Frontal Theta	Working Memory Deficits, Low Emotional Self Awareness
High Posterior Theta	Sensory Integration Issue and Confusion
Low Posterior Theta	Short Term and Sequential Memory Deficits Generate Poor Attention
High Fronta Delta	General Cognitive and Social Accuracy Deficits, Attention Deficits, Impulse Control Deficits
Low Frontal Delta	Poor Working Memory
High Posterior Delta	Poor Short Term and Sequential Memory, Sensory Integration Deficits, Facial Decoding Deficits
Low Posterior Delta	Short Term and Sequential Memory Deficits
<b>LOCAL</b>	See Brodmann 10-20 Function-Location Chart
	<b>Use Only AS General Guides</b>
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