Neurofeedback with Obsessive-Compulsive Disorder

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Introduction
Obsessive-Compulsive Disorder (OCD) is often less than optimally treated using medication or behavior therapy. However, qEEG and neuroimaging research have identified brain patterns associated with OCD (Prichep et al., 1993).

Method
Two patients with OCD were screened with the Padua Inventory, the Yale-Brown Obsessive-Compulsive Scale, qEEG, and in one case, the MMPI. Each patient displayed different qEEG patterns associated with OCD. Neurofeedback individualized to qEEG findings was used.

Results
At the conclusion of treatment, the two patients were again administered the Padua Inventory, and an independent colleague conducted the structured interview associated with the Yale-Brown Scale. The MMPI was also administered again. These results and follow-up questioning at four months and more than one-year post-treatment validated highly successful changes.

Conclusion
EEG neurofeedback appears to hold promise for treating OCD, which has been firmly established to be associated with abnormal brain patterns.

References