# **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

Prichep, L. S., Mas, F., Hollander, E., Liebowitz, M., John, E. R., Almas, M., et al. (1993). Quantitative electroencephalography (QEEG) subtyping of obsessive compulsive disorder. Psychiatry Research, 50 (1), 25-32.