

CADTH RAPID RESPONSE REPORT: SUMMARY OF ABSTRACTS

# Neurofeedback for Mood and Anxiety Disorders: Clinical Effectiveness

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## Research Questions

1. What is the comparative clinical effectiveness of dynamical neurofeedback versus neurofeedback for mood or anxiety disorders in adults?
2. What is the clinical effectiveness of telehealth-delivered neurofeedback for mood or anxiety disorders in adults?
3. What is the clinical effectiveness of neurofeedback for the families of patients receiving neurofeedback for mood or anxiety disorders?

## Key Findings

No relevant literature was identified regarding the comparative clinical effectiveness of dynamical neurofeedback versus neurofeedback, the clinical effectiveness of telehealth-delivered neurofeedback, or the clinical effectiveness of neurofeedback for the families of patients receiving neurofeedback for mood or anxiety disorders.

## Methods

A limited literature search was conducted on key resources including Medline, PsycInfo, and PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases and a focused Internet search. No methodological filters were applied to limit the retrieval by study type. The search was limited to English language documents published between January 1, 2013 and February 20, 2018. Internet links were provided, where available.

## Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

**Table 1: Selection Criteria**

<b>Population</b>	Q1-Q2: Adults with mood or anxiety disorders (i.e., post-traumatic stress disorder, generalized anxiety disorder, or depression) Q3: Family members (any age) of patients receiving neurofeedback for mood or anxiety disorders
<b>Intervention</b>	Q1: Dynamical neurofeedback Q2: Telehealth-delivered neurofeedback (e.g., telephone, skype) Q3: Neurofeedback (any type)

<b>Comparator</b>	Q1: Neurofeedback Q2: Neurofeedback delivered in person; Other treatment for PTSD, GAD, or depression (e.g., cognitive behavior therapy, exposure therapy, eye moment desensitization reprocessing); No treatment (waitlist) Q3: No treatment
<b>Outcomes</b>	Clinical effectiveness (e.g., symptom reduction [e.g., reduced stress, anxiety], safety, quality of life)
<b>Study Designs</b>	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies

## Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials and non-randomized studies.

No relevant health technology assessments, systematic reviews, meta-analyses, randomized controlled trials or non-randomized studies were identified regarding the comparative clinical effectiveness of dynamical neurofeedback versus neurofeedback, the clinical effectiveness of telehealth-delivered neurofeedback, or the clinical effectiveness of neurofeedback for the families of patients receiving neurofeedback for mood or anxiety disorders.

References of potential interest are provided in the appendix.

## Overall Summary of Findings

No relevant literature was identified regarding the comparative clinical effectiveness of dynamical neurofeedback versus neurofeedback, the clinical effectiveness of telehealth-delivered neurofeedback, or the clinical effectiveness of neurofeedback for the families of patients receiving neurofeedback for mood or anxiety disorders; therefore, no summary can be provided.

## References Summarized

### Health Technology Assessments

No literature identified.

### Systematic Reviews and Meta-Analyses

No literature identified.

### Randomized Controlled Trials

No literature identified.

### Non-Randomized Studies

No literature identified.

## Appendix — Further Information

### Previous CADTH Reports

1. Neurofeedback and biofeedback for mood and anxiety disorders: a review of clinical effectiveness and guidelines [Internet]. Ottawa (ON): CADTH; 2017 Nov [cited 2018 Feb 23]. Available from: <https://www.cadth.ca/sites/default/files/pdf/htis/2017/RC0939%20Neurofeedback%20Biofeedback%20Final.pdf>
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### Review Articles

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