C.E.N.T.

Computer Enabled Neuroplasticity Treatment

Cognitive Science Unit, Department of Behavioral Sciences

University of Helsinki introduces Neurofeedback to Finland. Finland is heavily invested in cutting-edge brain science, yet it has never before had dealings with neurofeedback (NFB), either in research or clinical practice. However research on ADHD in Finland has developed strongly (e.g. Helenius et al., 2011, Gumenyuk et al., 2004) and thus provides a good ground for the introduction of neurofeedback into Finland.

The CENT project will conduct a study on the effects of NFB on adult ADHD within Finland. Research is being conducted by the Cognitive Science Unit at the Institute of Behavioural Sciences, Helsinki University, with NFB conducted by trained technicians supervised by qualified psychotherapists. Software is custom-built for the project, with games sourced from local companies.

STUDY DESIGN

The experiment aims to test the efficacy of neurofeedback for adults with either ADHD or ADD by randomized controlled clinical trial (RCT). The persistence of the treatment effects will also be tested with a follow-up study. Additionally we will study the need for other treatments may be substantial.

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On par with more global estimates (Polanczyk et al., 2007), the prevalence of ADHD in Finnish 8-year-olds is estimated at 4% (DSM-III) (Almqist 2004), while among Finnish 16-18 year olds it rises to 8.5% (DSM-IV) (Smalley et al., 2007). Indeed, given that in Finland medication therapy for ADHD is lowest among all Scandinavian countries (Zoega et al., 2011), Finland’s need for other treatments may be substantial.

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