

Research with ILF Neurofeedback

ILF Neurofeedback Mechanisms and Neurophysiology

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- Seuß, S. & Riederle, J. (2021). Erfahrungen mit Neurofeedback in der therapeutischen Praxis. *Praxis Ergotherapie*, 2, 75-81. [Direct link](#)
- Fleischman, M. J. (2022). Documenting the Impact of Infra Low Frequency Neurofeedback on Underserved Populations With Complex Clinical Presentations. *Frontiers in Human Neuroscience*, 16, 921491. [Direct link](#)
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- Kropotov, J. D. (2022). The enigma of infra-slow fluctuations in the human EEG. *Frontiers in Human Neuroscience*, 16, 928410. [Direct link](#)

ILF Neurofeedback in Clinical Application / Cross-Diagnostic Outcomes

- Theis, T., Bolduan, U., Seuß, S., Spallek, J., Wandernoth, B. & Mayer-Pelinski, R. (2025). ILF-neurofeedback in clinical practice: Examining symptom change and performance metrics across diagnostic groups. *Frontiers in Human Neuroscience*, 19, 1601187. [NEW] [Direct link](#)

Addiction

- Corominas-Roso, M. et al. (2020). Benefits of EEG-Neurofeedback on the Modulation of Impulsivity in a Sample of Cocaine and Heroin Long-Term Abstinent Inmates: A Pilot Study. *International Journal of Offender Therapy and Comparative Criminology*, 64(12), 1275-1298. [Direct link](#)

ADHD

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- Schneider, H., Riederle, J. & Seuß, S. (2021). Therapeutic Effect of Infra-Low Frequency Neurofeedback Training on Children and Adolescents with ADHD. In *Brain-Computer Interface*, Vahid Asadpour ed., IntechOpen. [Direct link](#)
- Prinz, W. (2015). Neurofeedbacktherapie als Spezialtherapieangebot. *Psychopraxis Neuropaxis*, 18, 180-183. [Direct link](#)
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Aging & Dementia

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Autism (ASD)

- Saleem, S. & Habib, S. H. (2024). Effect of Infra Low Frequency (ILF) neurofeedback training on EEG in children with autism spectrum disorders. *Pakistan Journal of Medical Sciences*, 10. [Direct link](#)
- Saleem, S. & Habib, S. H. (2023). Neurofeedback Recuperates Cognitive Functions in Children with Autism Spectrum Disorders (ASD). *Journal of Autism and Developmental Disorders*. [Direct link](#)
- Esmaeilzadeh Kanafgourabi, S. N., Shabani, M., Mirchi, Z., Aliyari, H. & Mahdavi, P. (2023). The impact of ILF neurofeedback on inhibitory control in high-functioning adolescents with autism spectrum disorder: Preliminary evidence of a randomized controlled trial. *Applied Neuropsychology: Child*. [Direct link](#)
- Rauter, A., Schneider, H. & Prinz, W. (2022). Effectivity of ILF Neurofeedback on Autism Spectrum Disorder: A Case Study. *Frontiers in Human Neuroscience*, 16, 892296. [Direct link](#)
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- Othmer, S. & Othmer, S. F. (2011). Neurofeedback for the Autism Spectrum. In K. Siri and T. Lyons (Eds.), *Cutting-Edge Therapies for Autism* (262-267). Skyhorse Publishing. [Direct link](#)

Brain Injury & TBI

- Carlson, J., Ross, G. W., Tyrrell, C., Fiame, B., Nunokawa, C., Siriwardhana, C. & Schaper, K. (2025). Infra-low frequency neurofeedback impact on post-concussive symptoms of headache, insomnia and attention disorder: Results of a randomized control trial. *EXPLORE*, 21(2), 103137. [NEW] [Direct link](#)
- Annaheim, C., Hug, K., Stumm, C., Messerli, M., Simon, Y. & Hund-Georgiadis, M. (2022). Neurofeedback in patients with frontal brain lesions: A randomized, controlled double-blind trial. *Frontiers in Human Neuroscience*, 16, 979723. [Direct link](#)

- Carlson, J. & Ross, G. (2021). Neurofeedback Impact on Chronic Headache, Sleep and Attention Disorders Experienced by Veterans with Mild Traumatic Brain Injury: A Pilot Study. *Biofeedback*, 49(1), 2-9. [Direct link](#)

Chronic Illness

- Borchert, N. et al. (2023). Learning from Läkklabbet: An integrative transdisciplinary eco-therapeutic treatment approach designed to promote resource capacity in people recovering from chronic ill health. [Direct link](#)

Depression

- Grin-Yatsenko, V. A. & Kropotov, J. D. (2020). Effect of infra-low frequency neurofeedback on the functional state of the brain in healthy and depressed individuals. In H. W. Kirk (Ed.), *Restoring the Brain: Neurofeedback as an Integrative Approach to Health*, 2nd ed., Routledge, pp. 244-255. [Direct link](#)
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- Tschiesner, R. (2023). Infra-Low-Frequency Neurofeedback Treatment in Dysthymia: A Case Study. *Behavioral Sciences*, 13. [Direct link](#)

Eating Disorders

- Winkeler, A., Winkeler, M. & Imgart, H. (2022). Infra-Low Frequency Neurofeedback in the Treatment of Patients With Chronic Eating Disorder and Comorbid Post-Traumatic Stress Disorder. *Frontiers in Human Neuroscience*, 16, 890682. [Direct link](#)
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- Chirita-Emandi, A. & Puiu, M. (2014). Outcomes of neurofeedback training in childhood obesity management: A pilot study. *Journal of Alternative and Complementary Medicine*, 20(11), 831-837. [Direct link](#)

Fibromyalgia, Multiple Sclerosis, Concussion

- Legarda, S. B., Lahti, C. E., McDermott, D. & Michas-Martin, A. (2022). Use of Novel Concussion Protocol With Infralow Frequency Neuromodulation Demonstrates Significant Treatment Response in Patients With Persistent Postconcussion Symptoms, a Retrospective Study. *Frontiers in Human Neuroscience*, 16, 894758. [Direct link](#)
- Ingvaldsen, S. H. (2019). QEEG and Infra-Low Frequency Neurofeedback Training in Fibromyalgia: A Pilot Study. Master's thesis, NTNU. [Direct link](#)
- Lamprecht, C. E. (2019). The effect of neurofeedback in post-concussion syndrome. Doctoral dissertation, Stellenbosch University. [Direct link](#)
- Dobrushina, O. R., Varako, N. A., Kovyazina, M. S. & Zinchenko, Y. P. (2016). Combination of Neurofeedback and cognitive training in attention deficit due to multiple sclerosis. *International Journal of Psychophysiology*, 108, 118. [Direct link](#)

Insomnia

- Orakpo, N., Yuan, C., Olukitibi, O., Burdette, J. & Arrington, K. (2022). Does Virtual Reality Feedback at Infra-Low Frequency Improve Centralized Pain With Comorbid Insomnia While Mitigating Risks for Sedative Use Disorder?: A Case Report. *Frontiers in Human Neuroscience*, 16, 915376. [Direct link](#)
- Moore, P. T. (2022). Infra-low frequency neurofeedback and insomnia as a model of CNS dysregulation. *Frontiers in Human Neuroscience*, 16, 959491. [Direct link](#)

Migraine & Tension Headache

- Dobrushina, O., Arina, G., Osina, E. & Aziatskaya, G. (2017). Clinical and psychological confirmation of stabilizing effect of neurofeedback in migraine. *European Psychiatry*, 41. [Direct link](#)

- Arina, G. A. et al. (2022). Infra-Low Frequency Neurofeedback in Tension-Type Headache: A Cross-Over Sham-Controlled Study. *Frontiers in Human Neuroscience*, 16, 891323. [Direct link](#)
- Legarda, S. B., Michas-Martin, P. A. & McDermott, D. (2022). Remediating Intractable Headache: An Effective Nonpharmacological Approach Employing Infralow Frequency Neuromodulation. *Frontiers in Human Neuroscience*, 16, 894856. [Direct link](#)

Peak Performance

- Bakhtafrooz, S., Kavyani, M., Farsi, A. & Alboghebeish, S. (2025). The effect of infra low frequency-neurofeedback training on pistol shooting performance and attention in semi-skilled players. *Frontiers in Human Neuroscience*, 19, 1487737. [NEW] [Direct link](#)
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Persistent Postural-Perceptual Dizziness

- Sasu, R. (2022). Infra-low frequency neurofeedback in persistent postural-perceptual dizziness—Case report. *Frontiers in Human Neuroscience*, 16, 959579. [Direct link](#)

PTSD

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- Nilsson, R. M. & Nilsson, V. (2014). Neurofeedback Treatment for Traumatized Refugees: A Pilot Study. Lund University, Department of Psychology. [Direct link](#)
- Othmer, S., Othmer, S. F. & Legarda, S. B. (2011). Clinical Neurofeedback: Training Brain Behavior. *Treatment Strategies in Pediatric Neurology and Psychiatry*, 2, 67-73. [Direct link](#)
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- Kelson, C. Y. (2013). The Impact of EEG Biofeedback on Veterans' Symptoms of Posttraumatic Stress Disorder (PTSD). [Direct link](#)

Refractory Neurological Disorders: Epilepsy, Cerebral Palsy

- Legarda, S. B., McMahon, D., Othmer, S. S. & Othmer, S. S. (2011). Clinical neurofeedback: Case studies, proposed mechanism, and implications for pediatric neurology practice. *Journal of Child Neurology*, 26, 1045-1051. [Direct link](#)
- Schmidt, C. & Laugesen, H. (2023). Infra-low frequency neurofeedback training in Dravet syndrome: A case study. *Epilepsy & Behavior Reports*, 100606. [Direct link](#)

Schizophrenia

- Nestoros, J. N. & Vallianatou, N. G. (2022). Infra-Low Frequency Neurofeedback rapidly ameliorates schizophrenia symptoms: A case report of the first session. *Frontiers in Human Neuroscience*, 16, 923695. [Direct link](#)

Tinnitus

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Tourette / Tic Disorders

- Solberg, B. & Solberg, E. (2022). Infra-low frequency neurofeedback in application to Tourette syndrome and other tic disorders: A clinical case series. *Frontiers in Human Neuroscience*, 16, 891924. [Direct link](#)

Virtual Reality NFB in Pain Treatment

- Orakpo, N., Yuan, C., Olukitibi, O., Burdette, J. & Arrington, K. (2022). Does Virtual Reality Feedback at Infra-Low Frequency Improve Centralized Pain With Comorbid Insomnia While Mitigating Risks for Sedative Use Disorder?: A Case Report. *Frontiers in Human Neuroscience*, 16, 915376. [Direct link](#)
- Orakpo, N., Vieux, U. & Castro-Nunez, C. (2021). Case Report: Virtual Reality Neurofeedback Therapy as a Novel Modality for Sustained Analgesia in Centralized Pain Syndromes. *Frontiers in Psychiatry*, 12, 660105. [Direct link](#)

Books and Book Chapters on ILF Neurofeedback

- Haus, K.-M. et al. (2015). *Praxisbuch Biofeedback und Neurofeedback*. Springer Berlin, Heidelberg. (German language only). [Direct link](#)
- Kirk, H. W. (2020). *Restoring the Brain: Neurofeedback as an Integrative Approach to Health*. Second Edition. Routledge, Taylor and Francis Group. [Direct link](#)
- Othmer, S. (2019). *Protocol Guide for Neurofeedback Clinicians*, 7th Edition. EEG Info. ISBN: 0989543277. [Direct link](#)
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- Wiedemann, M. & Segler, K. (2017). *Neurofeedback: Wie eine spielerisch leichte Therapie dem Gehirn hilft, Probleme zu überwinden*. Kösel. (German language only). [Direct link](#)