



# CLINICAL qEEG ASSESSMENT

## WHAT IS A qEEG

A qEEG (quantitative electroencephalograph) is used to assess your brain functions more accurately. An EEG is a non-painful, relatively brief (90 min) procedure that measures your brain waves via conducting electrodes that are placed on the surface of the scalp. An EEG is typically used by a neurologist to detect the presence of epilepsy. The qEEG is the analysis of the digitised EEG and a form of 'brain mapping' of your brain's activity. Your characteristic pattern of brain wave activity is compared to normative databases and the findings are used as an adjunctive diagnostic tool alongside a thorough clinical assessment.

We all have various brain waves present and each has a different frequency (slow to fast) – Delta, Theta, Alpha, Beta and Gamma. Having excess or deficient activity in either of these brainwaves in a particular area of the brain might explain an individual's state of arousal, dissociation, attention problems, sleep difficulties and mood deviations such as depression, anxiety or mania. It can also be a useful tool to identify clients who might have a neurodevelopmental disorder such as ADHD and Autism. Furthermore, the qEEG can be used to determine most suitable treatment options for a client's presentation and monitor their symptoms and progress.

It is important to note, that although this analytical assessment is an incredibly beneficial tool for evaluating an existing diagnostic hypothesis, a qEEG should not be considered a stand-alone diagnostic tool. The information it provides is used best in conjunction with a clinical assessment to improve diagnostic accuracy.

## PRIOR TO THE qEEG

Prior to having the qEEG, you will be required to complete a comprehensive intake form. This will cover questions related to the following:

- Reason for having the assessment
- Your current and past symptoms
- Current diagnosis
- Current treatment
- Medical and mental health history
- Family history
- Developmental history

Once booked, we will send you an email that outlines all the information needed to prepare for your EEG. It is important to follow these instructions to improve the validity and reliability of the qEEG findings.

## ON THE DAY OF THE qEEG

You should please arrive 10 minutes before your appointment time and allow about two hours for the entire procedure. The technician will ask you a few questions about your current mood and energy level, the number of hours and quality of sleep the night before, the presence of any headaches or dizziness and any recent substance use or caffeine intake. All these factors will be included and considered when preparing your final report.

Following this, you will be prepared for the recording of the raw EEG data. This involves having a cap placed on your head and gel applied to the electrodes. It can take approximately 30 minutes. The recording takes about 40 minutes, including 10 minutes with eyes open, 10mins with eyes closed and an 'Evoked Potential Stimuli Task' that takes about 20minutes to complete. This task is like a computer game and helps to further detect the presence of any inattention and concentration difficulties.

## AFTER THE qEEG

The raw EEG data collected during your assessment will be sent to a third party to analyse and create a report. The report can take up to two weeks to finalise. Once received, we will arrange a feedback session to discuss the findings with you.



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