



Sample Client

33 years old



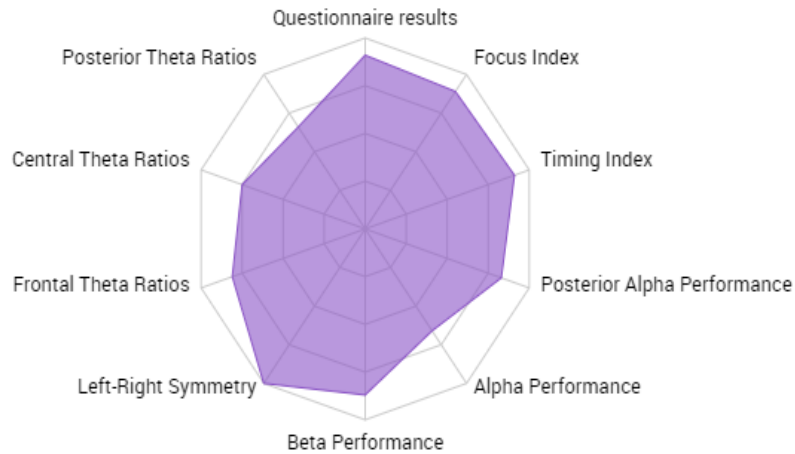
sample.shlomit@myndlift.com



Assessment date: 23/04/2020

### Overall Performance

Brain health profile comprising summary measures from the current assessment.



#### General Health Questionnaire

Total Score

10



The 12-item General Health Questionnaire (GHQ-12) is intended to identify psychiatric issues in community settings. It is widely used in clinical practice and research. Suitable for adolescents and adults.

#### ADHD Rating Scale for Adults

Total Score

8



The Adult ADHD Self-Report Scale (ASRS) – DSM-V is a 6-item screening questionnaire intended as a diagnostic aid for adults with attention deficit hyperactivity disorder (ADHD) in community settings.

#### Anxiety Scale

Total Score

5



The Generalized Anxiety Disorder Assessment (GAD-7) contains 7 items that assesses symptoms of anxiety during the last two weeks. It is widely used in clinical and research settings.

### Task Performance

Scores from the continuous performance task of response inhibition.



	Accuracy	Commission Errors	Omission Errors	Reaction Time	Reaction Time Variability
Raw	99%	6	0	390ms	68ms
Standardized	Very Superior (0.87)	Medium (-1.17)	Very Superior (0.86)	Very Superior (1.18)	Medium (-0.72)

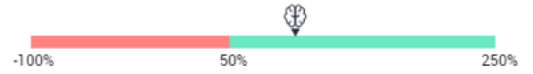


### Alpha Response

Posterior (O1)

99%

Eyes Open, then Eyes Closed



A measure of the increase in alpha brainwave over the posterior brain region when closing the eyes. Normally, posterior alpha increases by 50% or more when closing the eyes, but the increase may be attenuated by stress.

### Alpha Recovery

Posterior (O1)

5%

Eyes Open



In a sequence of: eyes open → eyes closed → eyes open, the alpha brainwave will increase from its initial state when closing the eyes and then decrease when reopening them. Alpha recovery is measured as the difference between the initial alpha state and the last. Normally, the difference over the posterior brain region is 25% or less, but the difference may be affected by age or sleep disturbances.

### Peak Alpha

Posterior (O1)

9Hz

Eyes Closed



This measures how fast the peak (largest) alpha brainwave is over the posterior brain region while the eyes remain closed. Normally, peak alpha is 9.5Hz or more, but it can slow down with age and is associated with memory and concentration.

## Alpha Performance



### Alpha Response

Central (Cz)

111%

Eyes Open, then Eyes Closed



A measure of the increase in alpha brainwave over the central brain region when closing the eyes. Normally, central alpha increases by 30% or more when closing the eyes, but the increase may be attenuated by stress.

### Alpha Recovery

Central (Cz)

-14%

Eyes Open



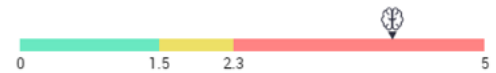
In a sequence of: eyes open → eyes closed → eyes open, the alpha brainwave will increase from its initial state when closing the eyes and then decrease when reopening them. Alpha recovery is measured as the difference between the initial alpha state and the last. Normally, the difference over the central brain region is 25% or less, but the difference may be affected by age or sleep disturbances.

### Low-alpha/High-alpha Ratio

Frontal (Fz)

4

Eyes Closed



This is a measure of the ratio between slow alpha and fast alpha brainwaves over the frontal brain region while the eyes remain closed. Normally, the ratio is 1.5 or less, but it is associated with memory/concentration and may be higher with age or sleep difficulties.

## Beta Performance



### Beta Balance

Frontal (Fz)

0.76

Eyes Closed



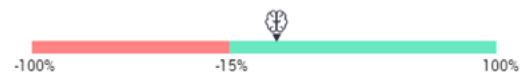
This measures the ratio between fast (high) beta and beta over the frontal brain region while the eyes remain closed. Normally, this ratio is between 0.4 and 0.75, and it may be affected by stress.

### Beta Response While Counting

Central (Cz)

5%

Eyes Closed



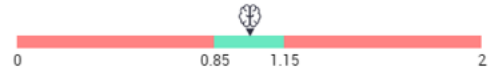
A measure of the increase in central beta brainwave when switching from a resting state to performing a cognitive task while the eyes remain closed. Normally, central beta increases or may decrease by as much as 15%. Otherwise, it may be an indication of tiredness when reading or problem solving



### Alpha Symmetry

Frontal Left and Right (F3, F4)  
Eyes Closed

1

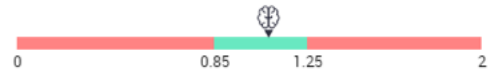


This measures the ratio between frontal left and right alpha brainwave while the eyes remain closed. Normally, the ratio is between 0.85 and 1.15 and is associated with mood volatility or impulse control.

### Beta Symmetry

Frontal Left and Right (F3, F4)  
Eyes Closed

1.08

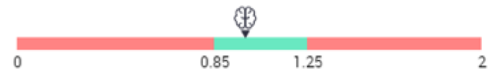


This measures the ratio between frontal left and right beta brainwave while the eyes remain closed. Normally, the ratio is between 0.85 and 1.25 and is associated with stress tolerance, mood volatility or impulse control.

### Theta Symmetry

Frontal Left and Right (F3, F4)  
Eyes Closed

0.98



This measures the ratio between frontal left and right theta brainwave while the eyes remain closed. Normally, the ratio is between 0.85 and 1.25 and is associated with mood/emotional volatility or impulse control.

### Theta/Beta Ratio Symmetry

Frontal Left and Right (F3, F4)  
Eyes Closed

0.91



This measures the ratio between frontal left and right theta/beta ratio (TBR) while the eyes remain closed. Normally, the ratio is 0.8 or higher, but it may be lower with emotional volatility.



**Theta/Alpha Ratio**

Frontal Left (F3)  
Eyes Closed

0.59



This measures the ratio between frontal left theta and alpha while the eyes remain closed. Normally, the ratio is at least 0.4 and may be affected by sleep disturbance or pain.

**Theta/Alpha Ratio**

Frontal Right (F4)  
Eyes Closed

0.6



This measures the ratio between frontal right theta and alpha while the eyes remain closed. Normally, the ratio is at least 0.4 and may be affected by sleep disturbance or pain.

**Theta/Beta Ratio**

Frontal Left (F3)  
Eyes Closed

2.21

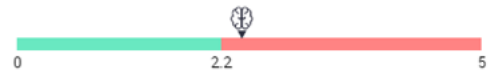


This measures the ratio between frontal left theta and beta (theta/beta ratio) while the eyes remain closed. Normally, the ratio is 2.2 or less and is associated with impulse control or emotional volatility.

**Theta/Beta Ratio**

Frontal Right (F4)  
Eyes Closed

2.42



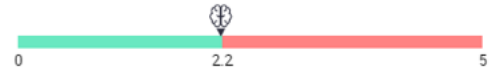
This measures the ratio between frontal right theta and beta (theta/beta ratio) while the eyes remain closed. Normally, the ratio is 2.2 or less and is associated with impulse control or emotional volatility.



### Theta/Beta Ratio

Central (Cz)  
Eyes Open

2.18



This measures the ratio between theta and beta (theta/beta ratio) over the central brain region while the eyes are open. Normally, the ratio is 2.2 or less and is associated with focus.

### Theta/Beta Ratio While Counting

Central (Cz)  
Eyes Closed

4

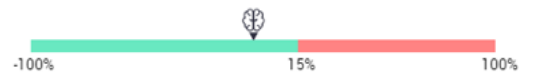


This measures the ratio between theta and beta (theta/beta ratio) over the central brain region when performing a cognitive task (eyes closed). Normally, the ratio is 2.2 or less, but may be higher with difficulty focusing; a ratio above 3.0 may be associated with impulsivity.

### Theta/Beta Ratio Response While Counting

Central (Cz)  
Eyes Closed

-4%



A measure of the decrease in central theta/beta ratio when switching from a resting state to performing a cognitive task while the eyes remain closed. Normally, the ratio decreases or may increase up to 15%. Otherwise, it may be an indication of difficulty with focus.

### Theta/Low-Beta Ratio

Central (Cz)  
Eyes Closed

1.07



This measures the ratio between central theta and low-beta (SMR) while the eyes remain closed. Normally, the ratio is 3.0 or less but may be higher with difficulty relaxing (e.g., sitting still, falling asleep) or pain symptoms.



**Theta/Beta Ratio**

Posterior (O1)  
Eyes Open

0.8



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This measures the ratio between theta and beta (theta/beta ratio) over the posterior brain region while the eyes are open. Normally, the ratio is between 0.9 and 3.0 and may be associated with stress, as well as cognitive/emotional difficulties.

**Theta/Beta Ratio**

Posterior (O1)  
Eyes Closed

2.74



^

This measures the ratio between theta and beta (theta/beta ratio) over the posterior brain region while the eyes remain closed. Normally, the ratio is between 0.9 and 3.0 and may be associated with stress, as well as cognitive/emotional difficulties.

**Theta/Beta Ratio Response**

Posterior (O1)  
Eyes Open, then Eyes Closed

3%

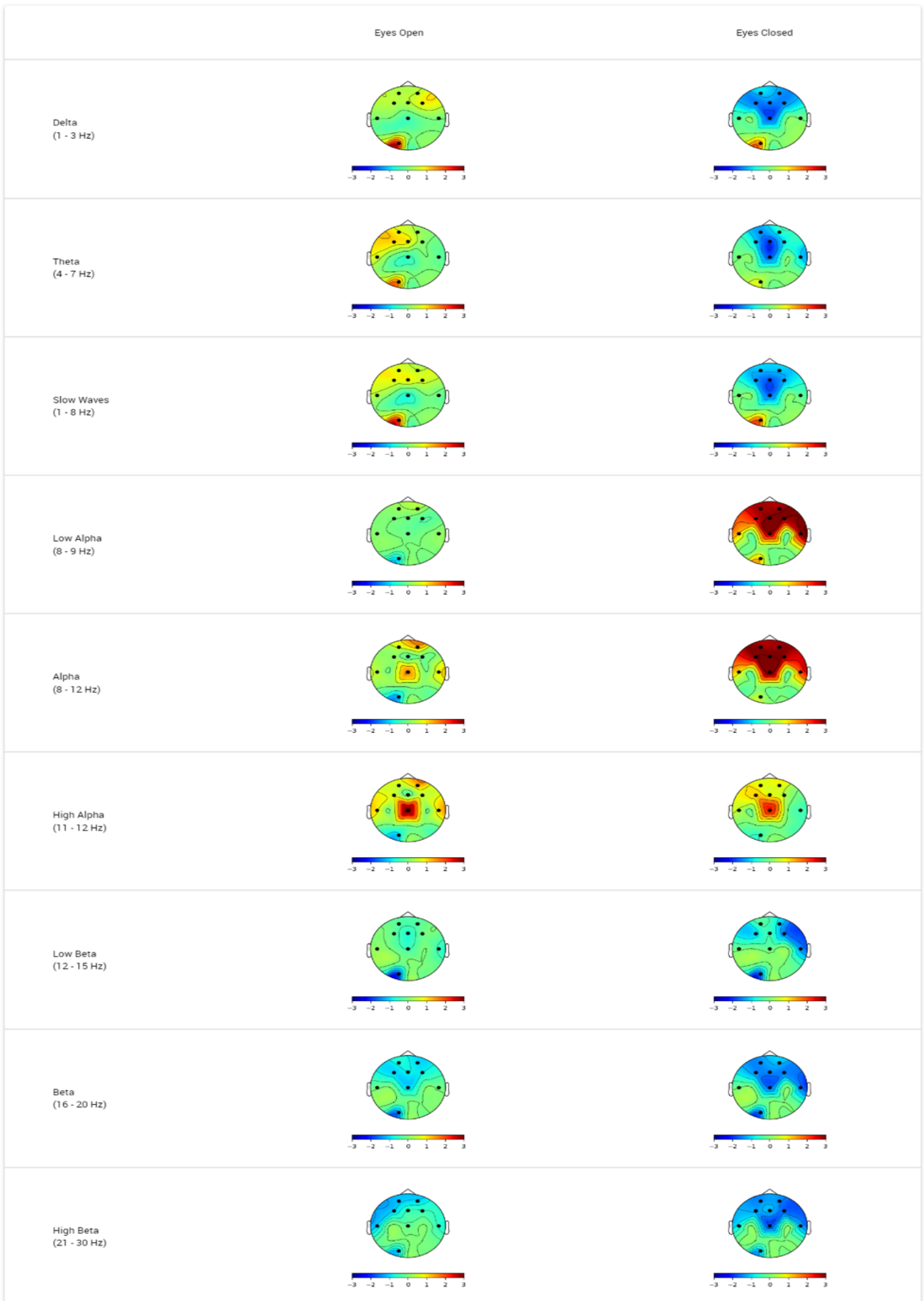


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A measure of the decrease of theta-beta ratio when switching from an active (eyes open) to a resting state (eyes closed) in the posterior brain region. Normally, the change does not go below 25%, and can be affected by sleep disturbances.

## Sequential Quantitative Electroencephalogram (sqEEG)

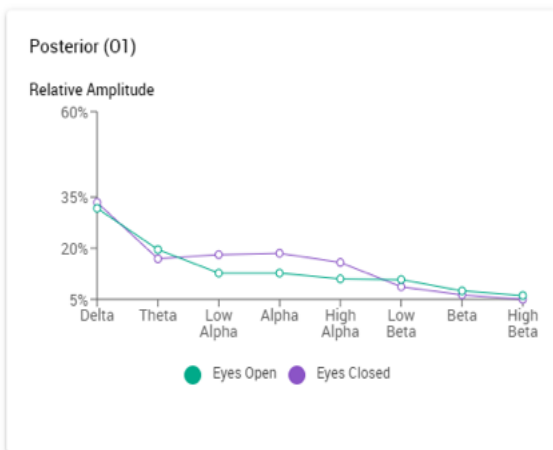
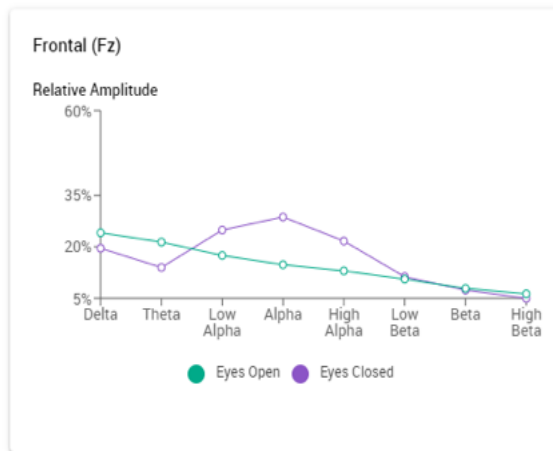
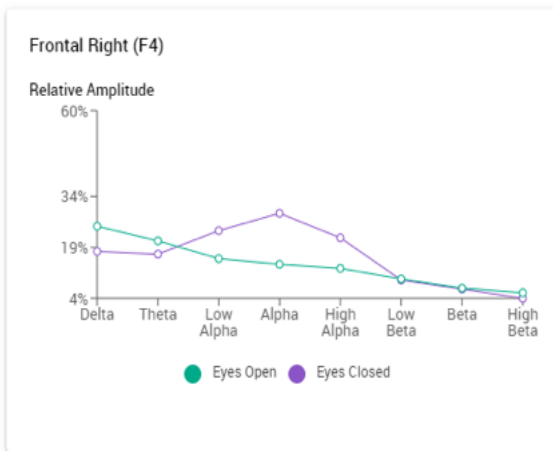
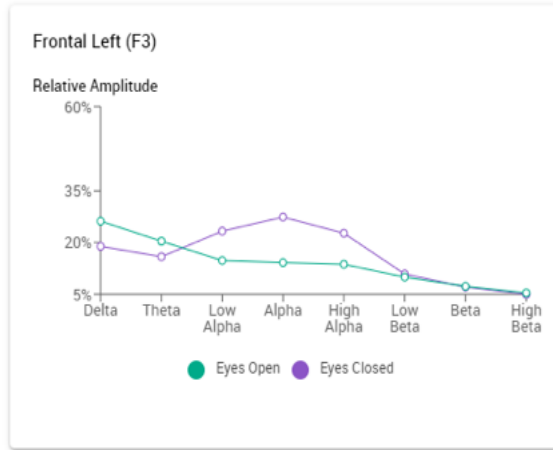
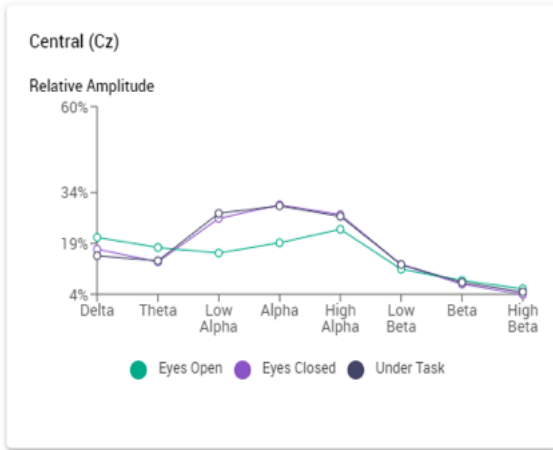
Voltage ( $\mu\text{V}$ ) for each electrode relative to the mean voltage for the normative population in the same age group as of the date of the client's first assessment. Red represents a higher amplitude than the database; blue represents a lower amplitude than the database. Increments are standardized units with 0 indicating no difference compared to the database.



Isocontour lines represent increments of the standardized (z-score) units. Black dots represent electrode locations, which include: AF7, AF8, F3, FZ, F4, CZ, TP9, TP10, and O1. Voltage for the current assessment is standardized relative to the mean voltage for the normative population in the same age group as of the date of the client's first assessment.

## EEG Distribution

Distribution of EEG amplitudes across frequency bands per electrode.



## EEG Noise

The chart estimates the normalized noise amount for each electrode during the assessment, which is derived by deducting the mean value of noise for each channel. Assessment results only include data from clean segments of the recordings, and noise is the total portion filtered out. The lower the score, the better.

