

Full Name _____ Age/ Sex _____ M / F _____ Record # _____

USER GUIDE FOR PRE-SET STAND-ALONE THERAPY

PROGRAM : ADHD (Attention Deficit Hyperactivity Disorder)

BELLABEE SET-UP INSTRUCTIONS:

1. Download the Bellabee apps from Google Play or the Apple store.
2. Connect the Bellabee headband to your mobile device earphone jack.
3. Turn the mobile device volume setting to maximum.
4. Put the Bellabee band around your head as instructed.
5. Run the desired app program on the mobile device.

RELATED INFORMATION:

- ADHD/ADD affects people of all ages. It is the most common learning disability in children.
- According to CDC (Centre for Disease Control and Prevention), 11% of children and adolescents are diagnosed as ADHD or ADD. In adults, the rate is 4.4%.
- Many experts are of the opinion that these rates may be higher, since many cases remain undiagnosed.
- ADHD/ADD are in the same spectrum of learning disabilities. The ADD term is used when there are symptoms of inattention, distractibility and poor working memory. ADHD is used when there is additional hyperactivity and impulsivity. Both fall under the medical diagnosis of ADHD.
- A typical child with ADHD will be described as impulsive, squirmy, and impatient, with unlimited energy. They have poor working memory and executive functions.
- According to the *Diagnostic and Statistical Manual of Mental Disorders-V (DSM-V)*, six of the following symptoms must be present to diagnose ADHD, (primarily the inattentive type):
 - makes careless mistakes or struggles to focus on details
 - has difficulty sustaining attention
 - does not seem to listen when spoken to
 - struggles to follow instructions and finish projects
 - has difficulty organizing tasks and activities
 - avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
 - often loses things necessary for tasks/activities
 - easily distracted
 - forgetful in daily activities

Brainwaves	Delta	Theta	Lo-Alpha	Hi-Alpha	(SMR)	Lo-Beta	Hi-Beta	Gamma
Normal Range	0.5-4 Hz	4-8 Hz	8-10 Hz	10-13 Hz	(13-15 Hz)	13-20 Hz	20-30 Hz	30 Hz & above

Full Name _____ Age/ Sex _____ M / F _____ Record # _____

DATA INPUT	ADHD/ ADD		
Reason for Use			
Baseline symptom rating	1	2	3 4 5 6 7 8 9 10 (1 = mild; 10 = severe)
Initial response seen	after _____ sessions		
Improvement/end result	0%	10%	20% 30% 40% 50% 60% 70% 80% 90% 100%
PROGRAM	PRE-SET/ STANDALONE		
Pre-set protocol	15 Hz (20 min), 16 Hz (20 min), 17 Hz (20 min), 18 Hz (20 min), 19 Hz (20 min), 20 Hz (20 min) [in 2 sessions with 10-20 min rest in-between]		
Brainwave disturbance in	Theta and Beta (Theta : Beta ratio is > 3 : 1)		
Brainwave abnormality seen	Increased Theta and decreased Beta		
Brainwave change required	Normalization of Beta and Theta		
Dominant frequency band	Lo-Beta frequency band		
SUGGESTED GUIDELINES	Average	(Range)	
Duration of each session	60 min > 10-20 min rest > 60 min	(40-80 min)	
Sessions per week	6	(2-10)	
Initial response after	20-30 sessions	(2-60)	
Total sessions required	30-50	(20-Unlimited)	

[Further Information](#)
[About Brainwaves](#)
[For Therapy Providers/ Combination Therapy](#)

Brainwaves	Delta	Theta	Lo-Alpha	Hi-Alpha	(SMR)	Lo-Beta	Hi-Beta	Gamma
Normal Range	0.5-4 Hz	4-8 Hz	8-10 Hz	10-13 Hz	(13-15 Hz)	13-20 Hz	20-30 Hz	30 Hz & above

