

# Abstracts: Anxiety Disorders Symposium, 2008

## Comparison of Visual with Auditory EEG biofeedback in the treatment of Generalized Anxiety Disorder (GAD)

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**Background:** Most studies use eyes-closed auditory EEG biofeedback (neurotherapy; NT) for GAD. It is not known how well these benefits transfer into everyday life, where anxiety is experienced in the eyes-open condition. It is important to know whether eyes-open feedback is more effective in the NT of GAD. **Methods:** Visual was compared with auditory feedback in 10 participants (4 patients; 6 controls). They had 15 one-hour sessions of alpha-enhancement EEG biofeedback. Treatment A was eyes-open visual feedback, B was eyes-closed auditory feedback, and treatment C was eyes-open auditory + visual feedback. Practice effects were matched by using 6 orders of treatment: ABC, ACB, BAC, BCA, CAB and CBA. The Hamilton Anxiety Scale was done at baseline, and at the end of each of the three types of feedback. **Results:** Treatment A increased alpha by  $2.34 + 7.01$  mV (mean + SD), B by  $6.79 + 9.35$  mV and C reduced alpha by  $1.18 + 8.62$  mV. **Conclusion:** Eyes-closed auditory feedback is significantly more effective than eyes-open auditory + visual feedback in increasing alpha ( $p = 0.03$  one-tail;  $0.07$  two-tail), and in reducing anxiety ( $p = 0.02$  one-tail;  $0.05$  two-tail).

## Middle childhood fears: reports by children and parents from a South African farming community

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**Background:** Research has shown that the content, number and intensity of middle childhood fears differ significantly between different samples and populations. **Objectives:** The purpose of the research is to determine and assess the content, number and intensity of fears among a sample of 10 – 12 year old boys and girls previously disadvantaged, marginalized children from a South African farming community. The extent to how the content, number and intensity of fears of children varied with and without the administration of visual cues, was sought. Furthermore, parental perceptions of children's' fears were investigated. **Methods:** The Koala Fear Questionnaire (KFQ) and the Fear List Methods (FLM) were administered to 84 children, between the ages of 10 and 12 years ( $M = 10.82$ ,  $SD = 0.794$ ), from a local primary school in the Stellenbosch region. The KFQ was administered at two points, with and without visual cues. Parents of the children ( $n=56$ ) completed the Parental Biographical Questionnaire (PBQ). **Results:** No significant differences in terms of content, number and intensity of fears were found amongst boys and girls. Significant differences were found between parents and children regarding number of fears. Overall, significant differences were found amongst five of the 31 items of the KFQ with and without the administration of the visual cues, within the total sample.

## AAPAP Conference Accra 2008: CHANGE OF DATE

### Dear Colleagues

Due to unavoidable circumstances the Organising Committee has POSTPONED the conference to JUNE 25 - 27, 2008. The change of date is regretted. Please make every effort to support this meeting. It is important for us to continue the momentum of the African Association of Psychiatrists and Allied Professions. So, if you haven't already done so, please consider submitting an abstract and participating.

### Look forward to seeing you there

**Robin Emsley - Secretary General**  
**African Association of Psychiatrists and Allied Professions**  
**On behalf of Dr Sammy Ohene and the Conference Committee.**