



Julian: 31-year-old with OCD & addictions

By: Virginia Rojas-Albrieux
Psychologist

What I see

An obese, untidy man, with pronounced tics,
and a blunted, flat affect

Julian's Primary Concerns

- Anxiety
- Obsessive negative thoughts
- “*Sexual Identity OCD*” (Intrusive thoughts)
- Social phobia
- Smoking
- Poor concentration

Presenting Symptoms

- Dysregulated sleep cycle
- Difficulty falling asleep
- Nightmares
- Unmotivated
- Reading difficulty
- Difficulty organizing personal time and space
- Poor sustained attention
- Difficulty making decisions
- Distractibility
- Poor concentration
- Compulsive eating
- Addictive behavior
- Social phobia
- Anxiety
- Mood swings
- Depression
- Obsessive negative thoughts
- *Sexual identity OCD*
- Fatigue
- Generalized muscle pain

Other Symptoms

- Hallucinations
- Psychotic episodes
- Migraines
- Vagal attacks (?)
- Rhinitis

Developmental History

Information delivered by mom:

- Unwanted pregnancy
- Drinking husband
- Difficult relationship b/w parenting couple
- Anxious mom
- Very harsh w/kids
- Client: Crybaby/aggressive, oppositional, shy kid/rebel teenager
- Smoking marihuana (currently)

Information delivered by client:

- Shy, anxious as a child
- Bullied during school years
- Confused, socially “not fitting in”, as a teenager
- Explosive episodes (rage)
- Started using marihuana, smoking, and drinking in teenage years
- Cutting when drunk
- Suicidal
- Denies to be currently smoking marihuana in interview

Living with mom and dad – No job, no life project

Treatment History

- 2 hospitalizations in psychiatric institutions due to psychotic episodes (last one November 2017)
- DX:
 - Schizophrenia?*
 - OCD
- Current medications:
 - Risperidone (atypical antipsychotic)
 - Fluvoxamine (SSRI)
 - Levomepromazine (antipsychotic)

Family History

- All immediate family members are anxious + have issues w/addictions (cigarettes, alcohol, recreational drugs)
- Aunt w/schizophrenia diagnosis
- Uncle and cousin w/conduct problems

Iniciales: JGC

Edad en 31.1

Test male

Género:

Sujeto: 140187

Test #: 1

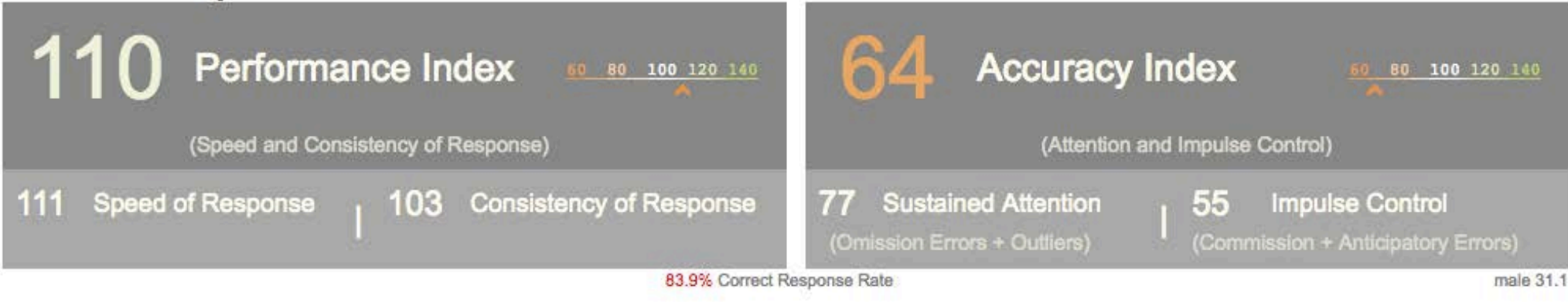
Notas del Test: - empty -

Fecha Test Feb. 12, 2018

Hora Test 17:07

Description of Test: Qik CPT is a computerized visual continuous performance test developed for assessing attention and impulse control. The EEG Expert Report on Qik CPT is specifically intended for use by neurofeedback clinicians for assessment and monitoring the effects of EEG training. A simple visual target or non-target is presented once every two seconds. During the 21-minute test, the subject must press a button to respond to each target and not press for each non-target.

R **Results Summary:**



Scores significantly below average (<80) are printed in red. Scores significantly above average (>120) are printed in green.

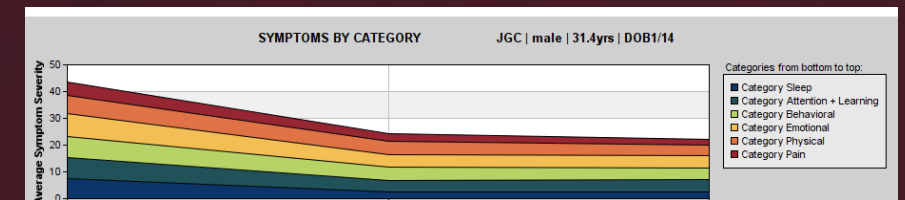
Results	Data	Norm	Score	
M31.1 Total Test	Measured Value	Median of Distribution ⓘ	Standard Score ⓘ	Percentile ⓘ
Omission Errors	10 errors	0.8 errors	68	1 %
Outlier Responses	5 errors	0.9 errors	84	14 %
Commission Errors	35 errors	4.5 errors	55	1.0 %
Response Time	325.5 ms	354 ms	111	77 %
Variability	69.1 ms	61 ms	103	59 %

Commission Errors occur when the subject responds incorrectly to a non-target.
Response Time is the mean of all correct reaction times to a target.
Variability is the standard deviation of correct response times.

0	1 Disregulated Sleep Cycle	7
1	1 Difficulty Falling Asleep	7
2	1 Nightmares Or Vivid Dreams	8
3	2 Unmotivated	10
4	2 Reading Difficulty	5
5	2 Difficulty Organizing Personal Time Or Space	9
6	2 Poor Sustained Attention	7
7	2 Difficulty Making Decisions	9
8	2 Distractibility	5
9	2 Poor Concentration	10
10	4 Compulsive Eating	6
11	4 Addictive Behaviors	10
12	5 Anxiety	10
13	5 Mood Swings	10
14	5 Depression	5
15	5 Obsessive Negative Thoughts	9
16	6 Fatigue	7
17	7 Muscle Pain	5
19	Social Phobia	9
20	Sexual Identity OCD	10

Symptom-Tracking Report

Feb 07,2018



Total SUM

Feb 07, 2018

158

Treatment Plan

Starting sites:
T4-P4 and T3-T4 at 0.01

Why T4-P4?

- Unwanted pregnancy, anxious, harsh mom, dysfunctional family, bullying... (trauma)
- Social phobia (chronic disorder)
- History of addictions, anxiety, conduct problems (chronic disorders)







Why T3-T4?

- Mood swings -Suicidal attempt?
- Addiction to marihuana
- Schizophrenia dx? + Schizophrenia in the family
- OCD
- History of hallucinations, vagal attacks?, headaches

Why start at 0.01?

- History of explosive behavior, suicidal, cutting
- Not expecting much feedback

Response to Training and Adjustments

Session 1 through 3 -	T4-P4/T3-T4 0.01>>>0.008	 Sleep and mood swings a little better
Session 4 -	T4-P4/T3-T4 0.007	 Muscle pain is better  Headache
Session 5 through 6 -	T4-P4/T3-T4 0.006>>>0.005	 Feeling more rested when waking up + agreed to go to the mall w/mom and dad (more calm)  More active, uses public transportation to come to session (not too bad experience)  Less tics

Response to Training and Adjustments

Session 7 - T4-P4/T3-T4
0.004

😊 Feeling more motivation, less
anxious, social phobia is a little
better

😞 Headache, nightmares

Session 8 - T4-P4/T3-T4
0.003

😊 Concentration a little better





Session 9 through 11 - T4-P4/T3-T4
0.002>>>0.001

😞 Nightmares

Response to Training and Adjustments

Session 12 -	T4-P4/T3-T4 0.001	😊 Less depressed, less intrusive thoughts, less obsessive negative thoughts
Session 13 -	T4-P4/ <u>T4-FP2</u> /T3-T4 0.001	😞 A bit sad, mood swinging. Still anxious 😞 Intrusive and negative thoughts, and phobia are better but still there









Response to Training and Adjustments

Session 14	- T3-T4 0.001 T4-P4/ + <u>T4-Fp2</u>	 Anxiety better. Intrusive and negative thoughts better, but same as last session  Still sad and dull  Muscle tension is better. Tic has lessened  Smoking less marihuana – Rethinking about pros and cons of consumption
Session 15	- T3-T4 0.001 + <u>T3-Fp1 0.002</u> (<u>6 min</u>) T4-P4/ T4-Fp2	

Response to Training and Adjustments

Session 16	-	T4-P4/ T4-Fp2 T3-T4 0.001 <u>Back off from</u> <u>T3-Fp1</u>	☹️ Intrusive thoughts flare up
Session 17	-	T4-P4/ T4-Fp2 T3-T4 0.001	😊 Practically no intrusive or obsessive thoughts. Relaxed mind. 😊 Decided to start a diet. 🤔 Reflecting on how lonely he feels.

Response to Training and Adjustments

Session 18	<u>+ Synchrony 10</u> - <u>Hz</u> / T4-P4/T4- Fp2/ T3-T4 0.001	 Loved Synchrony!  Thinking a lot about what he has missed all this years... No job, no friends...  Smoking a lot these days.  Having difficulties to feeling calm.  Intrusive and obsessive thoughts come and go.  Overall he feels he has improved dramatically.
Session 19	Synchrony 10 - Hz/T4-P4/T4- Fp2/T3-T4 0.001	 EVERYTHING IS BETTER.  Thinking about quitting smoking (Been smoking for 16)!

Response to Training and Adjustments

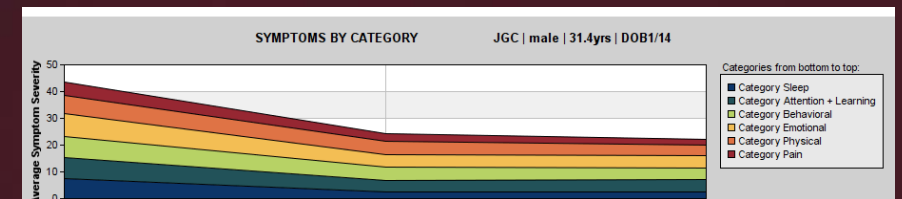
Session 20 -	Synchrony 10 Hz	
	T4-P4/T4-	🤔 Thinking about future>Makes him anxious.
	Fp2/T3-T4	😊 Tic is much better but persists.
	0.001	
	<u>+ Trying again</u>	
	<u>T3-Fp1 0.002 (6</u>	
	<u>min)</u>	

Reevaluation

0	1 Disregulated Sleep Cycle	7	2
1	1 Difficulty Falling Asleep	7	2
2	1 Nightmares Or Vivid Dreams	8	3
3	2 Unmotivated	10	4
4	2 Reading Difficulty	5	5
5	2 Difficulty Organizing Personal Time Or Space	9	4
6	2 Poor Sustained Attention	7	5
7	2 Difficulty Making Decisions	9	6
8	2 Distractibility	5	4
9	2 Poor Concentration	10	3
10	4 Compulsive Eating	6	4
11	4 Addictive Behaviors	10	6
12	5 Anxiety	10	5
13	5 Mood Swings	10	4
14	5 Depression	5	4
15	5 Obsessive Negative Thoughts	9	5
16	6 Fatigue	7	5
17	7 Muscle Pain	5	3
19	Social Phobia	9	4
20	Sexual Identity OCD	10	4

Symptom-Tracking Report

April 26,2018



Total SUM

Feb 07, 2018 Apr 26, 2018

158

82

Feb 07, 2018



Results	Data	Norm	Score	
M31.1 Total Test	Measured Value	Median of Distribution	Standard Score	Percentile
Omission Errors	10 errors	0.8 errors	68	1 %
Outlier Responses	5 errors	0.9 errors	84	14 %
Commission Errors	35 errors	4.5 errors	55	1.0 %
Response Time	325.5 ms	354 ms	111	77 %
Variability	69.1 ms	61 ms	103	59 %

Apr 26, 2018



Results	Data	Norm	Score	
M31.3 Total Test	Measured Value	Median of Distribution	Standard Score	Percentile
Omission Errors	1 error	0.8 errors	97	42 %
Outlier Responses	0 errors	0.9 errors	>110	max
Commission Errors	7 errors	4.5 errors	94	35.7 %
Response Time	331.3 ms	354 ms	107	68 %
Variability	50.6 ms	61 ms	112	79 %

Response to Training and Adjustments

Session 21 - Synchrony 10
Hz/T4-P4/T4-
Fp2/T3-T4 0.001
Back off from T3-
Fp1

😍 Had a cold and quit smoking
cigarettes!!!
😬 Intrusive thoughts flaring up again.
Nightmares

Session 22 and 23 - Synchrony
10Hz/T4-P4/T3-
T4/T3-Fp1/T4-Fp2
0.001
Reincorporating
T3-Fp1, but
changing order

😁 Marihuana only once a day (at
night)!!!
😬 Intrusive thoughts still showing
up. Mood is not so great.
😊 Social phobia is OK, but still feels
like simple things are hard for him
to perform: asking a question in
the street, running an errand

Response to Training and Adjustments

Session 24 - Alpha-Theta 2
Channel



He loved Alpha Theta !!!



EVERYTHING IS BETTER. He is much more awake and active than usual!!!



Conversation on marihuana: “I don’t feel like I need it, but I have been addicted to something for so many years... I think I need to hold on to something...”

Session 25 and 26 - Synchrony
10Hz/T4-P4/T3-
T4/T3-Fp1/T4-Fp2
0.001



Mood was great for next 3 days and then crashed

Response to Training and Adjustments

Session 27 - Synchrony
0.05Hz / T4-P4/
T3-T4/ T3-Fp1/
T4-Fp2
0.001

Sessions 28 through 31- Synchrony 0.05
Alpha-Theta
2 Channel

- 😊 I notice tic is completely gone.
- 😊 His mood is great. Moments of joy. Feels he is in control of intrusive and negative thoughts.
- 😐 Still smoking marihuana every night.

Session 32 -

- 😊 Improvements keep up.
 - 😐 One day without marihuana.
-

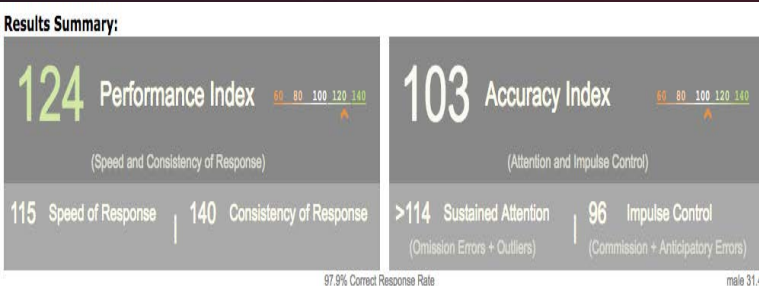
Feb 07, 2018



Apr 26, 2018



June 7, 2018



Results	Data	Norm	Score	
M31.1 Total Test	Measured Value	Median of Distribution	Standard Score	Percentile
Omission Errors	10 errors	0.8 errors	68	1 %
Outlier Responses	5 errors	0.9 errors	84	14 %
Commission Errors	35 errors	4.5 errors	55	1.0 %
Response Time	325.5 ms	354 ms	111	77 %
Variability	69.1 ms	61 ms	103	59 %

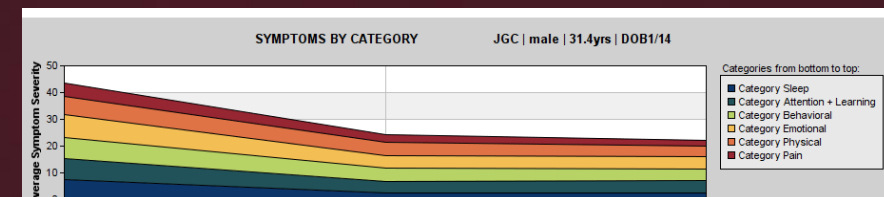
Results	Data	Norm	Score	
M31.3 Total Test	Measured Value	Median of Distribution	Standard Score	Percentile
Omission Errors	1 error	0.8 errors	97	42 %
Outlier Responses	0 errors	0.9 errors	>110	max
Commission Errors	7 errors	4.5 errors	94	35.7 %
Response Time	331.3 ms	354 ms	107	68 %
Variability	50.6 ms	61 ms	112	79 %

Results	Data	Norm	Score	
M31.4 Total Test	Measured Value	Median of Distribution	Standard Score	Percentile
Omission Errors	0 errors	0.8 errors	>108	max
Outlier Responses	0 errors	0.9 errors	>110	max
Commission Errors	6 errors	4.5 errors	96	40.3 %
Response Time	314.9 ms	354 ms	115	83 %
Variability	38.7 ms	61 ms	140	max

0	1 Disregulated Sleep Cycle	7	2	3
1	1 Difficulty Falling Asleep	7	2	3
2	1 Nightmares Or Vivid Dreams	8	3	2
3	2 Unmotivated	10	4	4
4	2 Reading Difficulty	5	5	4
5	2 Difficulty Organizing Personal Time Or Space	9	4	4
6	2 Poor Sustained Attention	7	5	5
7	2 Difficulty Making Decisions	9	6	5
8	2 Distractibility	5	4	5
9	2 Poor Concentration	10	3	4
10	4 Compulsive Eating	6	4	4
11	4 Addictive Behaviors	10	6	5
12	5 Anxiety	10	5	5
13	5 Mood Swings	10	4	4
14	5 Depression	5	4	3
15	5 Obsessive Negative Thoughts	9	5	6
16	6 Fatigue	7	5	4
17	7 Muscle Pain	5	3	2
19	Social Phobia	9	4	5
20	Sexual Identity OCD	10	4	6

Symptom-Tracking Report

April 26,2018



Total SUM

Feb 07, 2018 Apr 26, 2018 June 7, 2018

158

82

83

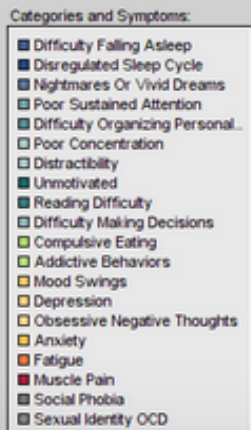
#140187

Sunday, June 10,

Done

(Setup-Notes may entered by the therapist only at the time of setup.)

Therapist



Symptom Severity

Apr 26 '18 5:20 PM

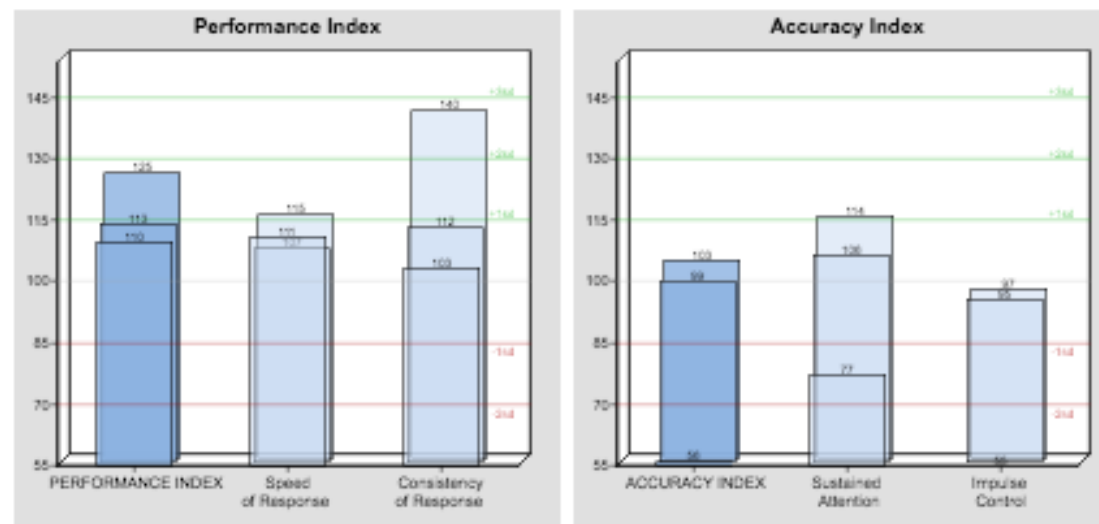
JUN 07 '18 9:32 AM

Initials: JGC, #140187

Test Date: Jun. 7, 2018

Test #3

Pre-Post Graphs



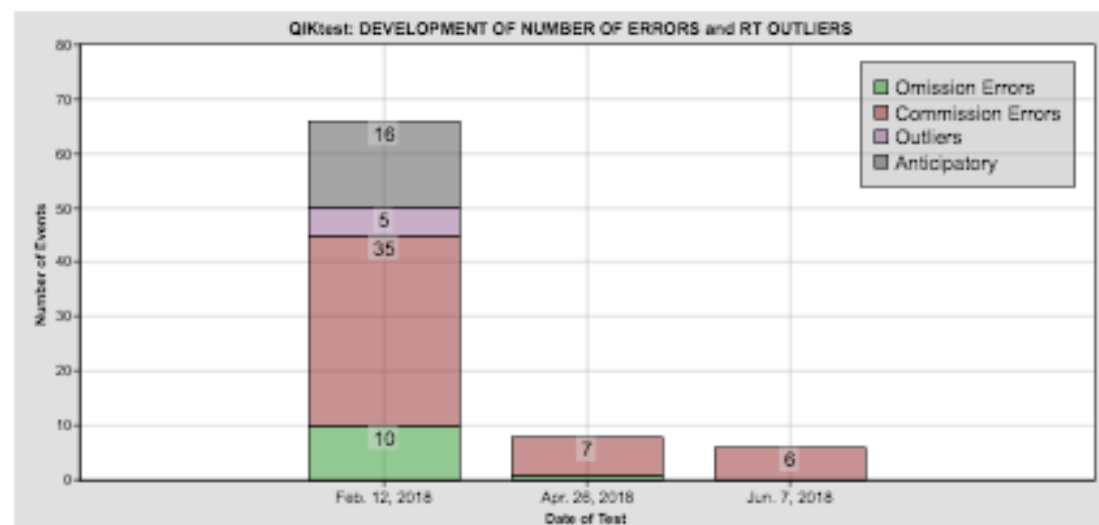
Legend for multiple datasets above:

rear row is newest...

: QIKtest on Jun7,2018

: QIKtest on Apr26,2018

: QIKtest on Feb12,2018



Julian Guillermo Cote

DOB: 1987-01-14 | Group(s): Primary Group | Total tests taken: 2



DATOS BRUTOS	Período	Período	Período	Período	Período	Sección. 1	Sección. 2	Sección. 3	Total
	1	2	3	4	5				
	Sect. 1	Sect. 1	Sect. 2	Sect. 2	Sect. 3				
	Low	Low	High	High	Low				
	Demand	Demand	Demand	Demand	Demand				
Omissiones(#)	0	1	2	7	0	1	9	0	10
Outliers	0	0	0	5	0	0	5	0	5
Comisiones(#)	3	0	6	24	2	3	30	2	35
Tiempo de Respuesta (ms)	377	400	300	280	409	388	292	409	326
Variabilidad (ms)	60	58	74	92	63	60	82	63	69

PUNTUACIONES ESTÁNDAR	Período	Período	Período	Período	Período	Sección	Sección	Sección	Total
	1	2	3	4	5	s1	s2	s3	
Errores por Omisión	101	81	76	62	103	84	64	103	69
Outliers	102	102	105	72	104	103	79	104	84
Commission Errors	67	103	81	40	78	72	40	78	40
Response Time	102	99	112	117	99	100	115	99	111
Variability	105	104	99	84	99	106	92	99	103

OTHER RESPONSES	Período	Período	Período	Período	Período	Sección	Sección	Sección	Total
	1	2	3	4	5	s1	s2	s3	
Respuestas Anticipatorias (#)	0	0	0	16	0	0	16	0	16
Respuestas Múltiples (#)	0	0	2	7	0	0	9	0	9

s períodos 1 y 2 (en la sección 1) y período 5 (en la sección 3) representan la condición de aburrimiento o de
targts infrecuentes.
s períodos 3 y 4 (en la sección 2) representan la tarea de alta demanda de respuesta o de estímulos frecuentes.
Anticipatory Responses occur within 150 milliseconds of any stimulus (target or non-target).
Respuestas Múltiples reflejan más de una respuesta a un estímulo
ntuaciones significativamente por debajo del promedio están impresos en rojo. Puntuaciones
nificativamente por encima del promedio están impresos en verde.

Iniciales: JGC, #140187

Fecha Test: Apr. 26, 2018

Test # Initials: JGC, #140187

DATOS BRUTOS	Período	Período	Período	Período	Período	Sección. 1	Sección. 2	Sección. 3	Total
	1	2	3	4	5				
	Sect. 1	Sect. 1	Sect. 2	Sect. 2	Sect. 3				
	Low	Low	High	High	Low				
	Demand	Demand	Demand	Demand	Demand				
Omissiones(#)	0	0	0	1	0	0	1	0	1
Outliers	0	0	0	0	0	0	0	0	0
Comisiones(#)	0	0	3	4	0	0	7	0	7
Tiempo de Respuesta (ms)	356	362	327	311	362	359	319	362	331
Variabilidad (ms)	52	48	63	48	41	50	57	41	51

PUNTUACIONES ESTÁNDAR	Período	Período	Período	Período	Período	Sección	Sección	Sección	Total
	1	2	3	4	5	s1	s2	s3	
Errores por Omisión	101	102	103	88	103	103	92	103	97
Outliers	102	102	105	105	104	103	108	104	110
Commission Errors	105	103	94	92	104	107	92	104	95
Response Time	109	108	105	106	110	109	108	110	107
Variability	105	113	106	128	116	106	119	116	112

OTHER RESPONSES	Período	Período	Período	Período	Período	Sección	Sección	Sección	Total
	1	2	3	4	5	s1	s2	s3	
Respuestas Anticipatorias (#)	0	0	0	0	0	0	0	0	0
Respuestas Múltiples (#)	0	0	0	0	0	0	0	0	0

Los períodos 1 y 2 (en la sección 1) y período 5 (en la sección 3) representan la condición de aburrimiento
targets infrecuentes.
Los períodos 3 y 4 (en la sección 2) representan la tarea de alta demanda de respuesta o de estímulos frecuent
Anticipatory Responses occur within 150 milliseconds of any stimulus (target or non-target).
Respuestas Múltiples reflejan más de una respuesta a un estímulo
Puntuaciones significativamente por debajo del promedio están impresos en rojo. Puntuaciones
significativamente por encima del promedio están impresos en verde.

Test # Initials: JGC, #140187

Test Date: Jun. 7, 2018

Test #3

RAW DATA	Period	Period	Period	Period	Period	Sect. 1	Sect. 2	Sect 3	Total
	1	2	3	4	5				
	Sect. 1	Sect. 1	Sect. 2	Sect. 2	Sect. 3				
	Low	Low	High	High	Low				
	Demand	Demand	Demand	Demand	Demand				
Omissions(#)	0	0	0	0	0	0	0	0	0
Outliers	0	0	0	0	0	0	0	0	0
Commissions(#)	0	0	2	4	0	0	6	0	6
Response time(ms)	334	352	315	291	344	343	303	344	315
Variability(ms)	28	36	50	50	31	33	51	31	39

STANDARD SCORES	Period	Period	Period	Period	Period	Section	Section	Section	Total
	1	2	3	4	5	s1	s2	s3	
Omission Errors	101	102	103	104	103	103	105	103	108
Outliers	102	102	105	105	104	103	108	104	110
Commission Errors	105	103	101	92	104	107	94	104	97
Response Time	115	111	109	113	116	114	112	116	115
Variability	140	124	128	128	126	133	119	126	140

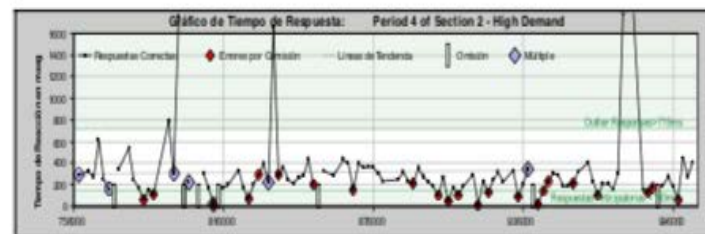
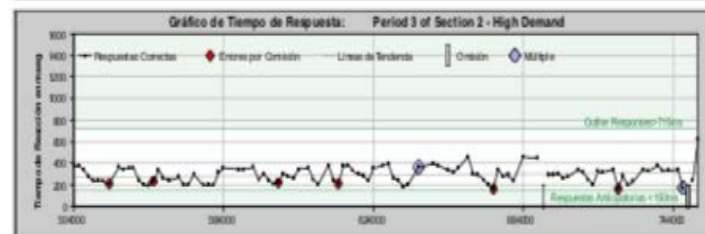
OTHER RESPONSES	Period	Period	Period	Period	Period	Section	Section	Section	Total
	1	2	3	4	5	s1	s2	s3	
Anticipatory Resp. (#)	0	0	0	0	0	0	0	0	0
Multiple Responses (#)	0	0	0	0	0	0	0	0	0

Section 1 (periods 1 and 2) and section 3 (period 5) represent the target-infrequent or low-demand task.
Section 2 (periods 3 and 4) represents the target-frequent or high-demand task.
Anticipatory Responses occur within 150 milliseconds of any stimulus (target or non-target).
Multiple Responses reflect more than one response to a stimulus
Scores significantly below average are printed in red. Scores significantly above average are printed in green.

Iniciales: JGC, #140187

Fecha Test: Feb. 12, 2018

Test #1



Eje X para todos los gráficos: tiempo de QIKtest en msec, con cuadrículas verticales de 1 minuto

Iniciales: JGC, #140187

Fecha Test: Apr. 26, 2018

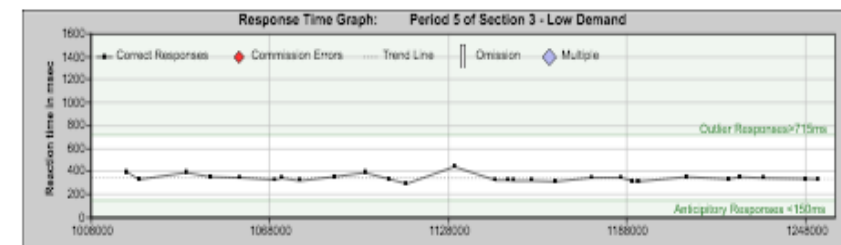
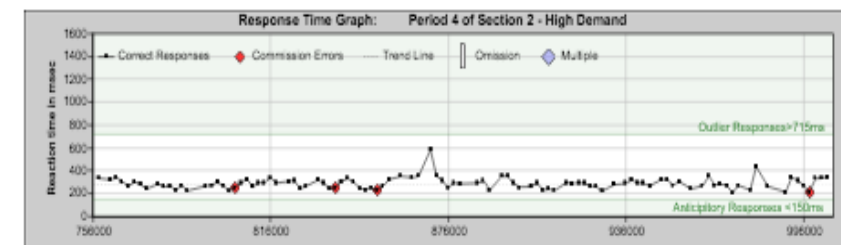
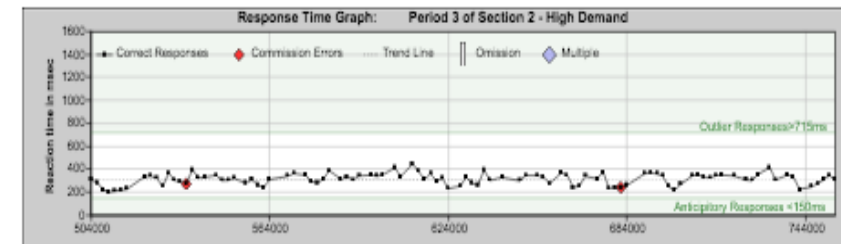
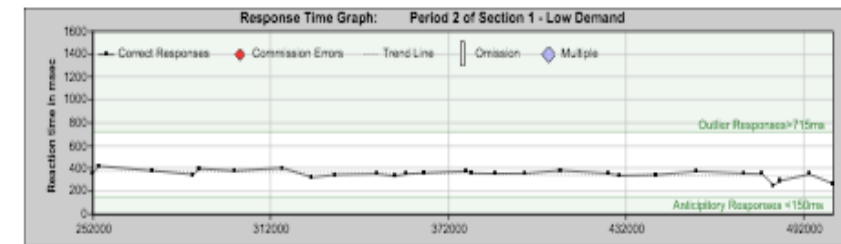
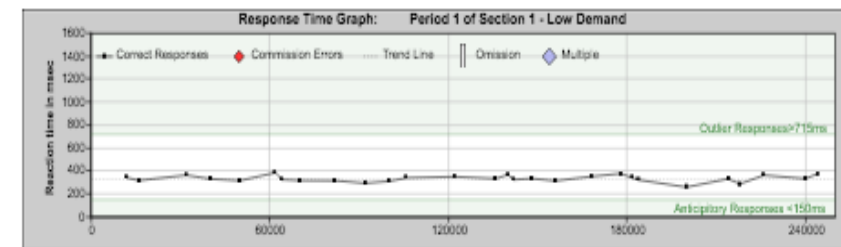


Eje X para todos los gráficos: tiempo de QIKtest en msec, con cuadrículas verticales de 1

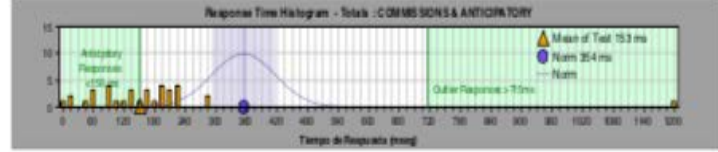
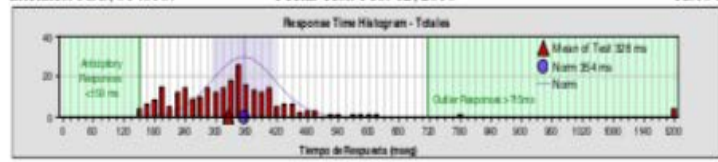
Initials: JGC, #140187

Test Date: Jun. 7, 2018

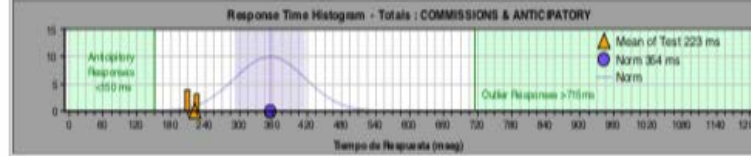
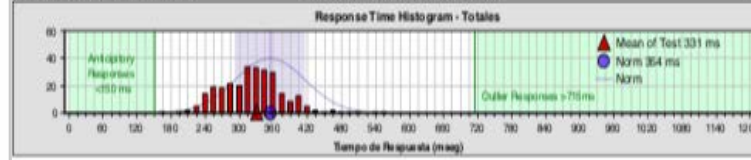
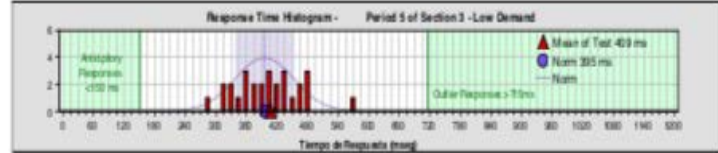
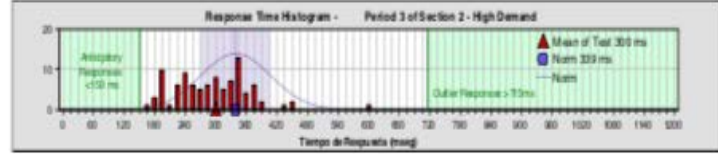
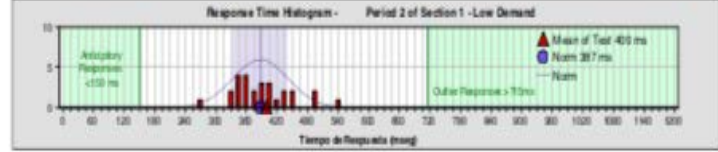
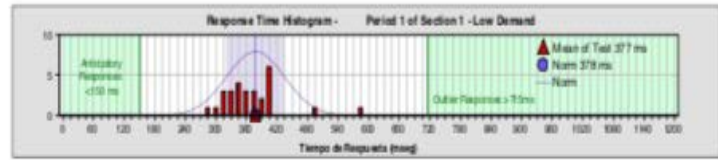
Test #3



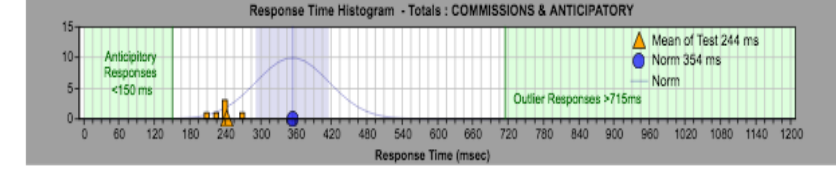
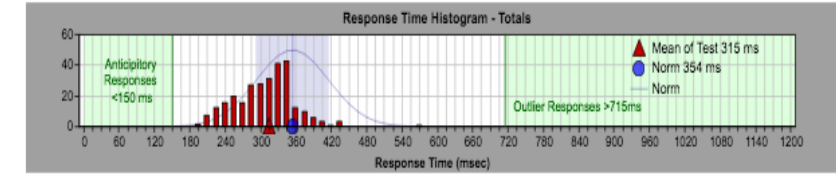
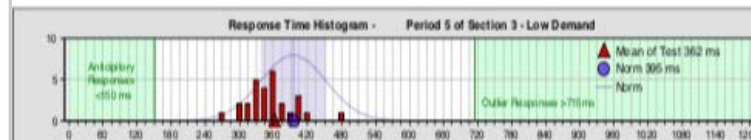
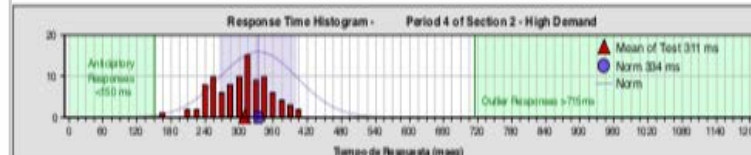
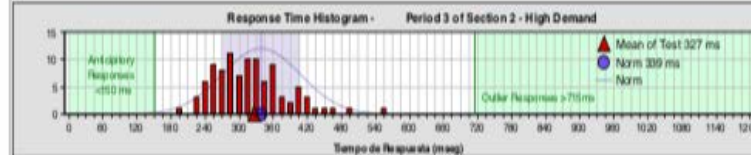
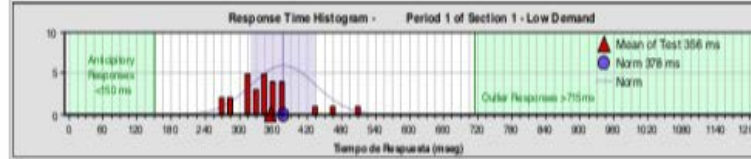
X-Axis for all charts: time into QIKtest in msec, with vertical gridlines of 1 minute



Norms: the blue line represents a normal distribution of reaction times for this age and group; compare by form and position to your data in red. The light blue area represents 68.2% (or $\pm 1\sigma$) of a normal distribution.



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