Transient negative responses to neurofeedback (lasting from a couple of minutes to a few days):

Headache: 38

Increased anger/agitation/anxiety:16

Dizziness:7

Brain fog: 4

Worsening sleep: 3

Feeling numb: 3

Decreased motivation: 3

Fatigue: 3

Flashbacks: 2

Nausea: 2

Drowsiness: 2

Heart pounding: 1

Feeling sad: 1

Slightly burning sensation in head: 1

Body pain: 1

Serious adverse reactions lasting several days and reported by the clients as impacting on their daily functioning:

Adverse events were reported by 11 participants, encompassing headaches (9), neck pain (2), nausea (1), dizziness (1), increased tinnitus (1), destabilisation reflected in the heightened pain, anger, and paranoia (1), and depressed mood (1).

Despite these adverse effects, only three clients discontinued their treatment due to a negative response to neurofeedback, while the remaining eight completed their treatment.