INDIVIDUAL CASE REPORT | n = 1

A closer look at calm and focus

Anxiety and restlessness | Individual case report

A defined treatment course paired with before-and-after EEG observations and a reported shift toward calm and focus.

52-year-old woman

20 PBM sessions

3 sessions per week

REPORTED EXPERIENCE

The case author describes reduced restlessness and improved calm and focus after 20 sessions. No numerical anxiety, sleep or quality-of-life score was reported.

THE OBSERVED COURSE

The reported approach combined a relaxation protocol with 1 Hz inhibition, delivered three times weekly. The source compares the relaxation approach with alpha-theta neurofeedback; it does not establish that the two interventions are equivalent.

WHAT THE EEG ADDED

Baseline captions describe fast posterior alpha activity around 13 Hz and beta activity near P4. Follow-up comparisons describe reduced beta activity and fast-alpha activity.

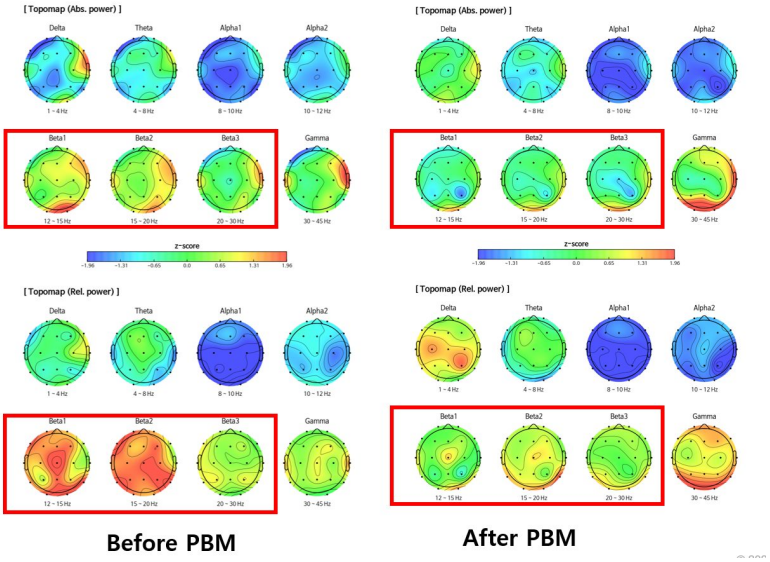
HOW TO READ THIS CASE

Clinical benefit is qualitative. Medication history, longer-term follow-up and standardized symptom scores are not supplied in the reviewed text. The case cannot establish efficacy for an anxiety disorder.

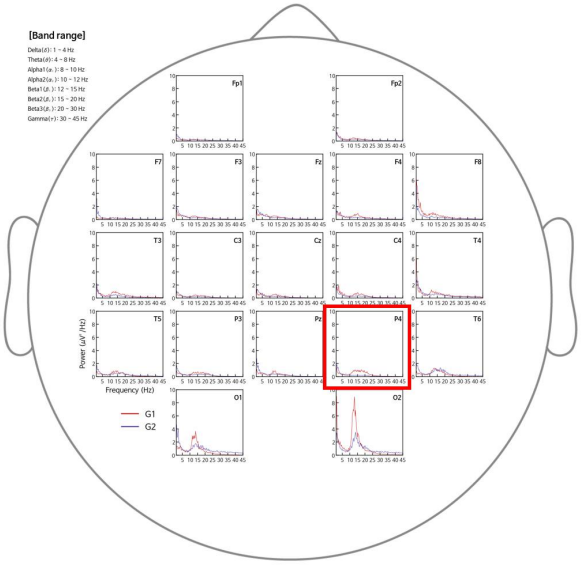
Regulatory context: The PBM functionality discussed here is not FDA-cleared. These observations do not establish a treatment indication for the condition described. This material is not a treatment recommendation.

The source evidence

Original case figures - reproduced without changing the underlying data



Original comparison: before PBM at left and after PBM at right. Source boxes identify areas discussed by the author.



Original spectral comparison: the source highlights P4. Changes are EEG observations, not an anxiety severity score.

SOURCE & CONTEXT

Adapted from IQPA Community Case Series, CASE-2026-R9FNDF. Reviewed November 6, 2026. Figures and observations are from the original case report; no patient outcomes have been generated or estimated.

Read the original IQPA case report | Explore iMediSync