

4 channel Assessment Gathering with Brain-Trainer for BioEra, Q-wiz and Electro-Cap

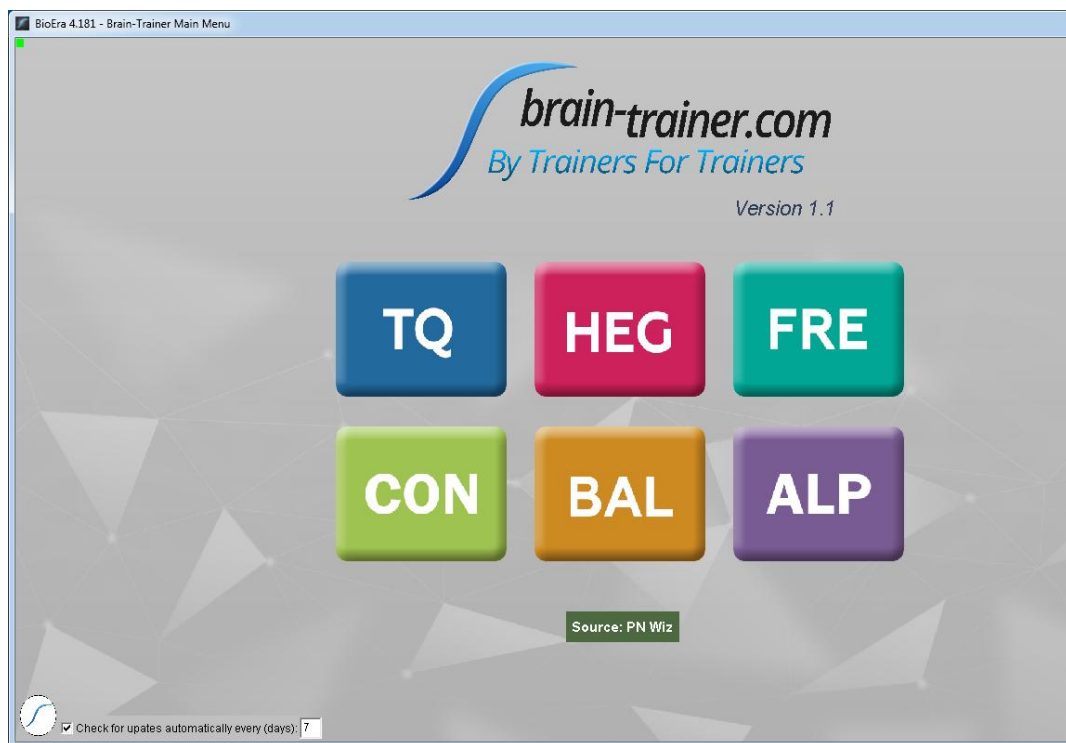
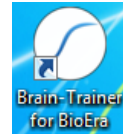
CONFIGURE SETTINGS

Power on your device

Connect the PN Wiz device to the USB port of your computer. This should power it on.

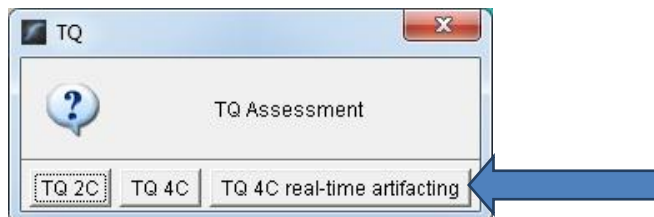
Open Software

Open *Brain-Trainer for BioEra*. There should be a shortcut on your desktop.



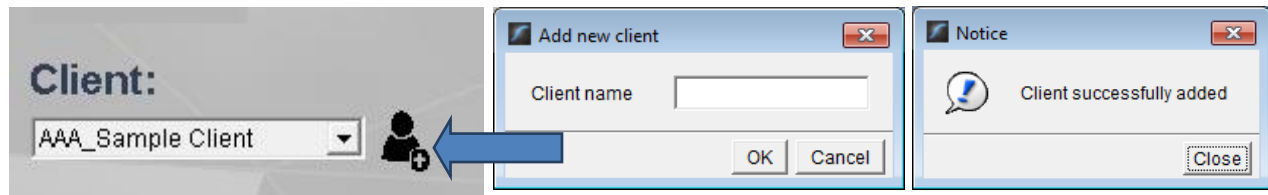
Open the TQ design

Click the TQ button and select the TQ design to use. In this case we demonstrate TQ 4C real-time artifacting.



Create Client folder

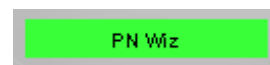
Click the "Add Client" icon at the left of the design screen and enter client's name. You can make this cryptic if you like (e.g. JODO). Click "OK", then "Close."



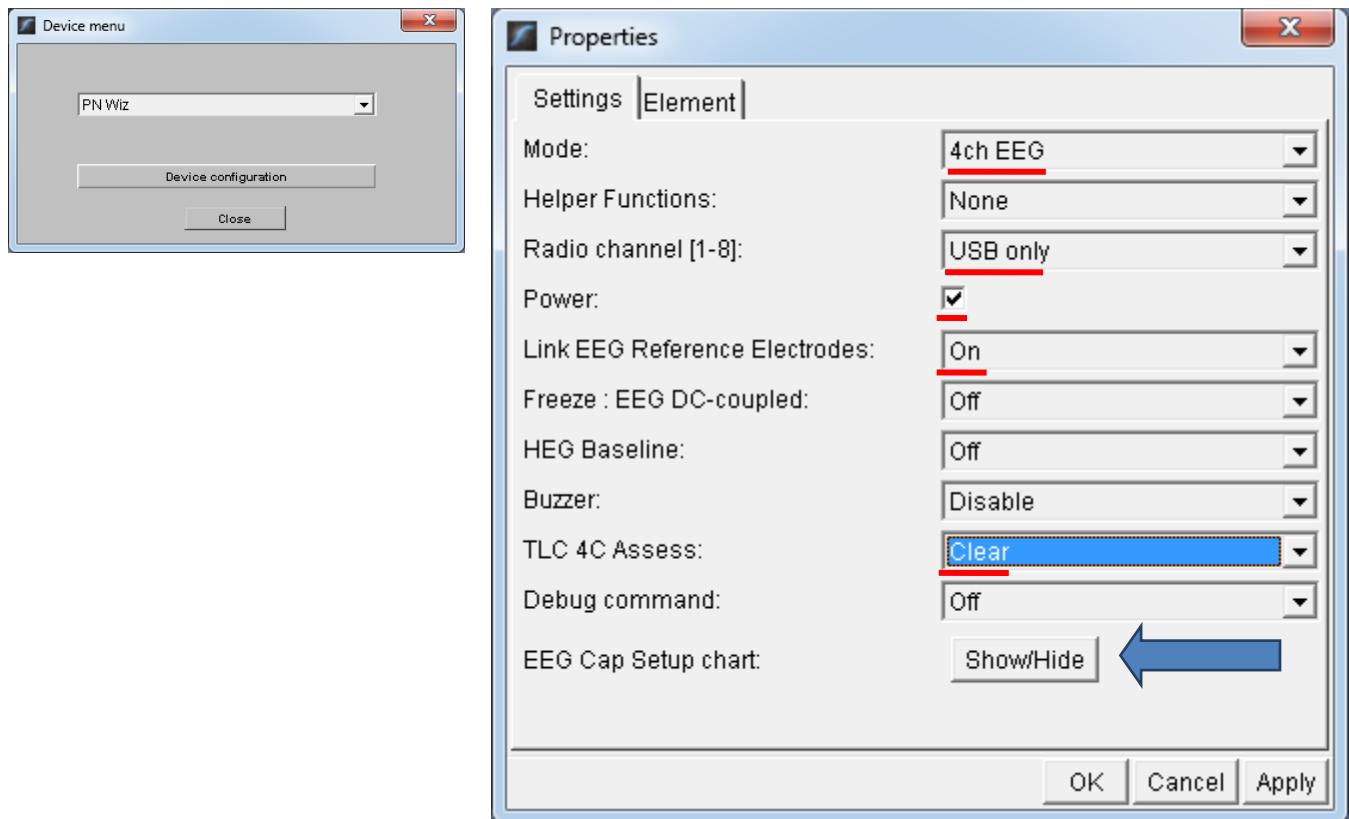
Select the client from the client list.

Configure settings

Open the Device menu by clicking the PN Wiz name.



Click "Device configuration" to open device "Properties."



Make sure that you have selected 4ch EEG, USB only, Power checked, Link: EEG Reference Electrodes: On, Click "Apply."

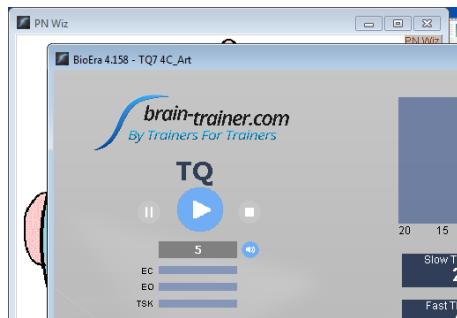
Under *TLC 4C Assess*, select "Clear."

Select Sites for thresholding

When using the real-time artifacting version design, the first step before collecting data is to set thresholds with eyes closed and eyes open.

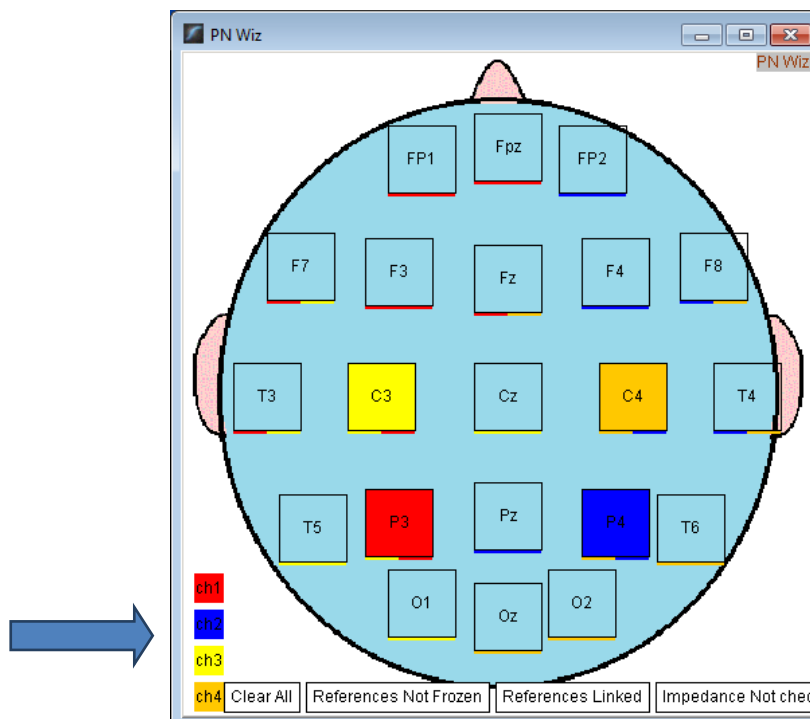
When using the Electro-Cap, you will use the *EEG Cap Setup chart* for threshold-setting only. Click the "Show/Hide" button and click "OK" to close the Device selection window. Click Close on the Device menu window.

The PN Wiz window will have opened behind the Brain-Trainer design window. Move/resize the design window slightly so you can see the PN Wiz window behind and click on the PN Wiz window to bring it forward. You can resize this PN Wiz window to see it better if you like.



These sites should be selected in the PN Wiz window (head display) for threshold setting as prompted by the design display: **P3-P4-C3-C4**

Select these sites by clicking the appropriate sites one at a time. Take care that channel 1 is red, 2 is blue, etc. as indicated in the legend at the bottom left of the window.



PREPARE SITES

Place the cap and prep all sites you will include in the assessment and the ground and the ear clips. The ground is at AFz and must ALWAYS be gelled. Plug the Electro-Cap cable into the 25-pin input on the front of the unit. Plug A1 ear clip into 1- on the Wiz and A2 ear clip into 2- on the Wiz.

EXPLAIN PROCESS TO THE CLIENT

- First part will be relaxed, still, with eyes closed for one minute.
- Second part will be relaxed, eyes open and still for one minute

Thereafter, each set of sites will consist of three steps:

- First minute of recording will be relaxed, still, with eyes closed
- Second minute of recording will be relaxed, eyes open and still
- Third minute of recording will be relaxed performance of a task with eyes open. Explain that this is not a test of the client's performance but a way of seeing how the brain responds to the challenge.

Before recording each area, explain the task and verify the client understands what to do.

Verify that the client is relaxed, sitting straight with both feet on the floor with eyes closed or open as appropriate.

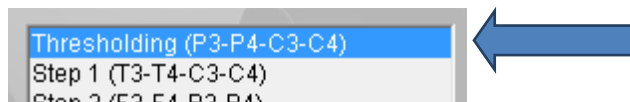
4-Channel Tasks

- **T3/T4 and C3/C4**—Client **listens for detail**. Read or tell a story or article with detailed information in it while the client listens. Tell the client you may ask questions after the recording. Ask open-ended questions first (e.g. "what was the paragraph about?") and move to greater detail.
- **F3/F4 and P3/P4**—**Digit-span working memory** test. For the first 30-40 seconds read a series of digits (0-9) one second apart (start with 5 digits) and ask the client to repeat them. If client can do 5, try 6, then 7. You may choose to pause after 30-40 seconds to do Reverse Digit Span: Explain the task (listen to the numbers and repeat them in reverse order)
- **Fz/Pz and Cz/Oz**—Eyes partly open. Client **imagines a desired future change** in himself.
- **F7/F8 and T5/T6**—Client **reads silently for detail**.
- **Fp1/Fp2 and O1/O2**—**Pattern recognition**, counting the number of occurrences of the letter sequence "t, h and e", whether in a word (e.g. **their**, **another**) or as a word itself.

SET THRESHOLDING

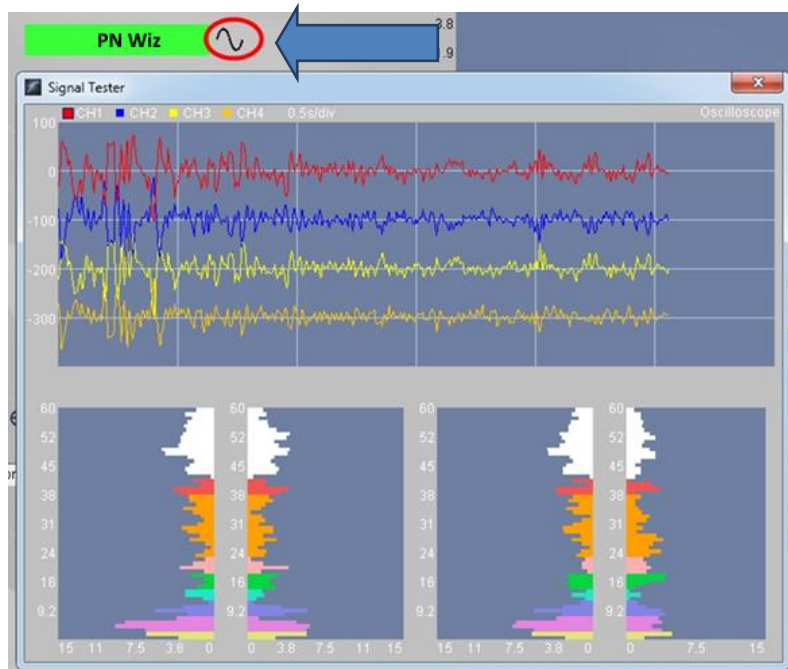
Select EEG sites

Click Thresholding (P3-P4-C3-C4) in the design. Notice that the design will indicate which active sites are to be used for each step.



Check signal quality

Open the Signal Tester window by clicking the wave icon.



- In the Oscilloscope at the top, very regular, mechanical and fast waves suggest artifact. Very large waves or rolling/wandering baseline for a channel also suggest problems. Channels should show about the same amount of activity. A very attenuated signal in one or more channels indicates a poor connection.
- In the Power Spectrum windows below, look for spikes at 50 Hz or 60 Hz depending on your electrical system. If these are dominating the spectrum, there may be electromagnetic interference or you may have a poor connection between the skin and electrode
- If all channels show spikes and you are using a laptop, try unplugging the power transformer from the wall and the computer to run on battery. See if the spikes drop or disappear.
- If there are signal problems, re-prepare electrodes and verify that the signal has improved.

Close the Signal Tester.

Thresholding

Be sure the client is ready with eyes closed and still and click the Start button to begin thresholding. The design will indicate what the step entails for each minute—thresholding – eyes closed for this first portion.



Thresholding - Eyes Closed

After one minute, the design will pause. The screen prompt will indicate thresholding with eyes open now.

Thresholding - Eyes Open

Have the client open eyes and sit quietly. Press Play. After one minute more, the design will stop. There is no thresholding at task. Now you are ready to gather data for the assessment.

The "Play" button is now a "Restart" button. Click to restart the design.

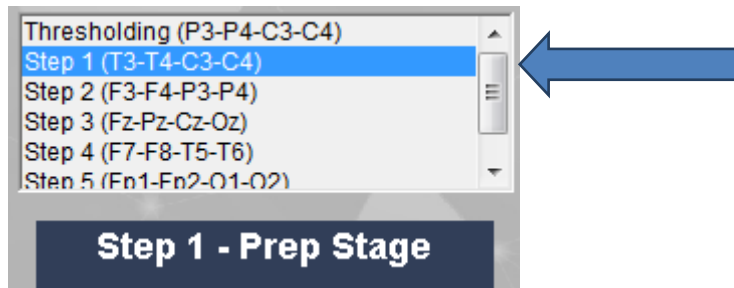
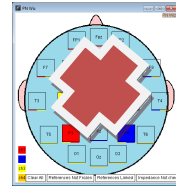


GATHER DATA

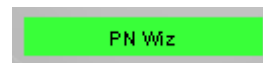
For the remainder of the assessment you will be selecting sites, not from *the PN Wiz* window, but from device "Properties." You may now close the PN Wiz window as you will not use it for the remainder of the assessment.

Select EEG sites

Click "Step 1 (T3-T4-C3-C4)" in the design.

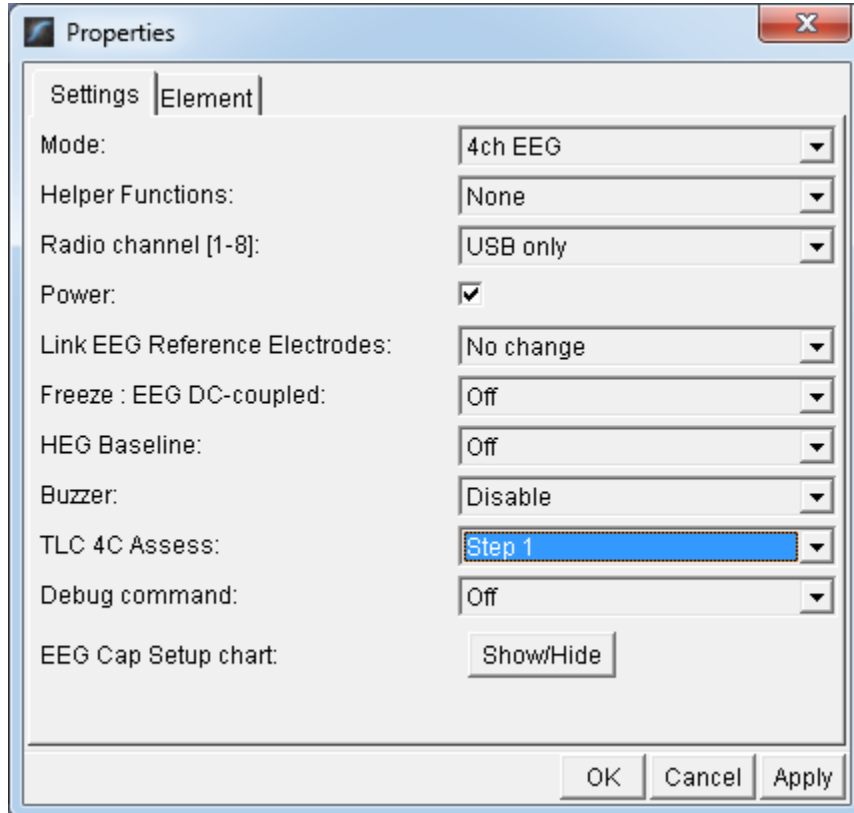


Open the Device menu by clicking the PN Wiz name.



Click "Device configuration" to open Properties.

Under "TLC 4C Assess", select Step 1.



Click "OK" and close the Device menu.

Check signal quality

Open the Signal Tester window by clicking the wave icon.



When signal is good, close the Signal Tester.

Begin data collection

1. Click Play. As soon as you click Play, the timer will count down 5 seconds, after which the assessment data gathering will start recording the first minute. The recording will continue until 60 seconds of artifact-free data are collected. This may take longer than 60 seconds. You can see the progress in the progress bars.



Step 1 - Eyes Closed

2. After 1 minute, the display will pause. Instruct the client to open eyes and look straight ahead. Click "Play" (white triangle) again to continue recording.
3. After 2 minutes, the display will pause again. Remind the client of the task. Click "Play" again and begin performing the task.
4. After 3 minutes the display will pause again. Now you have completed this recording. Click "Stop" (white square) to save it.



Click the Restart button to prepare for the next sites.

Open PN Wiz window again: Click the PN Wiz name in the design screen, click "Device configuration," and select Step 2 for TLC 4C Assess. Click OK and close the device menu. Repeat for each channel set. Record a minimum of the 6 basic site pairs; if possible, record the full 10 site-pairs.

- Select next step in design. **Step 2 (F3-F4-P3-P4)**
- Select next step in PN Wiz window settings. **Step 2**
- Open Signal Tester and verify good signal and client sitting still
- Close Signal Tester
- Play to begin recording data.

Cap Sites	CH1	CH2	CH3	CH4	Task
Run 1	T3	T4	C3	C4	Listening
Run 2	F3	F4	P3	P4	Digit Span
Run 3	Fz	Pz	Cz	Oz	Imagine Desired Change
Optional	F7	F8	T5	T6	Silent Reading
Optional	Fp1	Fp2	O1	O2	Pattern Recognition

Trainer Tools

- There are three graphs: Eye artifact and Muscle Artifact (bottom left of Instruments 2) and Symmetry (Instruments 1).
- The artifact graphs should be fairly stable with the lines close together. The Symmetry graphs show the difference between one hemisphere and the other. The values generally will be above the zero line.
- If either of the artifact graphs shows a consistent problem, stop the recording and resolve the problem.
- If there are strong asymmetries, verify that these aren't due to poor connections, eye or muscle artifact.
- Recording the cleanest, most accurate possible data is the trainer's primary task here. Excessive or constant artifact in a file can't be fixed after the fact.

Special Notes

- When recording in F3/F4, Fz or F7/F8 sites, eyes-open and task segments should be done with the client's eyes "half-open"—peeking through the eyelashes—if this can be done without squinting. This will minimize eye blink artifact.
- Reading tasks should be held at eye-level (use a book stand) to minimize artifact.

Using the TQ7 Client Report

Professionals

The Client Report is considered when determining the final selections for the Whole-Brain Training Plan. This should be completed by the trainer through an interview with the trainee and additional members of the support system and saved in the client folder. A saved file is ready for import.

Open the Client Report

The trainer should create a profile/login at provider.brain-trainer.com and initiate a report, sending an invitation to the trainee's email. The trainee will then be associated with the provider's account. This can be changed later if needed in the client's report | Edit.

Complete the Report

Interview the client and family and complete the questionnaire, taking the opportunity to get an understanding of issues present, or the client can complete the report on his/her own.

Save File

Click the **Save Client Report** button to save the Client Report file. A name is automatically assigned to the file with "CRep" in the name. The file is available immediately for download. A copy will be sent to the trainer if a trainer has been specified.

Home Trainers

The Client Report is considered when determining the final selections for the Whole-Brain Training Plan. This should be completed and saved in the client folder. A saved file is ready for import.

Complete the Report

Complete the questionnaire, taking the opportunity to get an understanding of issues present. If you have purchased the Whole-Brain Training Plan, for "trainer", enter "Whole-Brain Training Plan."

Save File

If saving the file to your own computer, click the **Save Client Report** button to save the file. Save to the client folder (C:\Brain-Trainer for BioEra\session\[client folder]). A name is automatically assigned to the file with "CRep" in the name. The file is available immediately for download. A copy will be sent to the trainer *if a trainer has been specified*. If "Whole-Brain Training Plan" is selected, Brain-Trainer will receive a copy to use in creating your customized plan.

Appendix: Electro-Cap Sites

