

Editorial – Volume 5, Number 4

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Welcome to *NeuroRegulation* Volume 5, Issue 4. We appreciate your joining us for this issue.

In 2013 the International Society for Neurofeedback and Research (ISNR) board felt it extremely important to have an open-access journal, one where the research, reviews, and commentary in our field is not locked behind subscription pay-walls, but openly available to researchers, students, clinicians, and the general public alike. Due to copyright and financial constraints it was necessary to establish a new journal, rather than change access to the society's original journal. As such, the board voted to cease publication of the *Journal of Neurotherapy* and to stand up a new, open-access journal, *NeuroRegulation*. One very unique aspect of this open-access format, in an era where many such journals charge authors upwards of thousands of dollars to publish, is the decision for ISNR to sponsor the journal so as to not charge authors or institutions any fees to publish. More so, as a service to the neuroscience community, currently, membership in ISNR is not necessary to publish at no charge in our journal. It is hoped our readers understand the importance of that board's decision several years ago and the significant ongoing contribution ISNR makes to our field.

As we come to the end of our fifth year of publication and move into our sixth year, we pause to acknowledge our growth and accomplishments. In addition to being indexed in Elsevier's Embase and Scopus databases during 2017 and 2018, respectively, our exposure and readership is growing greatly. In identifying the most viewed publications for each year, over the last 5 years, the article with the most views is the study on the effects of chocolate on the qEEG and blood pressure by Montopoli et al. (2015), with 13,560 views and counting. The next most viewed paper, with 8,540 views to date, was an evaluation of the impacts of digital addiction by Peper and Harvey (2018). Both of these papers were picked up and promoted by Science Daily, which brought an additional spotlight and recognition for *NeuroRegulation*. Our third most viewed article, with

8,529 views so far, is a study where neurofeedback (NF) is combined with heart rate variability (HRV) training by White et al. (2017). From our 2014 publications, Esmail and Linden's (2014) review of NF with Parkinson's Disease has been viewed 3,626 times to date, and from 2016 the study from La Marca and O'Connor (2016) with results of NF improving reading achievement with Attention-Deficit/Hyperactivity Disorder (ADHD) students has so far had 3,223 views. In looking forward to our next 5 years and beyond we anticipate many additional exceptional scholarly contributions.

In the current issue Connie McReynolds, Lelah Villalpando, and Cynthia Britt present data for NF improvements in ADHD symptoms in school-aged children. Next, Laura Barry and Gregory Nooney present data for passive Infrared Hemoencephalography (pIR HEG) in athletic performance. Then, Kirtley Thornton provides insight and perspective on placebo effects as they may be inferred to NF. Finally, select abstracts for the proceedings of the 2018 ISNR annual conference are included in this issue.

NeuroRegulation thanks the authors in this issue, as well as those before them over the years, for their valuable contributions to the scientific literature for NF and learning. We strive for high quality and interesting empirical topics. We encourage the members of ISNR and other biofeedback and neuroscience disciplines to consider publishing with us. It is important to stress that publication of case reports is always useful in furthering the advancement of an intervention for both clinical and normative functioning. We encourage researchers, clinicians, and students practicing NF to submit case studies! We thank you for reading *NeuroRegulation*!

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