

The Beneficial Effects of Photobiomodulation Therapy for Autism

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According to the World Health Organization, a person with [autism](#) struggles with communication and social contact to a certain extent. Typical patterns of behavior and activity, such as difficulty switching from one activity to another, attention to detail, and odd responses to sensations, are additional traits.

It will be a lifelong condition for individuals who have it. Deep structural and functional abnormalities in the brain underlie these behavioral patterns. There are few effective treatments available today, but a study on low-level laser therapy, also known as photobiomodulation, has shown promise for reducing irritability and other related symptoms in kids and teenagers with autism spectrum disorder (ASD). We will explore the study's findings in this blog.

Unveiling the Study: Shedding Light on Autism Treatment for Irritability

In the study [*"Effects of Low-Level Laser Therapy in Autism Spectrum Disorder"*](#), from 2018, the effectiveness of low-level laser therapy, a type of photobiomodulation, was studied for the treatment of autistic spectrum disorder (ASD) relating to irritability in children and adolescents aged 5 to 17. Twenty-one of the 40 individuals underwent eight 5-minute procedures over a four-week period to the temporal and base of the skull.

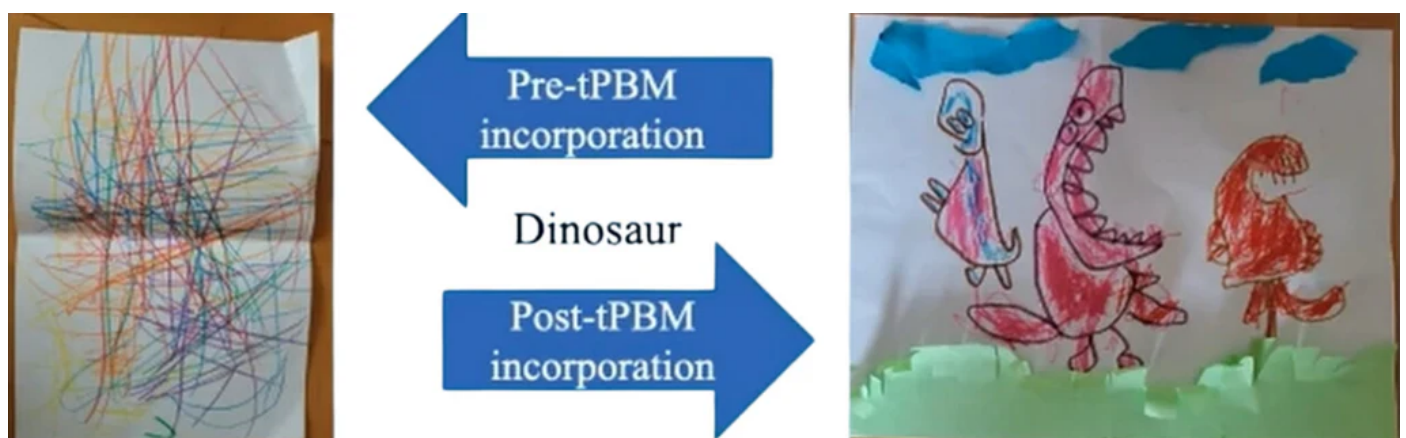
The Aberrant Behaviour Checklist (ABC) was used by researchers to

thoroughly assess symptoms on a range of dimensions, including irritability, lethargy, stereotypical behavior, hyperactivity, and inappropriate speech. The results revealed a substantial difference in the irritation subscale ratings between those who got the active treatment and those who received a placebo.

The study discovered that **low-level laser therapy could be an effective method for lowering irritability** and other symptoms and behaviours associated with autism spectrum disorder in children and adolescents, with favourable effects maintained and increased over time.

In this [case study](#) presented by Roger Lee, the founder of [Brain Infinity Neurofeedback](#), swLORETA Neurofeedback settings and Neuronics' transcranial photobiomodulation device, [Neuradiant 1070](#), were used in combination in five children suspected and diagnosed with Autism Spectrum Disorder addressing social and language deficits.

Each case was followed by an analysis of pre and post-stimulation qEEG. The case study showed **improvements on the children's social interaction, creativity, and attention span**, which was validated by parental and teacher observations.



The results of this study have important implications and offer families and individuals with autism with hope. According to the study, low-level laser therapy may prove to be a useful tool in ASD symptoms. The therapy's ability to reduce irritability is demonstrated by the steady beneficial changes over

time, but they also show the therapy's potential for addressing a range of behaviors associated with autism. Moreover, photobiomodulation is relatively safe, non-invasive, and the devices are simple to use with high compliance.

Sources:

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