Results

Linear regression was used to investigate the relationship between changes in resting state connectivity and changes in amygdala pre- to post-treatment while controlling for number of phobias, number of neuro-reinforcement sessions, and time between assessments. Change in resting state network pre- to post-treatment significantly predicted changes in amygdala pre- to post-treatment (beta = -0.24, p = < .05) such that greater increases in network connectivity estimates pre-treatment to post-treatment were significantly related to greater decreases in amygdala activation pre-treatment to post-treatment, aligning with our hypothesis that increases in resting state networks would contribute to decreases in amygdala activity as a direct result of neurofeedback.