

## REVIEWER'S REPORT

Manuscript No.: IJAR-55863

**Title:** Recalibrating the depressed brain through transcranial magnetic stimulation and neuro biofeedback for patients with depressive disorders

### Recommendation:

Accept as it is .....

**Accept after minor revision.....**

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality		Good		
Clarity		Good		
Significance	Excellent			

Reviewer Name: Dr. Sumathi

### *Detailed Reviewer's Report*

- 1. Transcranial Magnetic Stimulation (TMS) is a non-invasive medical procedure that uses magnetic pulses to stimulate nerve cells in the brain, primarily to treat treatment-resistant depression and other mood/neurological disorders, by improving activity in mood-regulating brain areas like the prefrontal cortex.**
- 2. It's an FDA-approved alternative when medications haven't worked, offering a non-drug option that's generally well-tolerated, requires no surgery, and involves the patient being awake during sessions.**
- 3. Neurofeedback, or EEG biofeedback, is a non-invasive therapy that trains your brain to self-regulate by providing real-time feedback on its electrical activity (brainwaves) through visual or auditory cues, helping it develop healthier, more efficient patterns to improve focus, mood, and reduce symptoms of conditions like ADHD, anxiety, and depression.**
- 4. Sensors on the scalp measure brainwaves, which a computer translates into simple feedback (like a game getting faster or music changing), teaching the brain to achieve desired states through neuroplasticity.**

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- 5. Emotional balance means managing your feelings calmly and effectively, without being overwhelmed by stress or negative emotions; it's not about feeling happy all the time, but about developing self-awareness and resilience to navigate life's ups and downs healthily, allowing you to respond wisely instead of reacting impulsively.**
- 6. It involves recognizing your emotions, accepting them without judgment, and regulating your responses through practices like mindfulness, self-soothing, and focusing on needs, leading to better decisions and relationships.**
- 7. Key words are good.**
- 8. Result and discussion part should show clearly.**
- 9. Summary points must be given.**
- 10. Some relevant pictures can be added.**
- 11. References should be in alphabetical order.**
- 12. After those changes good to publish in your journal.**

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