What a QEEG and TOVA Assessment Involves

A QEEG and T.O.V.A. assessment at Behavioural Neurotherapy Clinic (BNC) combines two non-invasive measures: a recording of the brain's electrical activity (QEEG, or brain mapping) and a computer-based test of attention (T.O.V.A., the Test of Variables of Attention). Together they provide additional, objective information that you and your treating clinicians can consider alongside a clinical assessment. This page explains whether you need a referral, how to prepare, what happens on the day, and what it costs. For background on what a QEEG measures and how the findings are used, see QEEG and Brain Function.

Do You Need a Referral?

No. A referral is not required for a QEEG and T.O.V.A. assessment, and you can book directly by calling reception.

Many people are referred by their psychiatrist, GP or psychologist, including clinicians outside BNC. If a practitioner refers you, they will need the written report so they can consider the findings alongside their own assessment (see Fees below).

The assessment is an adjunct. It does not replace a clinical assessment for ADHD or any other condition. If you have not yet had one, see Adult ADHD Assessment in Melbourne or Child ADHD Assessment in Melbourne.

How to Prepare

- **Keep taking your usual medication** as prescribed, and let us know what you take. Medication can influence the results, so it is noted and taken into account.
- **If you take stimulant medication**, two T.O.V.A. tests are done on the same day: the first before you take your stimulant that day, and the second 1.5 to 4 hours after you take your usual dose. Bring your medication with you and allow extra time at the clinic. If you have any concerns about delaying your dose, please check with your prescriber first.
- **Avoid caffeine on the day**, including coffee, tea, energy drinks and cola.
- **Get a usual night's sleep** if you can. Fatigue can influence both the recording and attention testing.
- **Allow about 90 minutes** for the appointment.

What Happens on the Day

About 90 minutes is scheduled for the appointment, which has two parts.

T.O.V.A. attention test (about 30 minutes)

The T.O.V.A. is a standardised computer-based test. Simple shapes appear on a screen and you press a button when the target appears. It measures attention, response speed, consistency and impulsivity over a sustained period. Your results are compared with norms for people of the same age and sex. If you take stimulant medication, the test is done twice on the same day: once before your dose and again 1.5 to 4 hours after it, so the two results can be compared.

The short video below, from The TOVA Company, shows the instructions given before the test, so you or your child know what to expect.

QEEG recording (30 to 40 minutes including preparation)

Small sensors are placed on the scalp to record the brain's electrical activity while you sit quietly, with eyes closed and eyes open. The recording itself takes around 10 minutes. It is non-invasive and painless: there are no needles, no radiation, and nothing enters the body. The recording is then compared statistically against normative databases.

After the Assessment: Your Results

The QEEG and T.O.V.A. findings, together with your reported symptoms, are correlated against the research literature by Dr Jacques Duff, Clinical Neuroscientist. These correlations are not a diagnosis, and no treatment recommendation is made by the neuroscientist.

- **Follow-up appointment.** The results are explained to you verbally in a follow-up appointment.
- **Written report.** A written report is optional if you booked directly, and required if a practitioner referred you. Two versions are produced: a scientific report for your clinician and an easy-read report in plain language for you and your family. Your clinician considers the findings alongside everything else they know about you when forming their own clinical judgement.

Fees

Service	Fee
QEEG recording and analysis	$450
T.O.V.A. attention test (per test)	$110
Second T.O.V.A. if you take stimulant medication (one on and one off medication)	$110
Follow-up appointment to explain the results	$250
Written report (scientific and easy-read versions; optional if you book directly, required if a practitioner refers you) The report must be requested and paid in advance, either before or after the follow-up appointment explaining the results	$350

QEEG and T.O.V.A. assessments fees are not covered by Medicare or NDIS rebates. Above fees are taken from the ***current clinic price list and may change***, so please confirm with reception when booking.

Frequently Asked Questions

Do I need a referral?+

No. You can book directly with reception. If your psychiatrist, GP or psychologist refers you, they will need the written report.

What if I take ADHD medication?+

Keep taking your medication as prescribed and tell us what you take. If you take stimulant medication, two T.O.V.A. tests are done on the same day: the first before you take your stimulant, and the second 1.5 to 4 hours after your usual dose. Bring your medication with you, and check with your prescriber if you have any concerns about delaying your dose. Avoid caffeine on the day.

Is a QEEG a diagnosis of ADHD?+

No. QEEG and T.O.V.A. findings are adjunct information. A diagnosis is made by a qualified clinician through a full clinical assessment.

Is the assessment safe for children?+

Yes. Both parts are non-invasive and painless, and the T.O.V.A. has norms for children as well as adults.

Can I claim a Medicare or NDIS rebate?+

No. There are currently no Medicare or NDIS rebates for QEEG and T.O.V.A. assessments.

Book a QEEG and TOVA assessment

No referral is needed. Call reception to book or to ask a question.

□□ (03) 9848 9100

Updated on: 17/10/2026 by: Dr Jacques Duff – PhD; BA Psych; Grad Dip Applied Psychology; FANSA, Clinical Neuroscientist.