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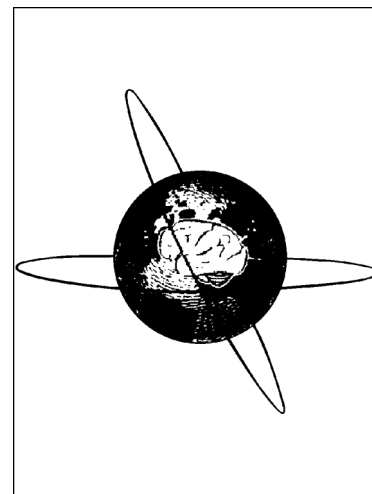
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Closed-loop adaptation of neurofeedback based on mental effort facilitates reinforcement learning of brain self-regulation

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Highlights

Mental effort is correlated to the difficulty level of neurofeedback during brain self-regulation.

The difficulty threshold that balances mental effort is higher than maximum classification accuracy.

Threshold adaptation based on mental effort allows progressively increasing the difficulty level.

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