

BCIA HRV Biofeedback Exam 101

Exam Construction

The exam consists of approximately 100 items, all multiple-choice, with only 1 correct answer per item. There is no penalty for guessing. If you skip an item, obviously you get that one wrong.

The exam is built on the blueprint with the idea that if there is a smaller rubric with less hours, there will be less questions than a larger rubric would contain.

Validation Items

Some exam versions have more than 100 items as they include questions still in assessment mode. If you miss them, they will not count against your score.

Time Limit

There is a 3-hour time limit for the exam. Special needs: Should you need additional time or special accommodation due to language or other circumstance, please contact the office at info@bcia.org.

Pass Score

Pass score is 65%.

Exam Format

Online proctoring only – we work with a company who uses cameras and artificial intelligence. Once you file the Exam Request Form with the information requested, including the date and time, we will forward you information on how to navigate the online proctor's system.

Getting the Results

The online version provides an immediate score. BCIA will send official results within a few days. Most people pass on the first take if they have prepared in a professional fashion.

Preparation – The Core Reading List

All questions are sourced to the Core Reading List posted on our website:

Some sources are not textbooks, but rather 4 or 5 page documents. The HRV Biofeedback Tutor provides information followed by a series of questions. Many find this a good way to check your mastery of certain topics. If you do well on a group of questions, it means that you probably do know the material and should do well in that area – even though the Tutor questions are not in the BCIA certification exam. Additionally, it helps to refresh your test-taking skills. The other texts as listed are basics for your biofeedback or neurofeedback bookshelf.

[Evidence-based practice in biofeedback and neurofeedback, 3rd edition \(available for sale at www.aapb.org\)](http://www.aapb.org). – read the first section describing how the evidence levels are determined and be comfortable in understanding what is a 1, 2, 3, etc. Then review the topics where Biofeedback has been highly rated. You don't have to memorize that whole text and the ratings for each disorder.

Spend a few minutes reviewing the BCIA Ethical Principles document to note what a certification means vs a license and how BCIA handles complaints.

That should prepare you well for the exam.