

| Timestamp | Best Progressive Metal Album of 2022 | Best Progressive Metal Song of 2022 |
|-----------|--|-------------------------------------|
| | Aenaon - Mnemosyne | |
| | Aeternam - Heir of the Rising Sun | |
| | Allagaeon - DAMNUM | |
| | Altars - Ascetic Reflection | |
| | Amorphis - Halo | |
| | An Abstract Illusion - Woe | |
| | Animals As Leaders - Parrhesia | |
| | Artificial Brain - Artificial Brain | |
| | Ashenspire - Hostile Architecture | |
| | Astronoid - Radiant Bloom | |
| | Brïi - Corpos Transparentes | |
| | Chaos Frame - Entropy | |
| | Charlie Griffiths - Tiktaalika | |
| | Cobra the Impaler - Colossal Gods | |
| | Coheed and Cambria - Vaxis II: A Window of the Waking Mind | |
| | Cold Night For Alligators - The Hindsight Notes | |
| | Conjurer - Pathos | |
| | Cult of Luna - The Long Road North | |
| | Cydemind - The Descent | |
| | Dance Gavin Dance - Jackpot Juicer | |
| | David Maxim Micic - BILO IV | |
| | Desolate Shrine - Fires of the Dying World | |
| | Destrage - SO MUCH. Too Much | |
| | Devin Townsend - Lightwork | |
| | Disillusion - Ayam | |
| | Dreadnought - The Endless | |
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| | Elder - Innate Passage | |
| | Etrange - Enigme | |
| | Evergrey - A Heartless Portrait (The Orphean Testament) | |
| | Extra Life - Secular Works, Vol. 2 | |
| | Fallujah - Empyrean | |
| | Feather Mountain - To Exit a Maelstrom | |
| | Ghost of the Machine - Scissorgames | |
| | Gospel - The Loser | |
| | Grelotus - DawnFall | |
| | Greyhaven - This Bright And Beautiful World | |
| | Hath - All That Was Promised | |
| | Haunted Shores - Void | |
| | He Is Legend - Endless Hallway | |
| | Imperial Triumphant - Spirit of Ecstasy | |
| | Inhalo - Sever | |
| | Kardashev - Liminal Rite | |
| | King Buffalo - Regenerator | |
| | Lalu - Paint the Sky | |
| | Lorna Shore - Pain Remains | |
| | Meshuggah - Immutable | |
| | Messa - Close | |
| | Michael Romeo - War of the Worlds, Pt. 2 | |
| | Monuments - In Stasis | |
| | Moon Tooth - Phototroph | |
| | Mother of Millions - Orbit | |
| | Northlane - Obsidian | |
| | Obsidious - Iconic | |
| | Oceans Ate Alaska - Disparity | |
| | Oh Hiroshima - Myriad | |
| | Orthodox - Learning to Dissolve | |
| | OU - One | |

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| | Parius - The Signal Heard Throughout Space | |
| | Parthian - Desolation from a Ceaseless Dawn | |
| | Persefone - Metanoia | |
| | Polyphia - Remember That You Will Die | |
| | Porcupine Tree - Closure/Continuation | |
| | Psychonaut - Violate Consensus Reality | |
| | Pure Reason Revolution - Above Cirrus | |
| | Regressor - Crescent Spoon | |
| | Revocation - Netherheaven | |
| | Rioghan - Different Kinds Of Losses | |
| | Riverwood - Shadows and Flames | |
| | Rolo Tomassi - Where Myth Becomes Memory | |
| | Ryo Okumoto - Myth of the Mostrophus | |
| | Seventh Wonder - The Testament | |
| | Sigh - Shiki | |
| | Sikasa - Matter Earth | |
| | Soulsplitter - Connection | |
| | Speaking to Stones - (In)Human Error | |
| | Spheric Universe Experience - Back Home | |
| | Star One - Revel in Time | |
| | Teramaze - Flight of the Wounded | |
| | The Dear Hunter - Antimai | |
| | The Mars Volta - The Mars Volta | |
| | Threshold - Dividing Lines | |
| | Toehider - I Have Little To No Memory Of These Memories | |
| | Tómarúm - Ash in Realms of Stone Icons | |
| | Voivod - Synchro Anarchy | |
| | Vorbid - A Swan by the Edge of Mandala | |
| | Wake - Thought Form Descent | |
| | Warforged - The Grove / Sundial | |
| | White Ward - False Light | |
| | Wilderun - Epigone | |
| | Zeal & Ardor - Zeal & Ardor | |
| | Zero Hour - Agenda 21 | |

