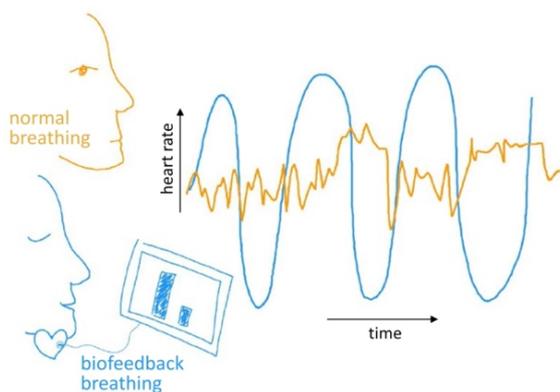


# Biofeedback for treating psychological symptoms

## Description



Dr. Julia Wendt's team operates at the interface of clinical and biological psychology and investigates the utility of heart rate variability (HRV) biofeedback for the treatment of psychological symptoms. The interest is particularly focused on the suitability of biofeedback as a low intensity intervention, for example to bridge the waiting time for psychotherapy, or as an app-based intervention to create maximum availability and autonomy in its use. Therefore, a wide range of

clinical-diagnostic (e.g., questionnaires, interviews) and psychophysiological (e.g., electrocardiography, electromyography) methods is used. One possible application is the premenstrual syndrome (PMS) which is associated with increased affective lability and reduced heart rate variability prior to menstruation and thus represents an optimal target symptomatology for the mood and nervous system stabilizing effects of biofeedback.

## Details

- Effect of HRV biofeedback on the extinction of conditioned fear
- Effect of HRV biofeedback on the outcome of subsequent behavioral therapy for panic disorder
- App-based heart rate variability biofeedback for the treatment of premenstrual symptoms

## Spectrum of Methods

- Heart rate variability biofeedback
- Cognitive Behavioral Therapy (CBT)
- Psychological-clinical diagnostics
- Electrocardiography (ECG)
- Electromyography (EMG)
- Electrodermal activity (EDA)

## Literature

- Wendt, J., Hamm, A., Pané-Farré, C. A., Thayer, J. F., Gerlach, A. L., Gloster, A., ... & Richter, J. (2018). Pretreatment cardiac vagal tone predicts dropout from and residual symptoms after exposure therapy in patients with panic disorder and agoraphobia, doi: 10.1159/000487599
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## Applications

- Mental Health
- Digital Health
- Psychotherapy
- Psychological Assessment

## Keywords

- Heart Rate Variability
- Biofeedback
- Psychophysiology
- Electrodermal Activity
- Electromyography
- Well-Being
- Anxiety Disorders
- Premenstrual Syndrome

## Interest in cooperation

- Research-based collaboration
- Contract research
- Industry-sponsored research

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