



Psycho-Physiological Medicine and Type-a Executive Health

Thomas G. Browne

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Credentials: Ph.D; Psychology; Board certified EEG/Biofeedback Institute This research study, one of the first of its kind is a controlled comparison of the effectiveness of two established psycho-physiological treatments on the reduction of stress and behavior-related clinical cardiac symptoms in Type A Executives utilizing a brain-based Neurofeedback or electro-encephalography (EEG) treatment for one randomly selected and assigned group and a Heart Rate Variability treatment for a second group. A third non-treatment group was also measured as a control factor, in order to be able to make a statement regarding potential generalizability of the outcome possible. Results showed some statistically greater improvements in measures of stress and symptom reduction for the EEG Treatment group by comparison with those who received the Heart Rate Variability Treatment and those who received no treatment. This work contributed to the field of Quantitative EEG and Neurofeedback Professional Clinical Treatment and was the first controlled true experimental study (three groups) with a Type A population in a medical environment. The study showed that even those individuals with excessively high levels of competitiveness in business and in executive positions were capable of learning how to modify their own brain electrical activity characteristics that resulted in greater awareness of their own physiological boundaries and more healthful behavior that improved the quality of their lives with enhanced health, social and domestic relationships. Chapter I. Introduction: Applied Psychophysiology and Biofeedback; Conceptualization of Stress; Hyperventilation; Purpose of the Study; Statement of the Research Question; Background of the Research Problem; Dissertation Concept Organizational Model; Unique Features of the Study: Chapter II. Review of the Literature Traditional and Bio-Psycho-Social Approaches; The Biopsychosocial Approach; Clinical Relaxation, Meditation, and Applied Psychophysiology and Biofeedback; Original Case Study and Replication; Science and Spirituality; Meditation; EEG Theta Enhancement and Meditation; Applied Electroencephalograph (EEG) Biofeedback or Neuronal Feedback (NFB); Baroreceptors; Heart Rate Research; Stressors, Stress and Behavior; Behavioral Type and Stress; Coping Behavior; Stress and the Immune System; Stress and Illness; Psychoneuroimmunology (PNI); Hormonal Influence; Glucocorticoids; Catecholamines; Brain Mechanisms in Stress; Significance of the limbic-hypothalamic-pituitary-adrenocortical (LHPA) Effects on the Immune System; Cytokines as Immunotransmitters; Conclusions; Chapter III. Methodology and Design Hypothesis; Research Design; Variables; Derogatis Stress Profile (DSP); Quantification of Psychological Stress; End-Tidal CO₂; Capnometer; Heart Rate; Qualitative Variable; Procedures; Participants: Selection and Eligibility Criteria; Randomization Protocol; Sample Development and Characteristics; Demographics; Complaints; Medications; Heart Rate Variability (HRV) Treatment Technique; Alpha/Theta Neuronal Feedback; Theta Enhancement Neuronal Feedback; Control Group; Recorded Data; Follow Up; Data Analysis; Qualitative Analysis; Chapter IV. Results Primary Measurements; Baseline Descriptive Statistics for the Dependent Variables; Baseline Comparisons of Group Means for the DSP Variables; Summary of 3 x 2 ANOVAs for DSP Domains and Global Indices; Summary of 3 x 2 ANOVAs for DSP Dimensions; Comparisons Between Treatment Groups on Pre-Post Changes in DSP Variables; Mean Plot of

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Jack Rolfes:

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