Exploration of Heart Rate Variability
Biofeedback Among Generalized
Anxiety Disorder Treatment



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PROBLEM

- ► Anxiety disorders are among the most common mental health diagnoses worldwide
- Approximately 19.1% of adults ages 18 years and older in the United States met criteria for an anxiety disorder within the past year
- ► 31.1% of U.S. adults will have an anxiety disorder in their LIFETIME
- ► It is estimated an additional **76.2 million** individuals *worldwide* developed anxiety disorders in <u>direct response</u> to C O V I D 1 9

Broadened criteria for diagnoses of GAD

Underdiagnosed, undertreated, and underreported Stigma surrounding mental health treatment

Shortage of mental health care providers

Off-label treatment options

Variation among treatment practices

Common comorbidities

To decrease individual GAD7 scores from baseline by day 14 of daily use of HRVbF in adult participants diagnosed with GAD within the Indigo Integrative Wellness mental health private practice.

METHODS

Obtain

GAD-7 screening scores among 10 adult clients diagnosed with Generalized Anxiety Disorder within Indigo Integrative Wellness practice population immediately prior to project participation between

Teach

Teach participating clients to effectively use the Lief Biofeedback device via a one-on-one Zoom call session no greater than 72 hours prior to project implementation, between

Implemen

Clients will utilize the Lief Biofeedback device for 6 hours daily for 2-week period between

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Measure post-Lief
usage GAD-7
se screening scores in
participating adult
on day 14 of project
via secure patient

Evaluate

Evaluate differences in pre-Lief use and post-Lief use GAD-7 scores at project completion and share findings using descriptive statistics, utilizing data tables and

PLAN

Propose change idea and how it will be tested
Predict what will happen

ACT

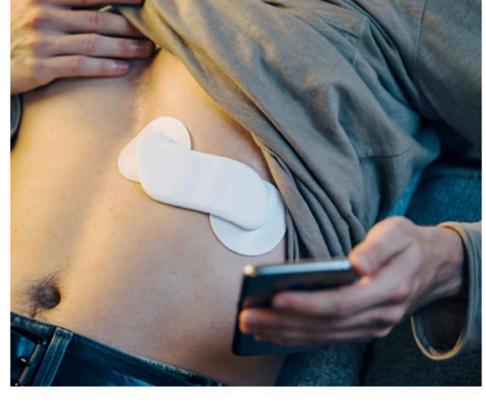
Share final reflections
Conclude whether to Adopt, Adapt, or Abandon change idea

Act
Abandon change idea

Reflect on how well the plan was followed

STUDY

Analyze data collected
Compare results to predictions
Capture learnings

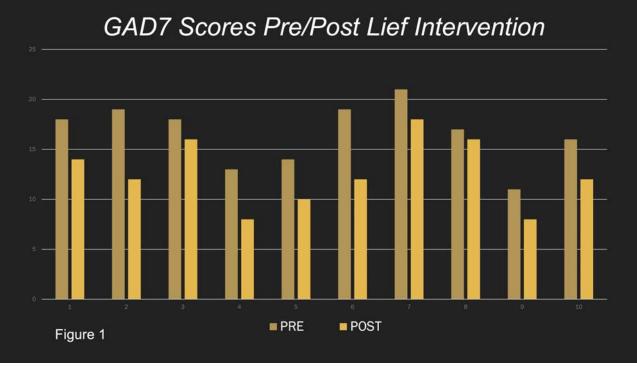


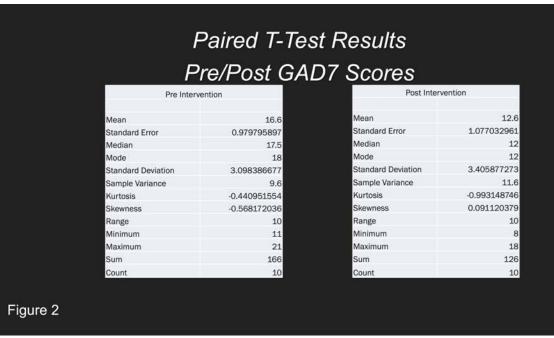
IMPLICATIONS FOR PRACTICE

For participating clients with Generalized Anxiety Disorder, the use of Heart Rate Variability Biofeedback including slow, mindful breathing positively improved self reported anxiety symptoms from baseline GAD7 scores.

These results support HRVbF as a feasible, beneficial treatment modality for GAD among this practice setting in addition to treatment as usual.

RESULTS





P value and statistical significance:

The two-tailed P value equals 0.0001

By conventional criteria, this difference is considered to be extremely statistically significant

Confidence interval:

The mean of Pre minus Post equals 4.00 95% confidence interval of this difference: From 2.61 to 5.39

Intermediate values used in calculations:

t = 6.5079

standard error of difference = 0.615

REFERENCES

