

Exploration of Heart Rate Variability Biofeedback Among Generalized Anxiety Disorder Treatment



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PROBLEM

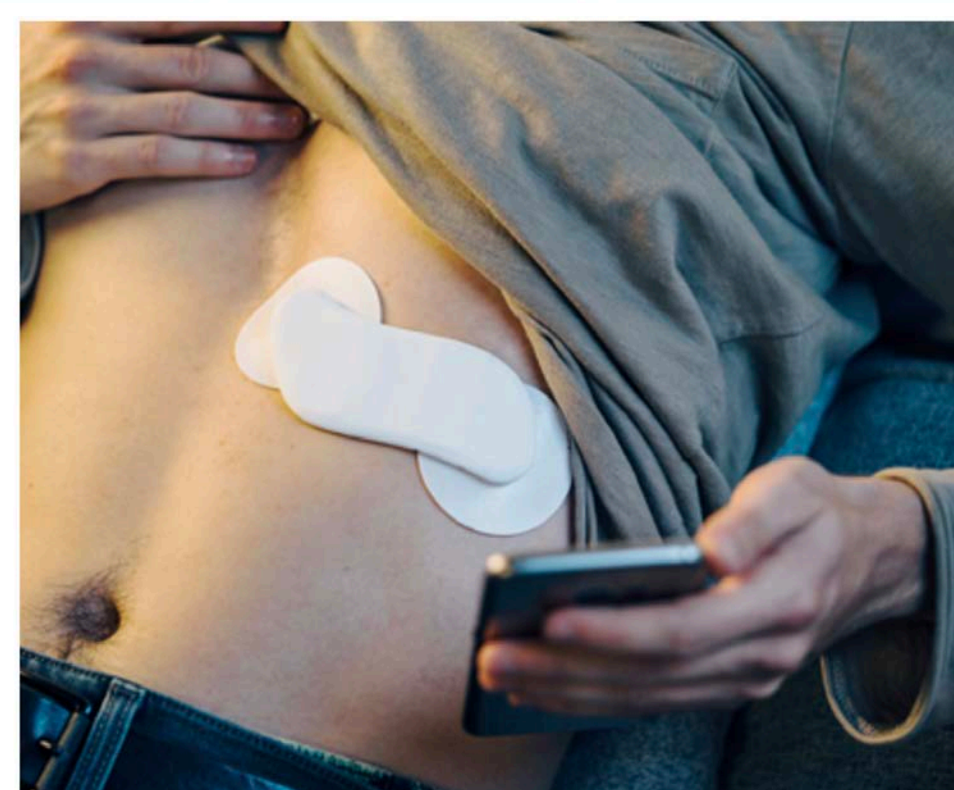
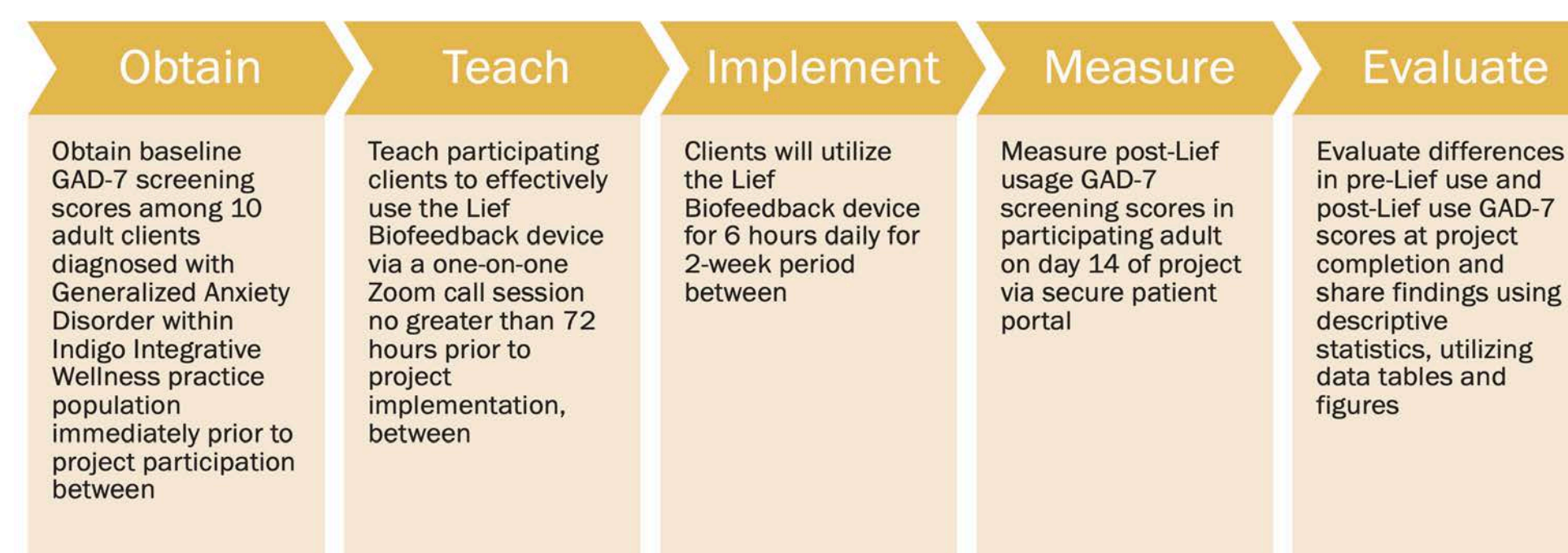
- **Anxiety disorders** are among the *most common mental health diagnoses worldwide*
- Approximately **19.1%** of adults ages 18 years and older in the **United States** met criteria for an anxiety disorder within the past year
- **31.1%** of U.S. adults will have an anxiety disorder in their **LIFETIME**
- It is estimated an additional **76.2 million** individuals *worldwide* developed anxiety disorders in direct response to COVID-19



AIM

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



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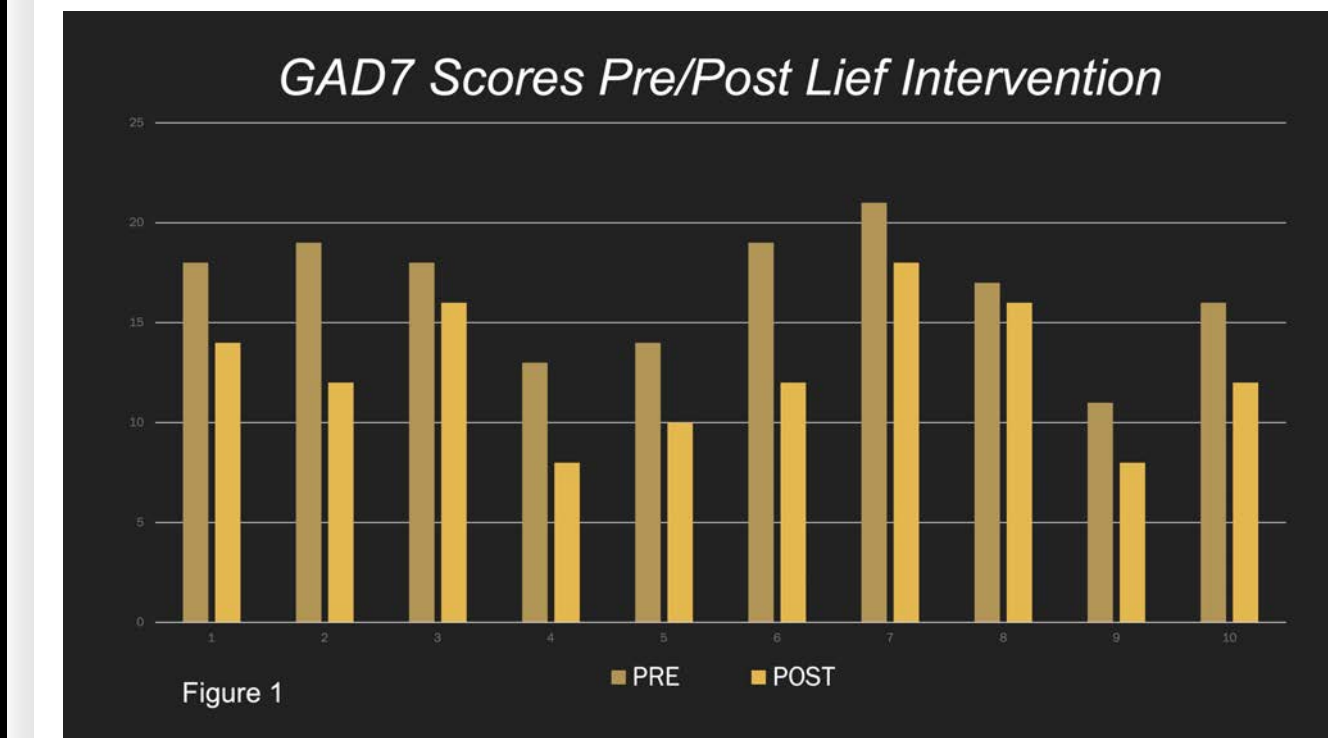
https://www.researchgate.net/figure/A-visual-diagram-of-a-Plan-Do-Study-Act-PDSA-Cycle_fig1_319377456/

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



Paired T-Test Results
Pre/Post GAD7 Scores

	Pre Intervention	Post Intervention
Mean	16.6	12.6
Standard Error	0.979795897	1.077032961
Median	17.5	12
Mode	18	12
Standard Deviation	3.098386677	3.405877273
Sample Variance	9.6	11.6
Kurtosis	-0.440925554	-0.992148746
Skewness	-0.568172036	0.091120379
Range	10	10
Minimum	11	8
Maximum	21	18
Sum	166	126
Count	10	10

- 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
df = 9
standard error of difference = 0.615

REFERENCES

