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Radiofrequency for emotional stress

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Overview

- Theoretical background
- Methods and procedures
- Hypotheses
- Results
- Discussion & Conclusion

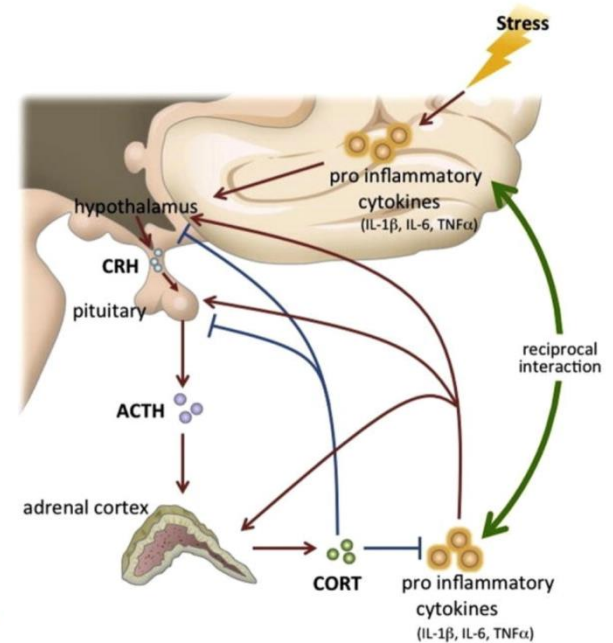


Pulsed Radiofrequency Therapy

- **TcPRF** has been used for decades in **chronic pain** patients
- Some studies indicate positive effects of **transdermal TcPRF** on **inflammation processes**
- Some individuals even report an **improvement of mood** and **energy**
- This is in accordance to actual **stress research**

Mechanisms behind TcPRF

TcPRF may have an anti-inflammatory effect on cellular level and contribute to a healthy homeostasis, both physical and mental and may help to repair the damages caused by stress.



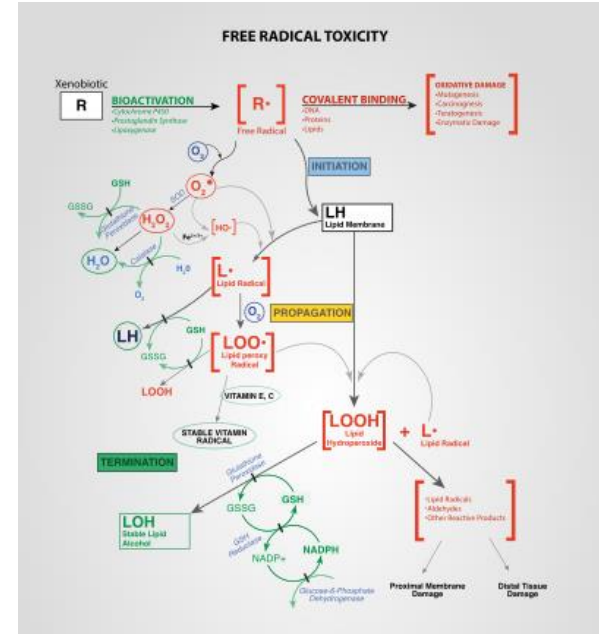
Stress and inflammation

Emotional stress may affect psychology as well as in the immune system, based on bi-directional brain-to-immune communication (1).

The brain is particularly vulnerable to oxidative stress

because of its high oxygen consumption (1).

The causal relationship is not fully determined (2)



Stress, Inflammation and Heart

It is well known that inflammation processes
Have an effect on the autonomous system.

Stress is activating the **sympathetic system**.

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ORIGINAL ARTICLE

Heart rate, heart rate variability and inflammatory biomarkers among young and healthy adults

Stefanie Aeschbacher^{a,b}, Tobias Schoen^{b,c}, Laura Dörig^{a,b}, Rahel Kreuzmann^{a,b}, Charlotte Neuhauser^b, Arno Schmidt-Trucksäss^d, Nicole M. Probst-Hensch^{e,f}, Martin Risch^{g,h}, Lorenz Risch^{g,i,j} and David Conen^{a,b}

CONCLUSION: In this large cohort of young and healthy adults, inflammatory parameters were strongly associated with increased HR and decreased HRV, suggesting an important interaction between inflammatory pathways and the autonomic nervous system.

Psychiatric disorders associated with inflammation

Depression
Anxiety
Schizophrenia
Bipolar disorder,
Fibromyalgia

... and maybe even more



Key issue of the study...

Is there an effect of TcPRF
on patients well-being and mood?

We decided to go for a **double blind study** design with
a **control group** (placebo vs. treatment) and
two measurement times.

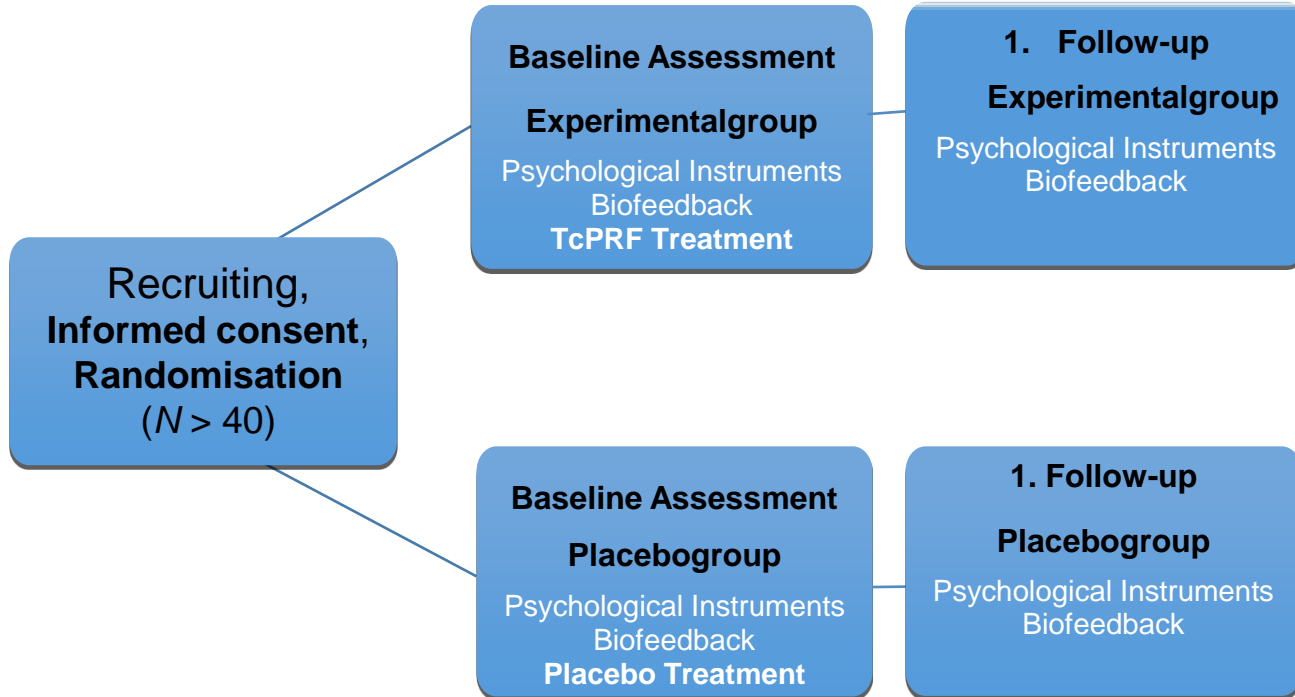


TcPRF - Application in our study ...

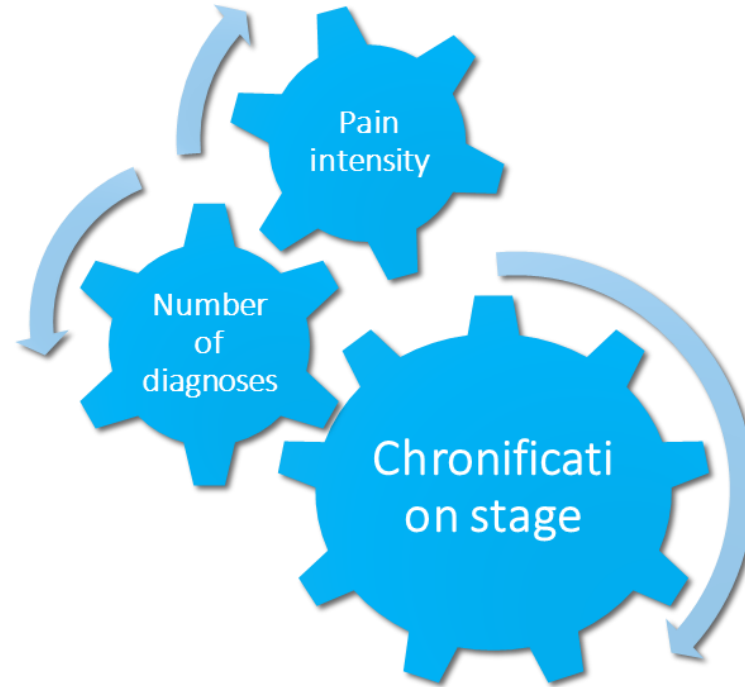


Device Settings: 5.11 Hz, Pulse Width 2,89 ms, ca. 70 V,
0,4 Ohm, Duration 25 min.

Procedere



Assessment of pain and stress





No explicit assessment of pain localisation or specification of pain problems! We only asked for pain level at the actual moment of assessment.

Chronification stages

Chronification does not rely entirely on time based criteria.

Increasing importance of related factors, e. g. Number of pain places, strength of impairment, medical conditions.

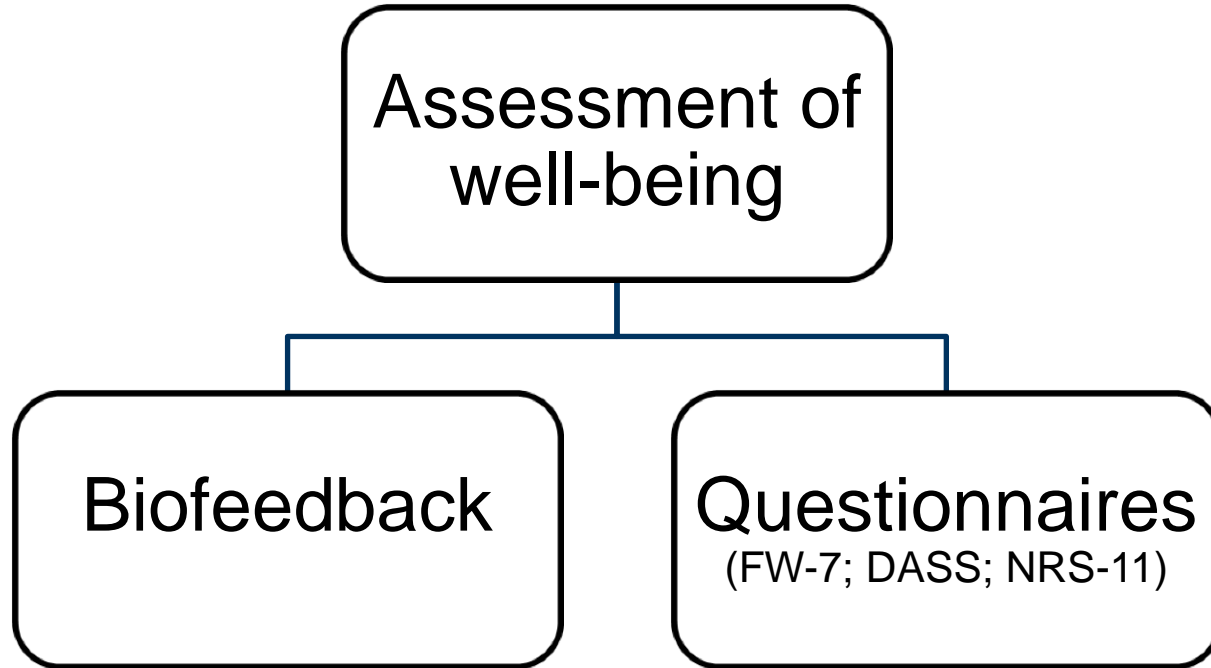
Stadium model according to Gerbershagen (1996)

Chronification stage I: slight cronification

Chronification stage II: few painless episodes

Chronification stage III: persistent pain

Allows to cover different to the pain impairment related aspects!



Depression Anxiety Stress Scale (DASS)

- Edited version of the German translation encloses **21 questions** to assess general well-being
- Self report inventory encloses the three scales **depression, fear** and **stress** with seven items each
- **Economic** and **reliable** screening method for patients with (chronic) pain
- Depressive symptoms and chronic pain disturbances are often **closely interweaved**
- -> Suffering pressure as well as impairment of the affected individual often lead to overassessment of depressive symptoms

Numeric Rating Scale for Pain (NRS-11)

Linear measuring instrument to gather the **pain strength** on a **11-stage scale**

Gradations from **0 = no pain**, up to the other pain extreme,

10 = the strongest pain that is conceivable

Good **reliability** and **validity** not only concerning acute pain - but also chronic pain

NRS-11 is **sensitive to changes** of the perceived pain intensity

Marburg questionnaire on *habitual well-being* (FW-7)

- **Original version** by Herda, Scharfenstein and Basler (1998)
- Grasps **not only** the momentary **feeling** – but also ***habitual well-being*** (the last 7 days)
- Seven positive statements; Answers on 4-stage Likert scale
- Sensitivity of the one-dimensional scale to changes in well-being
- Evaluation by the sum scale (cut-off value)

... how to measure stress?

Stress has an effect on the cardiovascular system, by increasing sympathetical activity.



Heart Rate Variability

Heart rate variability can be measured via various methods.
An established and reliable method is the
calculation of RR- differences:
SDNN (standard deviation of normal-to-normal)



In our study we used this parameter
to assess the stresslevel of our patients

Heart Rate Variability (SDNN)

A higher variability (SDNN) is indicating
An increase of vagal activity,
while stress and illness
are associated with a decrease of SDNN.

SDNN: Standard deviation
of the IBI of normal sinus beats (ms).



Biofeedback

A perfect way to assess SDNN

live in different situations.

Biofeedback is used in daily practice

Devices are well proven in practice
and reliable.



Assessment of the heart rate variability

Relaxation



Stress



Positive mood



SDNN in Relaxation



SDNN during stress sequence (Stroop-Test)

RED

Blue

Green

SDNN during funny movie



Inclusion and Exclusion Criteria

Inclusion:

- age 18 – 65
- chronic pain patients (> 3 months)

Exclusion:

- severe medical issues, such as cancer or comparable
- severe mental disorders such as severe depression or schizophrenia
- patients with cardiac conditions, pacemakers, beta- blockers
- Women who are pregnant or breast-feeding



Picture: gtreilly.com

Hypotheses

We hypothesized a stressreduction in the treatment group due to the anti- inflammatory effects of TcPRF- Treatment:

- Increase of SDNN (Biofeedback)
- Decrease of stress, depression, anxiety (questionnaires)
- improvement of pain (NRS)



Statistical evaluation

Mann Whitney U- Test for differences

Brunner model (post-hoc tests)

Method for non-parametric variance
analyzes

of longitudinal data (R)

(Main effects: Group, Measurement
time

& and related interactions)



Results

Table 1: Age, Chronification, Diagnoses, Gender

	Total (n= 42)		TcPRF (n=23)		Placebo (n=19)	
n	M	sd	M	sd	M	sd
Age (18-65)	44.8	12.5	44.6	14.1	45.0	10.6
Chronification status (1-3)	2.5	0.7	2.4	0.7	2.5	0.6
N Diagnoses	5.3	2.6	5.6	2.6	5.0	2.6
Gender: female	70%		74%		63%	

No significant differences between the groups

Results

Table 2: Psychological Assessment / Pain intensity

	TcPRF T1 (n=23)	Placebo T1 (n=19)	TcPRF T2 (n=23)	Placebo T2 (n=19)
n	M (sd)	M (sd)	M (sd)	M (sd)
DASS Depression Cut off: >10	6.6 (5.4)	7.6 (5.6)	6.1 (4.9)	6.6 (4.7)
DASS Anxiety Cut off: >6	4.7 (4.6)	6.5 (4.9)	3.8 (3.8)	6.0 (5.0)
DASS Stress Cut off: >10	5.1 (2.2)	5.1 (2.0)	7.5 (3.9)	8.8 (5.5)
FW-7 Cut off: < 17	26.8 (8.3)	23.5 (8.5)	25.5 (7.9)	25.2 (7.9)
NRS (0--10)	5.1 (2.1)	5.1 (2.2)	4.6 (2.3)	4.5 (1.7)

No significances between Treatment and Placebo group

Results

Table 3: SDNN

	TcPRF T1 (n=23)	Placebo T1 (n=19)	TcPRF T2 (n=23)	Placebo T2 (n=19)
	M (sd)	M (sd)	M (sd)	M (sd)
SDNN 'Relax.	46.9 (21.1)	45.4 (27.4)	48.0 (25.4)	39.3 (18.1)
SDNN Stress	32.9 (20.5)*	38.6 (30.1)*	40.2 (25.4)*	30.3 (16.2)*
SDNN Movie	46.6 (22.7)	45.8 (32.8)	43.3 (17.3)	38.1 (25.3)

*** Differences between groups are significant at $p > .029$.
(Man Whitney U- Test of differences between T1 and T2)**

Results

There were **no effects** of the treatment **on the psychological parameters** (depression, anxiety, stress and well-being, DASS / FW7).

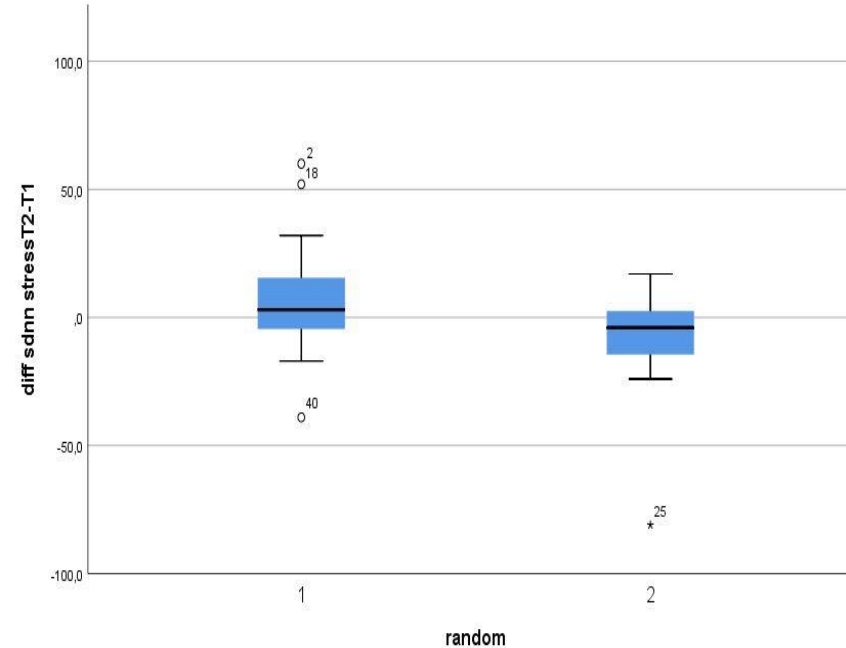
There was **no effect** of the treatment **on pain** (NRS).



Conclusion

It seems, that TcPRF- Treatment has had a **positive effect** on the ability of our patients to cope with the **stress-condition**.

The treatment group shows an increase of parasympathical activity and a higher SDNN while the placebo- Group seems to be more stressed at follow- up.



$p < .29$

Limitations

- **Sample size** ($N = 42$)
- **Correlations do not show in all statistical procedures**
(Brunner- Model)
- Selectivity of the sample population
- Diversity of treatments next to TcPRF
- Lack of clarity concerning TCPRF parameters

At the moment, we still are collecting follow up- data and will continue the analyses of our data.



And we want to express our deepest gratitude for supporting us to our whole team,

especially to Menno, Sluijter, Suzan Celik and En- Chul Chang.

Thank you !!



Discussion

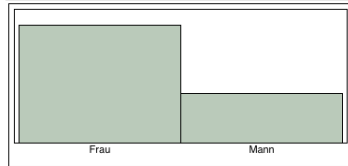


Results

No significant differences between Treatment- and Placebo Group in Gender, Age and duration of illness

Verteilungen random=A

geschlecht

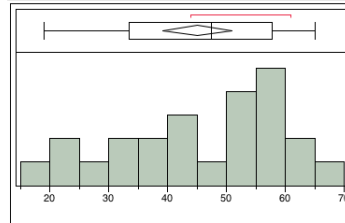


Häufigkeiten

Klasse	Häufigkeiten	Wahrsch.
Frau	17	0.70833
Mann	7	0.29167
Summe	24	1.00000

Anzahl fehlender Werte 0
2 Klassen

alter



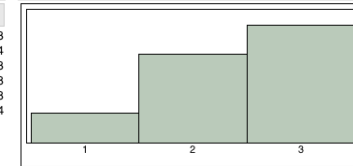
Quantile

100.0 %	Maximum	65
99.5 %		65
97.5 %		65
90.0 %		61
75.0 %	Quartil	57.75
50.0 %	Median	47.5
25.0 %	Quartil	33.5
10.0 %		20.5
2.5 %		19
0.5 %		19
0.0 %	Minimum	19

Momente

Mittelwert	45.083333
Std.-Abw.	14.021464
Std.-Fehler Mittelwert	2.8621193
95% KI oben Mittelwert	51.004078
95% KI unten Mittelwert	39.162588
N	24

chronifizierung



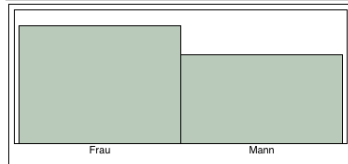
Häufigkeiten

Klasse	Häufigkeiten	Wahrsch.
1	3	0.12500
2	9	0.37500
3	12	0.50000
Summe	24	1.00000

Anzahl fehlender Werte 0
3 Klassen

Verteilungen random=B

geschlecht

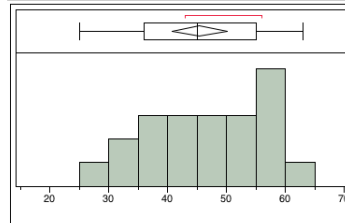


Häufigkeiten

Klasse	Häufigkeiten	Wahrsch.
Frau	12	0.57143
Mann	9	0.42857
Summe	21	1.00000

Anzahl fehlender Werte 0
2 Klassen

alter



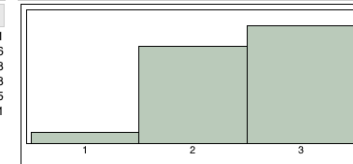
Quantile

100.0 %	Maximum	63
99.5 %		63
97.5 %		63
90.0 %		58.8
75.0 %	Quartil	55
50.0 %	Median	45
25.0 %	Quartil	36
10.0 %		30.6
2.5 %		25
0.5 %		25
0.0 %	Minimum	25

Momente

Mittelwert	45.428571
Std.-Abw.	10.419076
Std.-Fehler Mittelwert	2.2736288
95% KI oben Mittelwert	50.171278
95% KI unten Mittelwert	40.685865
N	21

chronifizierung



Häufigkeiten

Klasse	Häufigkeiten	Wahrsch.
1	1	0.04762
2	9	0.42857
3	11	0.52381
Summe	21	1.00000

Anzahl fehlender Werte 0
3 Klassen