

## **“The Effects of Access Bars<sup>®</sup> on Anxiety and Depression”**

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### **Summary:**

Seven participants in this research had anxiety or depression or both ranging from mild to severe. The test methods were 4 standardized subjective questionnaires and objective testing Quantitative Electroencephalogram (QEEG) known as brain mapping. Questionnaires used were The Beck Anxiety Inventory, Beck Depression Inventory, State, Trait Anxiety Inventory and The Maryland State and Trait Depression Scale.

The primary goal of the research was to examine whether Access Bars<sup>®</sup> has an effect on anxiety and depression. All participants tested positive for trait anxiety in pretest. This type of anxiety is distinguished as character trait anxiety that is long standing versus (temporary) state anxiety.

### **Results:**

- All participants had lower scores in the subjective test questionnaires
- These results were statistically significant with most results having at least a less than 3% chance of occurring by chance alone
- Severity of anxiety symptoms were decreased by 84.7%\* (average)
- Severity of depression symptoms were decreased by 82.7%\*\* (average)
- QEEG measurement results showed a statistically significant increase in brain coherence

Brain wave coherence is associated with communication between brain regions and researchers have found that optimal brain coherence is correlated with many things such as intelligence, learning ability, alertness, reaction time and creativity.

### **Conclusion:**

- Treatment with Access Bars<sup>®</sup> was associated with a significant decrease in the severity of symptoms of anxiety and depression
- The results suggest that Access Bars<sup>®</sup> may be effective as a treatment for anxiety and depression
- Brain Coherence was increased in all participants. This measurement is an indicator of communication between different brain regions.

Highest reported changes

\*Beck Anxiety Inventory Questionnaire

\*\*Beck Depression Inventory Questionnaire

The research abstract and full documentation can be found at The Journal of Energy Psychology.

To read the full study written by Dr. Terrie Hope:

<https://energypsychologyjournal.org/abstracts/abstracts-volume-9-number-2-november-2017/effects-access-bars-anxiety-depression-pilot-study/>