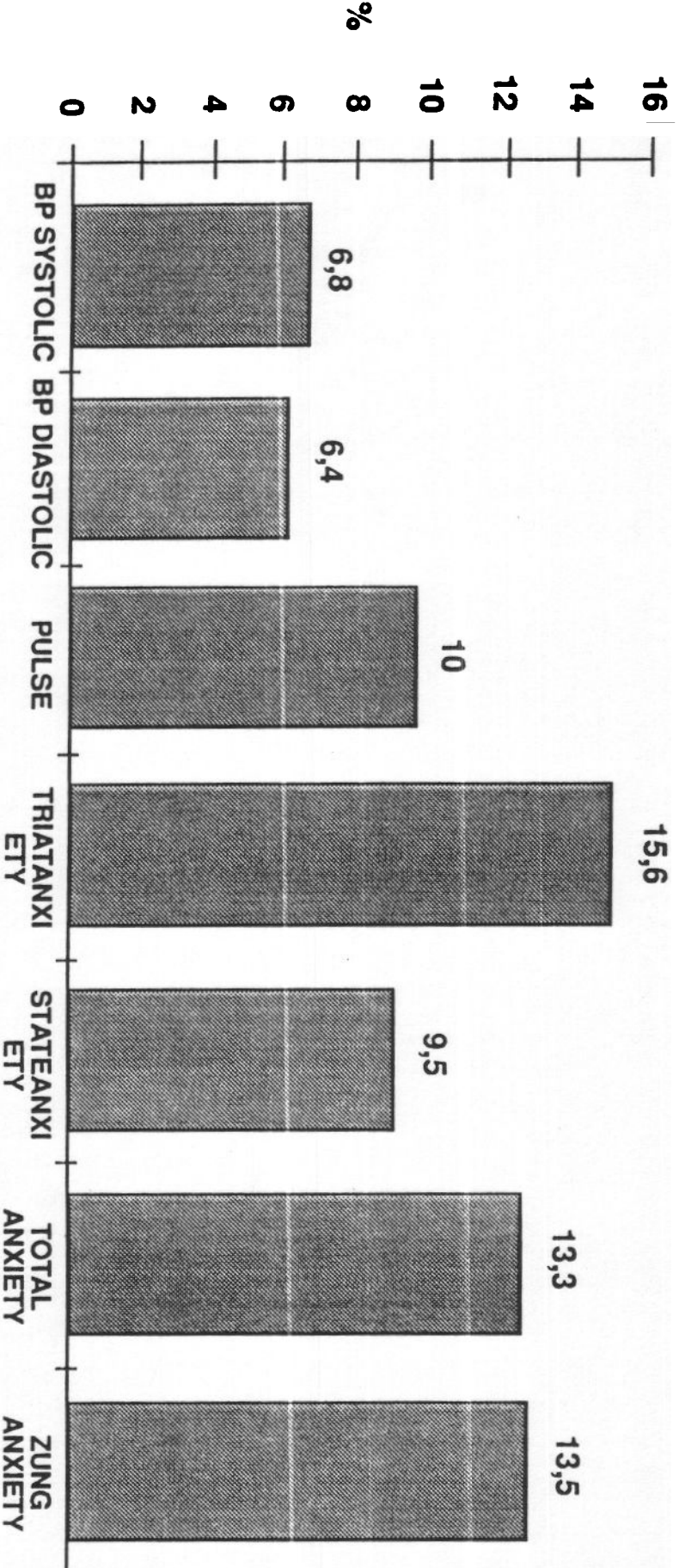


# HELSINKI UNIVERSITY CENTRAL HOSPITAL CLINIC OF PSYCHIATRY

PHYSIOACOUSTIC METHOD IN ANXIOUS PATIENTS: DECREASE OF  
DIFFERENT SYMPTOMS BEFORE / AFTER TREATMENTS %



## ABSTRACTS

# The 5th International Congress of Psychophysiology Budapest, Hungary, July 9-13, 1990

Organized by  
the Hungarian Psychophysiology and Health Psychology Society,  
the Hungarian Psychiatric Association,  
the Hungarian Psychological Association,  
the Hungarian Academy of Sciences  
under the auspices of the  
International Organization of Psychophysiology

The 5th International Congress of Psychophysiology focuses on integrative aspects of psychophysiology as an inheritance of Hungarian born scientists like Hans Selye, Franz Alexander, Endre Crasjyán and Kálmán Lissák

### THE PHYSIOACOUSTIC METHOD IN THE TREATMENT OF THE PSYCHIC ANXIETY

H.Naukkarinen, P.Lehikoinen, T.Paakkari,  
N.Saikkonen  
Helsinki University Central Hospital, Psychiatric  
Clinic

The aim of this project was to test the possibilities of the physioacoustic method in the treatment of the patients suffering from anxiety and nervous tension.

The physioacoustic chair was used in the project. In this method the patient is lying in the comfortable chair and receiving low frequency sound waves into the body. This frequency can be directed to any area of the body, so that the effect is concentrated on the tense muscles, which are supposed to be relaxed. At the same time the patient can listen to calming music.

Each patient was treated according to the same pattern - ten treatments - three times a week - each session 30 minutes.

During the first and the last session the blood pressure and pulse were measured - before and after the treatment. The patients also estimated their muscular pain symptoms on the scale 0-5. Also the level of nervous tension, anxiety and depression were evaluated on the same scale 0-5. The possible insomnia was registered.

The psychic anxiety was estimated on the Spielberger-scale which included the situational anxiety and the tendency to anxiety. The level of anxiety was estimated also on the Zetung-scale. The number of the patients was 8 and the age varied between 32-67 years.