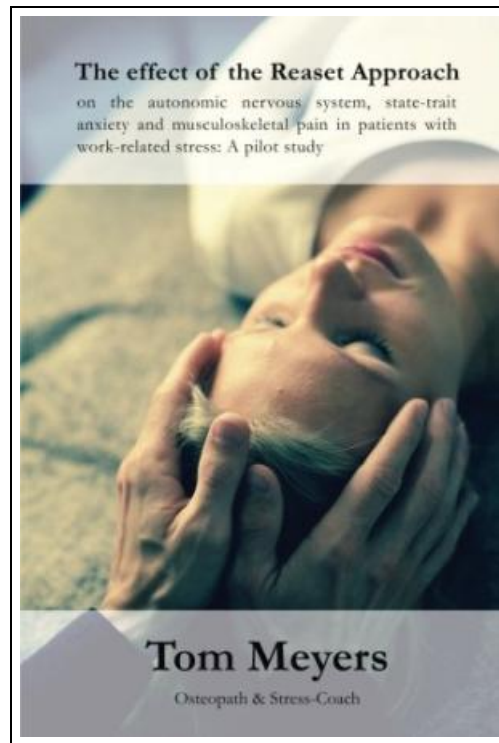


## The Effect of the Reaset Approach on the Autonomic Nervous System, State-Trait Anxiety and Musculoskeletal Pain in Patients with Work-Related Stress: A Pilot Study (Paperback)



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## THE EFFECT OF THE REASET APPROACH ON THE AUTONOMIC NERVOUS SYSTEM, STATE-TRAIT ANXIETY AND MUSCULOSKELETAL PAIN IN PATIENTS WITH WORK-RELATED STRESS: A PILOT STUDY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This thesis publication contains the complete pilot study The effect of the Reaset Approach on the autonomic nervous system, state-trait anxiety and musculoskeletal pain in patients with work-related stress by Tom Meyers. The follow-up study (n=40) and non-fiction book about the development of the Reaset Approach will be published in 2017. Study Abstract: Background: The evolution towards a more computerised work environment has changed the way we work and the way work is organised. These changes have given rise to new, psychosocial, physical and biological occupational health risks including work-related stress, musculoskeletal disorders, changes in the autonomic nervous system (ANS) and anxiety. Osteopathy is best known for its efficacy on musculoskeletal disorders especially lower back pain. However, it has also been shown to improve non-musculoskeletal conditions like trauma, neurologic and autonomic nervous system disorders. Objective: This pilot study was conducted in order to determine the feasibility of a follow-up study and treatment efficacy of the Reaset Approach - a novel body-mind treatment approach based on the osteopathic principles set by Dr A. Still - on the autonomic nervous system, state and trait anxiety and musculoskeletal pain in subjects with work-related stress. Methods: 15 subjects with work related stress and musculoskeletal pain (MSP) were assigned into 3 groups (Body, Head-Neck, Head-Neck-Body). Each group received a single 25 minute Reaset Approach intervention. Heart rate variability (HRV), electro-dermal activity (EDA), State Trait Anxiety (STAI) and MSP were measured. Results: HRV parameters: SDNN increased in 13 of 15 subjects while SD1 and SD2 increased in 12 of 15 subjects. EDA reduced in 10 of 14 subjects. State Anxiety reduced in all subjects and Trait Anxiety reduced in 14 of 15 subjects. MSP reduced in...



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