



Resona Health VIBE Pilot Study  
Report

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## Resona Health VIBE Pilot Study

This study was conducted to evaluate the effects of the Resona VIBE device on participants' general well-being over a 30 to 45-day period. The study was designed as a longitudinal trial, with pre- and post-intervention assessments. A total of 44 participants were enrolled in the study. Participants were selected based on their interest in improving their overall well-being and voluntarily agreed to participate. Inclusion criteria allowed for a broad population, as the study focused on general wellness rather than specific health conditions. Participants completed self-assessments at baseline and at the end of the study period to track changes in their well-being.

Participants were provided with the Resona VIBE device, a wellness technology designed to promote relaxation, mental clarity, and overall well-being. They were instructed to use the device according to the manufacturer's guidelines, with daily sessions for the duration of the study, ranging from 30 to 45 days.

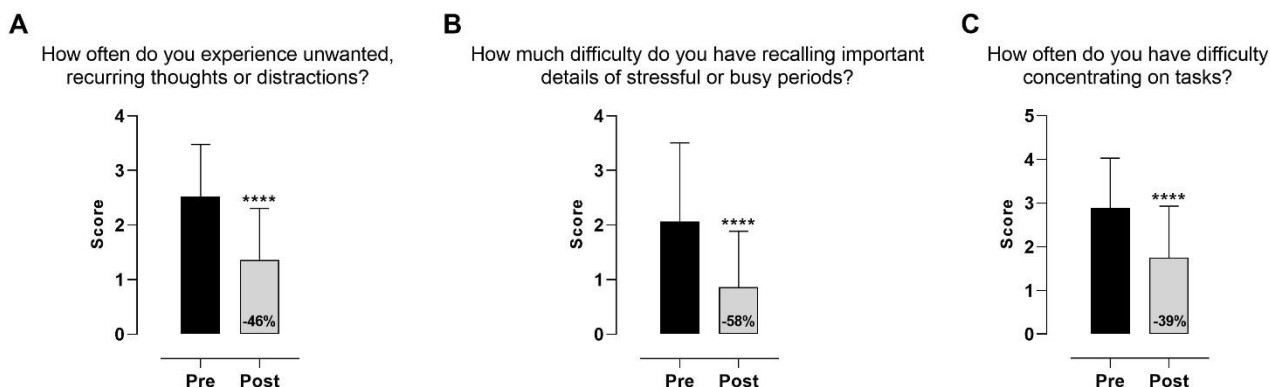
The study utilized a validated wellness assessment instrument, which included questions adapted from various well-being domains, such as mental clarity, emotional balance, sleep quality, stress management, and social behavior. Participants completed the questionnaire at baseline and again after the intervention period. Responses were collected on a scale from 0 to 4, with higher scores indicating more frequent or intense wellness challenges, and lower scores reflecting improved well-being.

All data provided was analyzed on Graph Pad Prism® (v. 8.0). The data were submitted to the Shapiro-Wilk normality test. When data passed the test a paired T-Test was performed. When data did not present normality a Wilcoxon test was performed. Results were presented as the mean and standard deviation (SD) for each group. Results were considered statistically significant when  $p < 0.05$ . The percentual difference was calculated using Microsoft Excel®.

### **Mental Clarity and Focus**

In the Mental Clarity and Focus domain (Figure 1), participants experienced statistically significant reductions of large effect sizes in several key areas. Specifically, there was a 46% reduction in unwanted thoughts or distractions ( $p < 0.0001$ , Cohen's  $D = 1.22$ ), a 58% reduction in difficulty recalling important

details from stressful or busy periods ( $p = <0.0001$ , Cohen's  $D = 0.96$ ), and a 39% reduction in difficulty concentrating on tasks ( $p = <0.0001$ , Cohen's  $D = 0.97$ ).



**Figure 1.** Mental clarity and Focus

### Emotional Balance and Mood Support

In the Emotional Balance and Mood Support domain (Figure 2), participants experienced statistically significant reductions with large effect sizes across several key areas. Notably, there was a 47% reduction in negative self-talk or overly critical thoughts ( $p < 0.0001$ , Cohen's  $d = 1.13$ ), a 54% reduction in excessive self-blame or blaming others for outcomes ( $p < 0.0001$ , Cohen's  $d = 1.23$ ), and a 48% reduction in strong negative emotions such as fear, guilt, or anger ( $p < 0.0001$ , Cohen's  $d = 1.19$ ). Additionally, participants reported a 51% reduction in feelings of irritability or frustration ( $p = 0.0002$ , Cohen's  $d = 0.87$ ), along with a 50% reduction in loss of interest or motivation in previously enjoyable activities ( $p < 0.0001$ , Cohen's  $d = 1.07$ ). These results indicate substantial improvements in emotional well-being and mood regulation following the use of the Resona VIBE device.

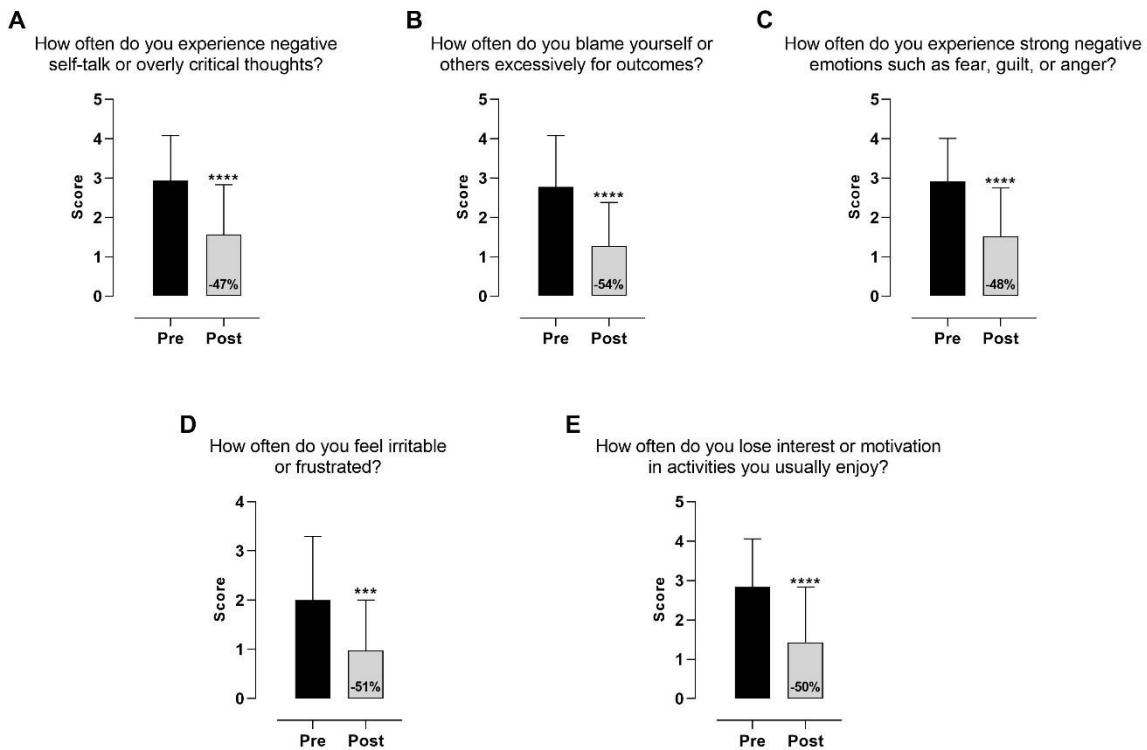


Figure 2. Emotional Balance and Mood Support.

### Sleep Support and Quality

In the Sleep Support and Quality domain (Figure 3), participants demonstrated statistically significant improvements with large effect sizes across key areas. Specifically, there was a 54% reduction in the frequency of vivid or disturbing dreams ( $p < 0.0001$ , Cohen's  $d = 0.86$ ), as well as a 49% reduction in difficulties falling or staying asleep ( $p < 0.0001$ , Cohen's  $d = 1.09$ ). These findings suggest marked enhancements in sleep quality following the intervention.



Figure 3. Sleep Support and Quality.

### Stress Management and Relaxation

In the Stress Management and Relaxation domain (Figure 4), participants exhibited statistically significant improvements with large effect sizes across multiple key areas. Notably, there was a 55% reduction in feelings of being overwhelmed or excessively stressed in familiar situations ( $p < 0.0001$ , Cohen's  $d = 1.05$ ), a 56% reduction in feelings of unease or upset when reminded of stressful events ( $p < 0.0001$ , Cohen's  $d = 1.73$ ), a 57% reduction in the intensity of physical stress responses to daily stressors ( $p < 0.0001$ , Cohen's  $d = 1.53$ ), and a 52% reduction in the tendency to avoid thinking about past stressors or negative experiences ( $p < 0.0001$ , Cohen's  $d = 1.33$ ). These results indicate substantial improvements in stress resilience and relaxation following the use of the Resona VIBE device.

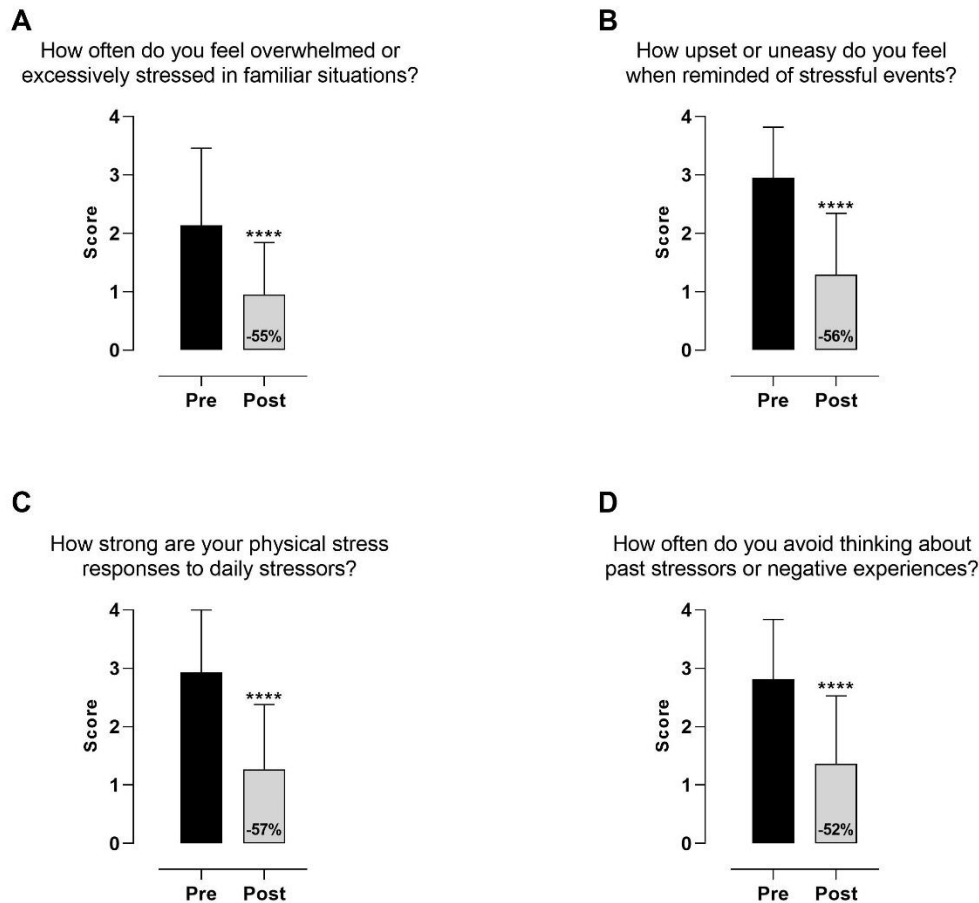


Figure 4. Stress Management and Relaxation.

## Social and Behavioral Wellness

In the Social and Behavioral Wellness domain (Figure 5), participants showed statistically significant improvements with large and medium effect sizes across several key areas. Specifically, there was a 54% reduction in avoiding places or activities associated with negative experiences ( $p < 0.0001$ , Cohen's  $d = 1.30$ ), a 50% reduction in feelings of disconnection or distance from others ( $p < 0.0001$ , Cohen's  $d = 1.27$ ), a 52% reduction in difficulty experiencing happiness or positive emotions ( $p < 0.0001$ , Cohen's  $d = 1.03$ ), and a 62% reduction in engaging in risky behaviors that could negatively impact well-being ( $p < 0.0001$ , Cohen's  $d = 0.76$ ). These results indicate significant improvements in social engagement and behavioral wellness following the intervention.

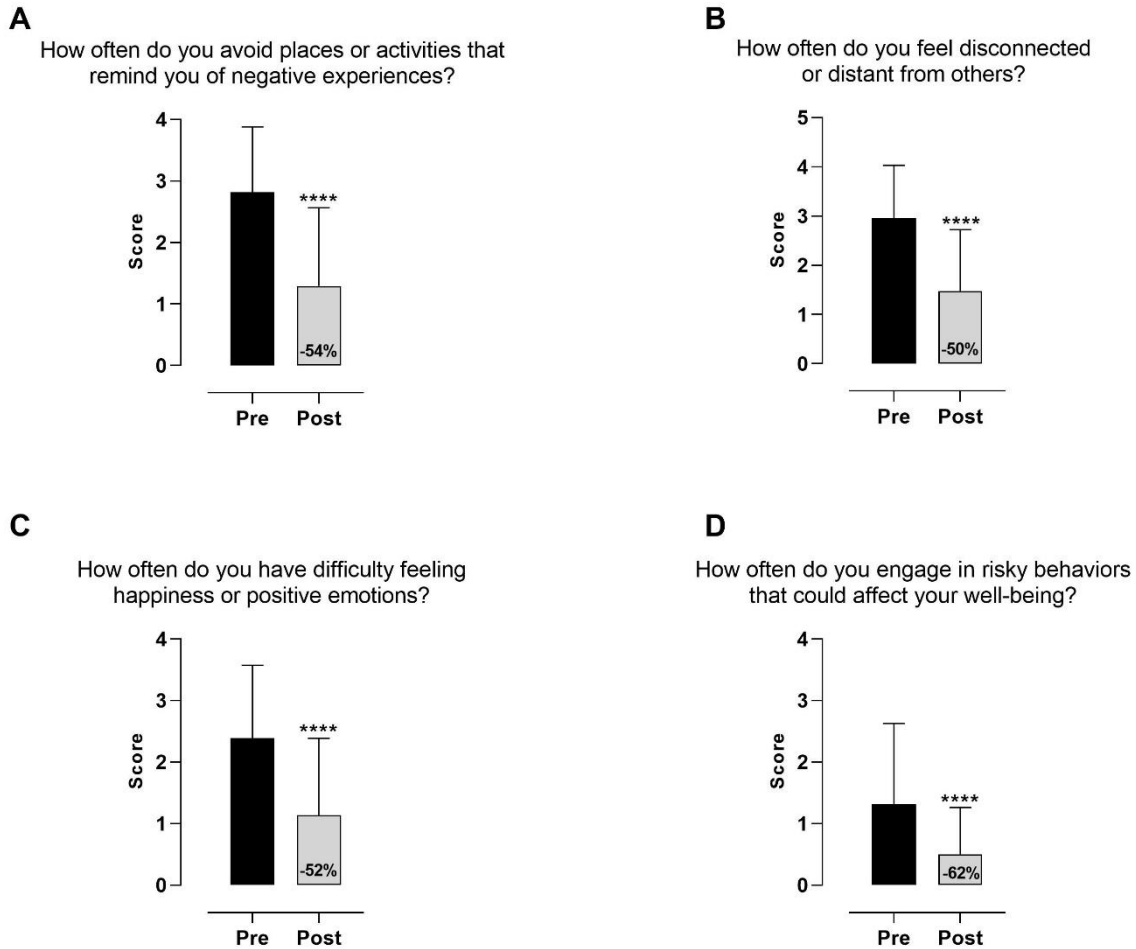


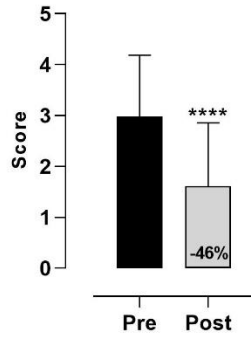
Figure 5. Social and Behavioral Wellness.

### Alertness and Calmness

In the Alertness and Calmness domain (Figure 6), participants demonstrated statistically significant improvements with large effect sizes across key areas. Specifically, there was a 46% reduction in feelings of being overly alert or on guard ( $p < 0.0001$ , Cohen's  $d = 1.11$ ), and a 50% reduction in feelings of being jumpy or easily startled ( $p < 0.0001$ , Cohen's  $d = 1.00$ ). These findings suggest enhanced calmness and reduced hyper-vigilance following the use of the Resona VIBE device.

**A**

How often do you feel overly alert or on guard?



**B**

How often do you feel jumpy or easily startled?

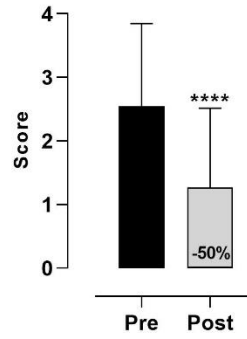


Figure 6. Alertness and Calmness.



## Conclusion

This pilot study demonstrated that the use of the Resona VIBE device over a 30 to 45-day period resulted in statistically significant improvements across several domains of wellness. In the Mental Clarity and Focus domain, participants reported substantial reductions in unwanted thoughts, and enhanced concentration, indicating better mental clarity. The Emotional Balance and Mood Support domain showed significant decreases in negative self-talk, emotional reactivity, and irritability, as well as an increase in motivation for enjoyable activities, suggesting improved emotional regulation.

In the Sleep Support and Quality domain, participants experienced fewer vivid dreams and improved sleep patterns. The Stress Management and Relaxation domain exhibited reductions in feelings of being overwhelmed, better resilience to stressors, and improved relaxation responses. In the Social and Behavioral Wellness domain, there were reductions in social avoidance, feelings of disconnection, and risky behaviors, indicating better social engagement and well-being. Lastly, in the Alertness and Calmness domain, participants reported feeling less hyper-vigilant and jumpy, suggesting enhanced calmness and reduced alertness to stress.

Importantly, the sessions with the Resona VIBE device were well tolerated, with no significant adverse events reported. All participants completed the study, and there were no withdrawals due to device-related issues, indicating good tolerability and compliance with the intervention.

## Limitations

While these results are promising, there are several limitations to consider. The sample size of 44 participants, although appropriate for a pilot study, limits the generalizability of the findings to larger populations. Additionally, the reliance on self-reported measures may introduce bias, and the relatively short study duration may not capture the long-term effects of the Resona VIBE device. Furthermore, the lack of a control group makes it difficult to fully attribute the observed changes to the intervention, as placebo effects or natural improvements over time cannot be ruled out.

Recommendations for future studies include expanding the sample size and diversity of participants to enhance generalizability. Incorporating a control group would strengthen the study's design and allow for more accurate comparisons. Extending the study duration could provide insights into the long-term benefits of using the Resona VIBE device. Future research could also combine self-reported data with objective measures, such as physiological indicators of stress and sleep, for a more comprehensive evaluation.