

## Effects of the Resona VIBE Device on General Well-Being: A Pilot Study

### ABSTRACT

**Aim:** This pilot study aimed to evaluate the effects of the Resona VIBE device on participants' general well-being over a 30 to 45-day period. The study assessed changes in mental clarity, emotional balance, sleep quality, stress management, and social behavior.

**Method:** Forty-four participants, seeking to improve their wellness, used the Resona VIBE device daily for 30 to 45 days. Pre- and post-intervention assessments were conducted using a validated wellness questionnaire. Responses were measured on a 0-4 scale, with higher scores indicating greater wellness challenges. Data were analyzed using paired T-tests and Wilcoxon tests based on normality, with significance set at  $p < 0.05$ .

**Results:** Statistically significant improvements were observed across all wellness domains. In the Mental clarity and Focus domain, participants reported reductions in unwanted thoughts ( $p < 0.0001$ ), difficulty recalling details ( $p < 0.0001$ ), and trouble concentrating ( $p < 0.0001$ ). The Emotional Balance and Mood Support domain showed decreases in negative self-talk ( $p < 0.0001$ ), self-blame ( $p < 0.0001$ ), strong negative emotions ( $p < 0.0001$ ), irritability ( $p = 0.0002$ ), and loss of interest in activities ( $p < 0.0001$ ). Improvements were seen in the Sleep Support and Quality domain for disturbing dreams ( $p < 0.0001$ ) and sleep difficulties ( $p < 0.0001$ ). The Stress Management and Relaxation domain showed reductions in feeling overwhelmed ( $p < 0.0001$ ), unease ( $p < 0.0001$ ), physical stress responses ( $p < 0.0001$ ), and avoidance of stressors ( $p < 0.0001$ ). In the Social and Behavioral Wellness domain, improvements were noted in social avoidance ( $p < 0.0001$ ), feelings of disconnection ( $p < 0.0001$ ), difficulty experiencing positive emotions ( $p < 0.0001$ ), and risky behaviors ( $p < 0.0001$ ). Lastly, the Alertness and Calmness domain showed reductions in feeling overly alert ( $p < 0.0001$ ) and jumpiness ( $p < 0.0001$ ).

**Conclusion:** The Resona VIBE device demonstrated significant positive effects on overall well-being across all measured domains. In the Mental clarity and Focus domain, reductions in unwanted thoughts and enhanced concentration were observed. The Emotional Balance and Mood Support domain showed decreases in negative self-talk, emotional reactivity, and irritability, with increased

motivation. Participants in the Sleep Support and Quality domain reported fewer vivid dreams and better sleep quality. The Stress Management and Relaxation domain indicated reduced feelings of being overwhelmed, with improved resilience to stress. In the Social and Behavioral Wellness domain, participants experienced reduced social avoidance and risky behaviors. Finally, improvements in Alertness and Calmness included reduced hyper-vigilance and jumpiness. The sessions were well tolerated, with no adverse events reported. Future studies should include larger samples, control groups, and objective measures to confirm these findings.