



RESONA HEALTH

VIBE PTSD Study Report

Real-World Observational Findings

Resona Health

February 2025

Executive Summary

After approximately 30 days of use, the majority of participants experienced a meaningful reduction in PTSD symptoms.

In the VIBE PTSD study, up to **98% of participants** demonstrated measurable improvement in symptom severity, as measured by the **PCL-5 (PTSD Checklist for DSM-5)**.

According to the U.S. Department of Veterans Affairs, a PCL-5 score above 33 is considered indicative of probable PTSD. At the start of the study, average participant scores were **54.57**, well above this clinical threshold and consistent with moderate to severe symptom levels.

After use of the VIBE PTSD protocol, average scores dropped to **30.48**, bringing the group below the threshold associated with probable PTSD.

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This is not just improvement — this is movement across a clinically recognized threshold.

The statistical confidence behind these results is extremely high:

- p-value: **0.000007**
- Probability due to chance: **effectively near zero**

Notably, no adverse effects were reported.

An independent third-party analysis conducted by **Scientifica Consulting** reviewed and confirmed the study methodology and statistical findings based on an earlier dataset snapshot. These findings were subsequently reinforced as additional participant data was collected through February 2025.

These results suggest that non-invasive, frequency-based wearable technology may provide a practical and accessible approach to supporting individuals experiencing PTSD-related symptoms in real-world conditions.

Independent Third-Party Validation

To ensure objectivity and scientific rigor, an independent analysis of the VIBE study data was conducted by **Scientifica Consulting**.

The third-party review evaluated:

- Study design

- Data collection methodology
- Statistical analysis approach
- Outcome consistency

The Scientifica Consulting report (September 2024) analyzed an initial cohort of **44 participants** in a pilot dataset.

Key findings from the independent analysis included:

- Statistically significant improvements across all measured wellness domains
- Large effect sizes across multiple categories
- Consistent improvements in mental clarity, emotional balance, sleep quality, stress response, and behavioral wellness
- No reported adverse events

The report concluded that use of the Resona VIBE device over a 30–45 day period resulted in statistically significant improvements across multiple domains of well-being.

Importantly, this independent analysis represents an earlier snapshot of the dataset. Following this review, the study continued to expand, with additional participants contributing to the broader results presented in this report. The continued dataset demonstrates consistent replication of the original findings across a larger population.

About Resona Health

Resona Health is a technology-driven wellness company focused on developing next-generation, non-invasive therapeutic devices based on principles of frequency, resonance, and bioelectrical signaling.

Engineering the Future of Wellness

Resona Health designs and develops a growing suite of energy-based wellness technologies intended for both people and animals, including companion animals such as dogs and performance animals such as horses.

Its product ecosystem includes:

- **VIBE** – a foundational PEMF-based wellness device
- **VaguVibe** – a targeted vagus nerve stimulation device
- **BlueVibe** – a dual-modality 40 Hz cognitive support device
- **Kario Watch** – a wearable health and performance platform

- **RejuvaSync** – a regenerative-focused wellness system
- Additional emerging technologies across frequency and light-based therapy

These devices integrate advances in bioelectromagnetics, light therapy, and frequency-based stimulation into practical, easy-to-use solutions designed for real-world use.

Resona Health's approach is rooted in engineering-driven innovation—developing technologies that work with the body's natural signaling systems rather than relying solely on pharmaceutical interventions.

Wearable Therapeutics vs. Pharmaceutical Approaches

Traditional PTSD treatments often involve medication and psychotherapy. While effective for many, these approaches can require long-term compliance, involve side effects, and be difficult to access.

Resona Health's approach is fundamentally different. Rather than introducing external chemical compounds, wearable therapeutic devices are designed to interact with the body's existing biological signaling systems using targeted energy and frequency-based stimulation.

This approach offers several key advantages:

- **Non-invasive**
- **Targeted**
- **Repeatable and consistent**
- **Low burden of use**
- **Engineering-driven**

Wearable therapeutics are not intended to replace medical care, but represent an emerging category of complementary technologies.



Finding calm — non-invasive support for PTSD recovery

Scientific Foundation: PEMF and the Nervous System

Pulsed Electromagnetic Field (PEMF) therapy is a non-invasive technology that uses low-frequency electromagnetic signals to interact with the body at the cellular level.

Research suggests PEMF may influence:

- Circulation
- Inflammation
- Cellular energy production
- Nervous system regulation

PTSD is increasingly understood as a condition involving **dysregulation of the nervous system**, including chronic activation of stress responses.

The VIBE PTSD protocol is designed to:

- Calm overactive stress pathways
- Support parasympathetic activation

- Reduce physiological reactivity
- Promote a sense of regulation and safety

Important clarification: While PEMF has a strong research foundation, the exact mechanisms by which specific protocols impact PTSD symptoms in real-world use are still being explored. The results presented in this report reflect observed outcomes and do not constitute proof of a specific clinical mechanism.

What is VIBE

VIBE is a portable, non-invasive PEMF device designed to deliver targeted low-frequency electromagnetic stimulation.

The device is compact, wearable, and designed for use during normal daily activity.



VIBE — compact, portable PEMF therapy device

VIBE delivers pre-programmed frequency protocols, including a PTSD-specific protocol intended to support nervous system regulation.

Key characteristics:

- Drug-free
- Non-invasive
- Designed for at-home and on-the-go use
- Suitable for both people and animals

Introduction

This report presents the findings of a real-world observational study evaluating changes in PTSD symptom severity following use of the VIBE device.

The study focuses on measurable changes in symptoms such as anxiety, hypervigilance, sleep disruption, emotional regulation, and stress response.

Study Design and Methodology

The study used an **at-home, observational pre/post design**.

Participants:

- Used the VIBE PTSD protocol
- Typically 3–4 times per week
- Over approximately 30 days

Symptom severity was measured using the **PCL-5 (PTSD Checklist for DSM-5)**, a validated clinical assessment tool used by the Veterans Administration.

The PCL-5:

- Contains 20 questions
- Scores range from 0–80
- Higher scores indicate greater symptom severity

Each participant's pre- and post-scores were compared to evaluate change.



A study participant using the VIBE device at home

Results Summary

200+

Participants

98%

Showed Improvement

66%

Clinically Significant

0

Adverse Effects

Metric	Score
Average PCL-5 Before	54.57
Average PCL-5 After	30.48
PTSD Threshold (VA)	33
Change	-24.09

98% of participants experienced measurable symptom reduction.
66% achieved clinically significant improvement.

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I am telling you this is changing my life.

— Participant

Safety and Tolerability

No adverse effects were reported across participants.

Participants used the device under normal real-world conditions without disruption to daily routines.

This finding is consistent with both the independently reviewed pilot dataset and the expanded participant group.

Statistical Analysis

Metric	Result
p-value	0.000007
Confidence	> 99.999%
Probability due to chance	Extremely low

These findings demonstrate strong statistical significance. The statistical approach and results were independently reviewed in the pilot dataset and remain consistent as the dataset expanded.

Interpretation of Sample Size

The strength of this study is not based solely on participant count, but on:

- **Consistency of results**
- **Magnitude of improvement**
- **Statistical significance**
- **Replication across datasets**

The independent pilot study demonstrated strong results in a smaller controlled group. The expanded dataset through February 2025 confirms that these results are reproducible at scale.

Real-World Impact

Participants reported meaningful improvements in daily life, including:

- Reduced nightmares
- Fewer flashbacks
- Improved emotional control
- Better sleep
- Increased calm and stability

These outcomes reflect functional improvements beyond numerical score changes.



Recovery and resilience — participants reported meaningful improvements in daily life

Public Awareness and Advocacy

The significance of this work has extended beyond research.

Acclaimed actor **Samuel L. Jackson** participated in multiple public service announcements highlighting the VIBE and its potential impact on PTSD.

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A revolutionary therapy in the palm of your hand.

— Samuel L. Jackson

His involvement helped bring broader awareness to non-invasive, accessible approaches to trauma support.

Study Status

This report represents:

- Completion of the initial pilot phase (independently reviewed)
- Expansion into a larger real-world dataset
- Continued validation of consistent outcomes

Conclusion

The VIBE PTSD study demonstrates:

- **Up to 98% improvement rate**
- **Movement below a clinically recognized PTSD threshold**
- **Strong statistical significance**
- **Independent third-party validation**
- **Replication of results in an expanded dataset**
- **No reported adverse effects**

These findings support the potential of PEMF-based wearable technology as a meaningful, non-invasive approach to supporting individuals experiencing PTSD and trauma-related symptoms.