

This quantitative, archival study based upon data that was originally collected using a quasi-experimental design analyzed archival pretest-posttest data regarding inhibition, emotional regulation, working memory, and cognitive flexibility before and after an intervention of a cardiac coherence training program incorporating HRV biofeedback. Sixty-three participants, ages 7 to 14 were involved in the study, including 30 in the treatment group and 33 in the control group. Split-plot analyses of variance (SPANOVA) was used to assess the impact of the intervention for the four dependent variables. SPANOVA yielded no significant differences among inhibition, emotional regulation, working memory and cognitive flexibility in response to the coherence training intervention. Future research in this area would benefit from the utilization of more objective measures of executive functioning. The assessment of treatment acceptability on the part of students and staff would also be an area for future research.



Nicholas Kenien

The Impact of Cardiac Coherence Training on Executive Functioning

A Quantitative Study



Nicholas Kenien, Ph.D. is a school psychologist with a specialization in health psychology. With over 16 years of experience working with children and adolescents in public and private schools in central Pennsylvania, Dr. Kenien has an interest in promoting alternative treatments for the internal self-regulation of thoughts and behaviors.



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The Impact Of Cardiac Coherence Training On Executive Functioning

Harold F. O'Neil, Ray S. Perez



The Impact Of Cardiac Coherence Training On Executive Functioning:

The Impact of Cardiac Coherence Training on Executive Functioning Kenien Nicholas,2014-12-09 This quantitative archival study based upon data that was originally collected using a quasi experimental design analyzed archival pretest posttest data regarding inhibition emotional regulation working memory and cognitive flexibility before and after an intervention of a cardiac coherence training program incorporating HRV biofeedback Sixty three participants ages 7 to 14 were involved in the study including 30 in the treatment group and 33 in the control group Split plot analysis of variance SPANOVA was used to assess the impact of the intervention for the four dependent variables SPANOVA yielded no significant differences among inhibition emotional regulation working memory and cognitive flexibility in response to the coherence training intervention Future research in this area would benefit from the utilization of more objective measures of executive functioning The assessment of treatment acceptability on the part of students and staff would also be an area for future research

A Quantitative Study on the Impact of Cardiac Coherence Training on Executive Functioning in Children Nicholas Kenien,2014 **Dysregulation of Autonomic Cardiac Control by Traumatic Stress and Anxiety** J. P. Ginsberg,2016-08-05 Current understanding of the interplay between sympathetic and parasympathetic influences on cardiac response to environmental stimuli and subsequent response selection e g maintenance of resting homeostasis mobilization of defensive response task performance tonic immobilization and or affiliation will be explored Reference will be made to how these processes conjoin with proposed polyvagal theory Cardiac adjustments to environmental stimuli affect the internal physiological state of the organism as well as the quality of information processing that the individual can perform during the stimulus appraisal stage of the orienting response Bradyrdia is adaptive in early stages of orientation to novel or potential threat while greater HRV power serves to facilitate self regulation stimulus information processing and appraisal and appropriate response selection This issue is devoted to current research findings on how normal patterns of cardiac autonomic regulation of HRV are disrupted in PTSD impairing sustained attention to the environment and increasing the rate of inappropriate responding to stimuli Origins of our current state of understanding in the intake rejection hypothesis will be considered and how the intake rejection hypothesis has morphed into present day Optimal Performance practice Additionally empirical data where available will be presented on how dysregulation of the normal pattern of cardiac autonomic regulation by PTSD impairs sustained attention to the environment and increases the rate of inappropriate responding to stimuli through disinhibition poor impulse control emotional withdrawal over arousal and attentional bias Current research findings are sought that address in controlled experimental and clinical trials the restorative effects of HRV biofeedback on HRV power and how increases in HRV power relate to improved attention immediate memory and self regulation of affect using outcome measures of cognition symptoms of PTSD and depression stress perception and level of adaptive function **New Paradigm of Attention and Attention Training: Mechanisms and Applications** Yi-Yuan Tang,Fushun Wang,Roy

Frederick Baumeister, 2022-11-30 *Heart Rate Variability, Health and Well-being: A Systems Perspective* Robert Drury, J. P. Ginsberg, Stephen W. Porges, Julian F. Thayer, 2020-01-09

The development of a new tool analytic device or approach frequently facilitates rapid growth in scientific understanding although the process is seldom linear The study of heart rate variability HRV defined as the extent to which beat to beat variation in heart rate varies is a rapidly maturing paradigm that integrates health and wellness observations across a wide variety of biomedical and psychosocial phenomena and illustrates this nonlinear path of development The utility of HRV as an analytic and interventive technique goes far beyond its original application as a robust predictor of sudden cardiac death This Research Topic aims to provide a conceptual framework to use in exploring the utility of HRV as a robust parameter of health status using a broad and inclusive definition of health and well being From the broadest perspective current biomedical science emerged from shamanistic and religious healing practices and empirically observed interventions made as humans emerged from other hominins The exponential growth of physics chemistry and biology provided scientific support for the model emphasizing pathology and disorders Even before the momentous discovery of germ theory sanitation and other preventive strategies brought about great declines in mortality and morbidity The revolution that is currently expanding the biomedical model is an integrative approach that includes the wide variety of non physio chemical factors that contribute to health In the integrative approach health is understood to be more than the absence of disease and emphasis is placed on optimal overall functioning within the ecological niche occupied by the organism This approach also includes not just interventive techniques and procedures but also those social and cultural structures that provide access to safe and effective caring for sufferers Beyond the typical drug and surgical interventions which many identify with the Western biomedical model that currently enjoys an unstable hegemony such factors also include cognitive behavioral social and cultural practices such as have been shown to be major contributors to the prevention and treatment of disease and the promotion of health and optimal functioning This Integrative Model of Health and Well being also derives additional conceptual power by recognizing the role played by evolutionary processes in which conserved adaptive human traits and response tendencies are not congruent with current industrial and postindustrial global environmental demands and characteristics This mismatch contributes to an increasing incidence of chronic conditions related to lifestyle and health behavior Such a comprehensive model will make possible a truly personalized approach to health and well being including and going far beyond the current emphasis on genomic analysis which has promised more than it has currently delivered HRV offers an inexpensive and easily obtained measure of neurovisceral functioning which has been found to relate to the occurrence and severity of numerous physical disease states as well as many cognitive behavioral health disorders This use of the term neurovisceral refers to the relationships between the nervous system and the viscera providing a more focused and specific conceptual alternative to the now nearly archaic mind body distinction This awareness has led to the recent and growing use of HRV as a health biomarker or health status measure of neurovisceral functioning It

facilitates studying the complex two way interaction between the central nervous system and other key systems such as the cardiac gastroenterological pulmonary and immune systems The utility of HRV as a broad spectrum health indicator with possible application both clinically and to population health has only begun to be explored Interventions based on HRV have been demonstrated to be effective evidence based interventions with HRV biofeedback treatment for PTSD representing an empirically supported modality for this complex and highly visible affliction As an integral measure of stress HRV can be used to objectively assess the functioning of the central enteric and cardiac nervous systems all of which are largely mediated by the vagal nervous complex HRV has also been found to be a measure of central neurobiological concepts such as executive functioning and cognitive load The relatively simple and inexpensive acquisition of HRV data and its ease of network transmission and analysis make possible a promising digital epidemiology which can facilitate objective population health studies as well as web based clinical applications An intriguing example is the use of HRV data obtained at motor vehicle crash sites in decision support regarding life flight evacuations to improve triage to critical care facilities This Research Topic critically addresses the issues of appropriate scientific and analytic methods to capture the concept of the Integrative Health and Well being Model The true nature of this approach can be appreciated only by using both traditional linear quantitative statistics and nonlinear systems dynamics metrics which tend to be qualitative The Research Topic also provides support for further development of new and robust methods for evaluating the safety and effectiveness of interventions and practices going beyond the sometimes tepid and misleading gold standard randomized controlled clinical trial

Cognitive and Brain Plasticity Induced by Physical Exercise, Cognitive Training, Video Games and Combined Interventions Soledad Ballesteros, Claudia Voelcker-Rehage, Louis Bherer, 2018-07-05 The premise of neuroplasticity on enhancing cognitive functioning among healthy as well as cognitively impaired individuals across the lifespan and the potential of harnessing these processes to prevent cognitive decline attract substantial scientific and public interest Indeed the systematic evidence base for cognitive training video games physical exercise and other forms of brain stimulation such as entrain brain activity is growing rapidly This Research Topic RT focused on recent research conducted in the field of cognitive and brain plasticity induced by physical activity different types of cognitive training including computerized interventions learning therapy video games and combined intervention approaches as well as other forms of brain stimulation that target brain activity including electroencephalography and neurofeedback It contains 49 contributions to the topic including Original Research articles 37 Clinical Trials 2 Reviews 5 Mini Reviews 2 Hypothesis and Theory 1 and Corrections 2

Nowe technologie i metody w psychologii Maciej Trojan, Małgorzata Gut, 2020-12-15

Developing Informed Intuition for Decision-Making Jay Liebowitz, 2019-07-19 This book examines how to develop the main traits that are necessary to become an informed intuitant Case studies and examples of successful informed intuitants are a major component of the book Intuitant is someone who has the intuitive awareness to be successful Informed intuitant indicates

that the individual decision maker not only applies his/her intuition but also verifies it through using data driven approaches such as data analytics. Some of this work resulted from research examining how well do executives trust their intuition.

Serious Games Heinrich Söbke, Pia Spangenberg, Philipp Müller, Stefan Göbel, 2022-09-15 This book constitutes the refereed proceedings of the 8th Joint International Conference on Serious Games JCSG 2022 held in Weimar Germany in September 2022. The 14 full papers presented together with 5 short papers were carefully reviewed and selected from 31 submissions. JCSG 2022 is dedicated to serious games and its interdisciplinary characteristics combining game concepts and technologies required in the different application domains. This year's proceedings are categorized into the following topical sub-headings: Learning Psychology Design Aspects Game Design Health Games Games Application and Mixed Reality. The Aligned Leader: Mastering the Power of Heart-Mind Coherence Dr Omar Fisher MEd. MSM. PhD., 2025-03-21 THE ALIGNED LEADER Mastering the Power of Heart-Mind Coherence is a game-changing guide for leaders, CEOs and change makers ready to elevate their influence and impact. Grounded in the latest cutting-edge research, this book unveils the power of Heart-Mind Coherence (HMC), a revolutionary approach that enhances emotional intelligence, decision-making and workplace performance. Blending neuroscience, leadership principles and spiritual intelligence, The Aligned Leader bridges the gap between scientific insights and real-world applications. Discover how to harness mindful coherence, resilience and clarity to unlock your full potential both in business and life. **Principles of Frontal Lobe Function** Donald T. Stuss, Robert T. Knight, 2013 Principles of Frontal Lobe Function Second Edition is an expanded volume divided into 9 sections representing major research and clinical disciplines including new topics such as social neuroscience. This book will provide clinicians, researchers and students with the most current information as the mystery of the frontal lobes is unraveled.

Neuro-Development and Psychological Issues in Congenital Heart Defects Antonio F. Corno, Elisabeth M.W.J. Utens, 2018-02-07 **Neurostimulation: Exploring Perceptual & Cognitive Enhancement** Adam Joseph Toth, Mark J. Campbell, Adam Bruton, 2025-08-06 Research investigating the use of electrical or magnetic stimuli to alter the electrophysiology of the central and peripheral nervous systems has flourished in recent years. The popularity of these techniques largely stems from their ability to create temporary lesions or enhancements in nervous system function. To date, a plethora of literature has emerged examining the role of neurostimulation for augmenting motor function due to the relative ease of objectively quantifying changes in behavior, performance and even motor-evoked potential amplitudes within individual muscles. However, the role of neurostimulation in enhancing perceptual and cognitive abilities is under-examined and is an area that is now continually gaining research attention. Evaluating the role of various forms of neurostimulation on cognitive and perceptual abilities can be challenging due to the lack of control over the underlying neural activity in the central nervous system and the sensitivity with which current measurement tools and tasks quantify cognitive and perceptual functioning. This research topic aims to facilitate the publication of high-quality methodologically sound research that

addresses the quantification and effect that various forms of neurostimulation have on cognitive and perceptual processes across the lifespan In doing so we endeavor to help advance the field of neurostimulation with respect to robustly mapping the effect of neurostimulation on cognitive and perceptual performance Sport, Exercise and Performance Psychology Edson Filho, Itay Basevitch, 2021 This book presents 125 critical research questions to advance the field of sports exercise and performance psychology with 5 must read papers per chapter With contributions from expert researchers in their respective areas this book focuses on performance and learning health and wellbeing and cultural and professional considerations **Dissertation Abstracts International** , 2009 **Bulletproof Trader** Steve Ward , 2020-06-23 Trading can be intensely rewarding But it is also one of the most mentally and emotionally challenging activities anyone can pursue As in other high performance domains those who are serious about mastering their craft and staying in the game spend serious time working on their game including training their mind and body Steve Ward has spent the last 15 years working as a performance coach with financial traders and investors at some of the biggest and most successful investment banks hedge funds asset managers commodities trading houses and proprietary trading groups across the globe helping them to perform at their best to navigate the highs and lows of trading and investing in the markets and to sustain high performance for the long run As one hedge fund client put it to him It s about becoming bulletproof Becoming a bulletproof trader is forged over time through experience and by applying the latest insights from biological and psychological sciences the best that practical philosophy can teach us and a healthy dose of pragmatism doing what actually works in the real world of trading the markets This book brings together all of Steve s latest insights into how to deal with stresses and setbacks and sustain high performance in a comprehensive accessible and unmissable book so that you too can become a bulletproof trader Don t trade without it *Metabolic Shifting: Nutrition, Exercise and Timing* Tatiana Zilberter, Piotr Bregestovski, Yuri Zilberter, Antonio Paoli, 2021-01-22 *Index Medicus* , 2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings

Web-Based Learning Harold F. O'Neil, Ray S. Perez, 2013-09-05 Web Based Learning Theory Research and Practice explores the state of the art in the research and use of technology in education and training from a learning perspective This edited book is divided into three major sections Policy Practice and Implementation Issues an overview of policy issues as well as tools and designs to facilitate implementation of Web based learning Theory and Research Issues a look at theoretical foundations of current and future Web based learning the section also includes empirical studies of Web based learning and Summary and Conclusions highlights key issues in each chapter and outlines a research and development agenda Within this framework the book addresses several important issues including the primacy of learning as a focus for technology the need to integrate technology with high standards and content expectations the paucity of and need to support the development of technology based curriculum and tools the need to integrate assessment in technology and improve assessment through the use of technology and the need for theory driven research and evaluation studies to increase our knowledge and efficacy Web

Based Learning is designed for professionals and graduate students in the educational technology human performance assessment and evaluation vocational technical and educational psychology communities The Scientific Basis of Integrative Health Leonard Wisneski, 2017-05-25 Since the first suffering supplicant offered a prayer to his god or the first mother cradled an ailing child in her caring arms we have witnessed how human health and healing go beyond any inventory of parts and infusion of chemicals We humans are a complex melding of thought emotion spirit and energy and each of those components is as critical to our well being as our physiological status Even if we are just beginning to quantify and document these seemingly intangible aspect to ignore them in the practice of medicine is neglect and an invitation to do harm The Scientific Basis of Integrative Health has been extensively updated and expanded to provide a comprehensive guide to integrative medicine Taking a balanced and objective approach this leading text bridges the gap between Western science and Eastern philosophy It provides doctors and other health practitioners with information on complementary and alternative approaches to health that is authoritative evidence based and epidemiologically substantiated Written for doctors and healthcare professionals by pioneering practitioners and updated with the newest research across and increasing range of possibilities this third edition includes nine new chapters covering topics such as Electrophotonic imaging Neuroacupuncture Naturopathic medicine Integrative nutrition

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