

FocusCalm Training Effects – Medical Personnel

Nurses and other medical professionals perform one of the most stressful jobs in the U.S., and since the pandemic, their overall burnout and wellbeing have only gotten worse.

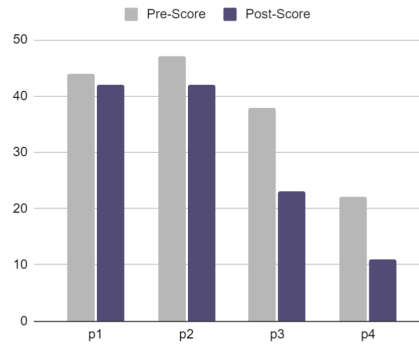
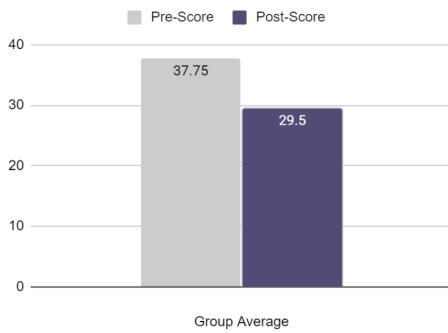
In this study, we investigated the effects of consistent FocusCalm usage on the burnout, wellbeing, and anxiety of medical personnel. Participants initially completed a pre-training survey where they were asked to report on their every day feelings related to these measurements. For the next 8-10 weeks, they participated in 15 minutes of meditation, neurofeedback, and executive function training using the FocusCalm headband. At the end of their training, they completed the same questionnaires again.



Results

Emotional Exhaustion	22% decrease ($p = .004^{**}$)
Depersonalization	9% decrease
Personal Achievement	5% decrease
WHO Wellbeing	29% increase
STAI – Trait Anxiety	14% decrease

Below is a graph demonstrating the group and individual differences in Emotional Exhaustion:



For each program a participant completes throughout the study, FocusCalm gives participants a score across 4 different variables:

Consistency XP

Represents the longest time a player stays in the FocusCalm zone (>64) without dipping out of it

Speed XP

Represents how fast a player enters the FocusCalm zone (>64) from the start of the session

Depth XP

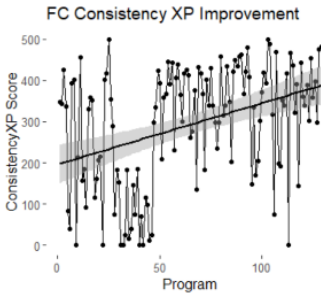
Represents the highest score (max 100) a player reaches in that session

Total XP

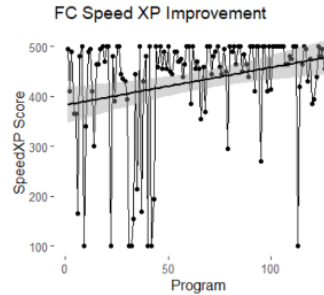
A combined score of all the XP variables representing an all encompassing score of the session

Below is a sample of the scores of the nurse who had the most usage.

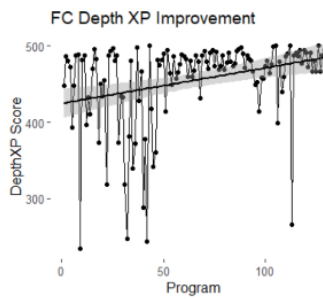
Player 1 - 129 programs



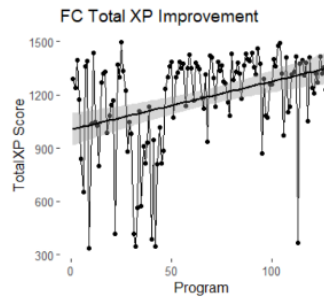
Correlation: $r = .38$
Regression: $R^2 = .14$
 $F(1, 127) = 21.48$
 $p < .00001$



Correlation: $r = .26$
Regression: $R^2 = .07$
 $F(1, 127) = 9.45$
 $p = .003$



Correlation: $r = .31$
Regression: $R^2 = .10$
 $F(1, 127) = 13.48$
 $p = .0004$



Correlation: $r = .37$
Regression: $R^2 = .14$
 $F(1, 127) = 19.75$
 $p < .0001$

With consistent FocusCalm usage, we can see impressive trends for improving burnout, wellbeing, and anxiety. We can even see these changes manifesting within the EEG patterns themselves. FocusCalm shows promising results to be an extremely beneficial tool for our burnt-out healthcare professionals.