

Biofeedback Fighting the Silent Killer: Continuous Blood Pressure Monitoring and Heart Rate Variability

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Research Questions

- Is there a correlation between BP measured by continuous BP monitoring and HRV in young adults with a family history of cardiovascular disease
- What is the influence of a short term, self-management intervention of paced breathing on BP and HRV



Study Aim & Focus

- Target young adults at risk for CV disease
- Investigate continuous BP monitoring & HRV
- Detect disturbances in BP regulation
- Explore impact of BF as an adjunctive therapy

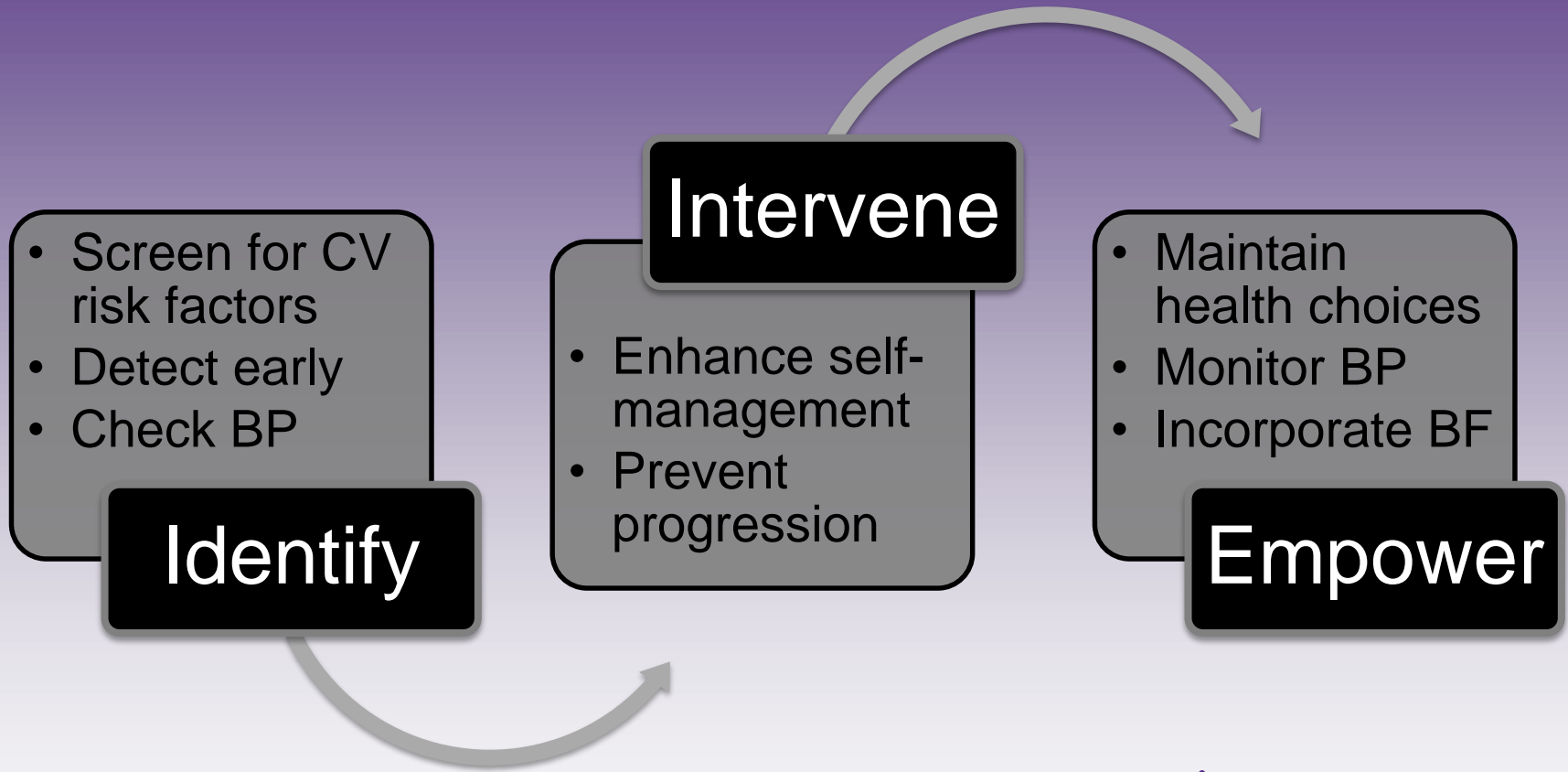


Methods

- Design: Descriptive correlational
- Sample: Convenience ($n = 20$)
- Inclusion criteria:
 - 18 to 35 years old
 - Cognitively intact
 - English speaking
 - Family history of cardiovascular disease
- Questionnaire: Health Assessment Tool
- Procedure: Continuous BP & HRV



Clinical Implications



Thank you!

