



## Psychiatry and Psychosomatic Medicine 2020- Study on personalities related to the psychophysiological changes in the introduction of autogenic training

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We examined the relationship between psychophysiological changes caused by autogenic training (AT) and individual personalities. Only the first and second standard exercises of AT were used in this study for 24 healthy university students who did not have AT experience. Peripheral skin temperature and heart rate were recorded through exercises, and the scores of state anxiety, emotional states, and the feeling of psychological relaxation were compared before and after training. The five factor personality, suggestibility, sensitivity to the anxiety, and trait anxiety were measured for each individual prior to the experiment. As a result, the physiological effects of those exercises were negatively correlated with the extraversion and the intellect, and positively correlated with the agreeableness. On the other hand, the psychological effects were associated with the higher suggestibility, and all of other measured personalities. There appear to have shown few relationships between physiological and psychological changes. It was suggested that psychological changes during the introduction of AT did not completely correspond to the physiological changes, and there might be some gaps in the feeling how much is the actual effects. Comparisons of AT versus other psychological treatment mostly resulted in no effects or small negative ES. This pattern of results was stable at follow-up. Unspecific AT-effects (i.e., effects on mood, cognitive performance, quality of life, and physiological variables) tended to be even larger than main effects. Separate meta-analyses for different disorders revealed a significant reduction of the heterogeneity of ES. Positive effects (medium range) of AT and of AT versus control in the meta-analysis of at least 3 studies were found for tension headache/migraine, mild-to-moderate essential hypertension, coronary heart disease, asthma bronchial, somatoform pain disorder (unspecified type), Raynaud's disease, anxiety disorders, mild-to-moderate depression/dysthymia, and functional sleep disorders.

### Biography:

Madoka Takahara has completed her PhD at the age of 27 years from Hiroshima University. She has worked as a postdoctoral fellow in National Institute of Mental Health and Kanagawa Dental College for

4 years and presently works for Fukushima University as an associated professor. Most of her papers were published in the area of physiological psychology and sleep science.

### Introduction:

Stress is known to influence cardiovascular changes, which are normally identified with autonomic sensory system action changes. Pulse changeability (HRV) is one of the pointers of changes in the autonomic sensory system and has been utilized to gauge general autonomic framework work and physiological pressure reaction degree as a result of its effortlessness and non-invasive nature. Mitani, Fujita, Sakamoto, and Shirakawa (2006) estimated changes in pressure and autonomic apprehensive movement utilizing HRV, and revealed that thoughtful anxious action increments however parasympathetic apprehensive action diminishes in upsetting circumstances. It was presumed that HRV is a sound and delicate pointer of heart autonomic anxious movement through HRV power otherworldly investigation. AT diminished characteristic tension in patients with interminable emotional wooziness. A meta-examination of trial concentrates by Ernst and Kanji (2000) appeared AT positive effects on the assuaging worry in seven cases out of eight. In the current examination, it was discovered that pressure reaction levels in the exploratory gathering were lower than those in the benchmark group. This finding shows that the AT program has a positive effects on the capacities to adapt to pressure. The consequences of this study indicated no impact on physiological factors estimated by HRV. We discovered standardized LF was expanded and standardized HF diminished with time. As it were, the movement level of the thoughtful sensory system was raised and the action level of the parasympathetic sensory system was diminished in the exploratory and control bunches during the examination time frame. Mitani examined the impact of AT on the autonomic sensory system and found the movement level of the thoughtful sensory system was significantly decreased and the action level of the parasympathetic sensory system was expanded in high-hazard firefighters. Miu, Heilman, and Miclea additionally announced that AT expanded HRV and encouraged vagal control of the heart in solid volunteers under mental pressure. Lee likewise announced that AT expanded protection from worry by lightening the thoughtful sensory system and actuating the parasympathetic sensory system in typical grown-ups, and demonstrated a significant contrast between markers, that is, mean HRV, standard deviation of the NN span, and standard deviation.

### Results:

The AT group had a significant increase in the mean R-R stretch and a significant decrease in the baseline deflection of the PTG in the subsequent meeting. There were no huge changes in sympathetic activity except for the change in the PTG, albeit low recurrence sufficiency of systolic BP diminished marginally. AT was found to initiate critical changes that were autonomous of breath in sound understudies, despite

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the fact that paced breathing may have worked as a psychological pressure. The expansion in mean R-R span and the abatement in gauge avoidance of the PTG were the most powerful relates of AT. he effects of this study are helpful and real since they show AT positively affects alleviation from stress reaction however no impact on HRV. In this way, since nursing understudies are required to adapt to pressure coming about because of their examinations and clinical preparing, stress adapting techniques ought to be created through further exploration with the goal that understudy encounters of courses and clinical preparing are additionally fulfilling. AT is a strategy that guides the accomplishment of these objectives since it is offers a financially savvy approach that can be effectively practiced.

#### Conclusion:

Subject restlessness was the primary observation made with subjects practicing self-relaxation. Restless behaviour occurred more frequently toward the end of a particular session. Several subjects expressed difficulty in having to remain in a horizontal position for even a short period of time. Certain statements made by subjects implied boredom may have been a factor; even more so if more than six sessions were required to complete the program. Autogenic training subjects accepted the responsibility for their own treatment by practicing the prescribed standard exercises. Session notes involving autogenic training subjects were primarily concerned with autogenic discharge phenomena. Sensations of itching and involuntary muscle twitching were the most commonly experienced autogenic discharges. Fleeting thoughts and visual images, not associated with the verbal formula, were ideational discharge phenomena frequently reported by subjects practicing autogenic training. Each subject reported experiencing some form of autogenic discharge activity.

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