

Full Name _____ Age/ Sex _____ M / F _____ Record # _____

USER GUIDE FOR PRE-SET STAND-ALONE THERAPY

PROGRAM : ANXIETY (GAD)

BELLABEE SET-UP INSTRUCTIONS:

1. Download the Bellabee apps from Google Play or the Apple store.
2. Connect the Bellabee headband to your mobile device earphone jack.
3. Turn the mobile device volume setting to maximum.
4. Put the Bellabee band around your head as instructed.
5. Run the desired app program on the mobile device.

RELATED INFORMATION:

- Anxiety is the most common mental health problem in the world.
- Anxiety disorders are highly treatable, yet only around 37% of those suffering receive treatment.
- The male to female ratio with this disorder is about 2.8% males: 4.7% females.
- Generalized Anxiety Disorder (GAD) isn't necessarily triggered by a specific cause or behavior.
- With GAD, you may worry about many different things at once or over time, and the worries are often constant.
- To alleviate GAD, lower frequencies like Alpha and Theta are reduced and higher Beta frequency is increased.
- Bellabee stimulation can increase Alpha and Theta frequencies and decrease higher Beta frequencies, making it very effective in treating anxiety.
- Bellabee is helpful in treating a range of anxiety disorders, from mild to quite severe.
- As training progresses, the decrease in anxiety becomes long-lasting.

Brainwaves	Delta	Theta	Lo-Alpha	Hi-Alpha	(SMR)	Lo-Beta	Hi-Beta	Gamma
Normal Range	0.5-4 Hz	4-8 Hz	8-10 Hz	10-13 Hz	(13-15 Hz)	13-20 Hz	20-30 Hz	30 Hz & above

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DATA INPUT	ANXIETY (GAD)										
Reason for Use											
Baseline symptom rating	1	2	3	4	5	6	7	8	9	10	(1 = mild; 10 = severe)
Initial response seen	after _____ sessions										
Improvement/end result	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
PROGRAM	PRE-SET/ STANDALONE										
Pre-set protocol	8 Hz x 60 min										
Brainwave disturbance in	Alpha, Theta and Beta										
Brainwave abnormality seen	Decreased Alpha & Theta and increased Beta										
Brainwave change required	Normalization of Alpha, Theta and Beta										
Dominant frequency (DBF)	8 Hz										
SUGGESTED GUIDELINES	Average					(Range)					
Duration of each session	60 min					(40-80 min)					
Sessions per week	6					(2-14)					
Initial response after	20-30 sessions					(2-60)					
Total sessions required	30-50					(20-Unlimited)					

[Further Information](#)
[About Brainwaves](#)
[For Therapy Providers/ Combination Therapy](#)

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RECORD SHEET

Session No.	Date mm/dd/yy	Week No.	Duration Min.	Symptom Decrease	Progress %	Remarks

(Print more sheets to cover additional sessions)

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