Lesson 14 Data Report

BIOFEEDBACK

Relaxation and Arousal

Diana Faster
Slower
Heart Rate

Higher
Lower

GSR Arousal Level

Richard Pflanzer, Ph.D.
Associate Professor
Indiana University School of Medicine
Purdue University School of Science

J.C. Uyehara, Ph.D.
Biologist
BIOPAC Systems, Inc.

William McMullen
Vice President
BIOPAC Systems, Inc.
BIOFEEDBACK

Relaxation and Arousal

DATA REPORT

Student’s Name: ________________________________
Lab Section: ________________________________
Date: ________________________________

I. Data and Calculations

Subject Profile

Name_________________________ Height_________________________
Age_________________________ Weight_________________________
Gender: Male / Female

A. Table 14.1

<table>
<thead>
<tr>
<th>Measurement</th>
<th>CH. #</th>
<th>Baseline (10 sec.)</th>
<th>Condition Maximal Relaxation</th>
<th>Maximal Arousal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Rate (BPM)</td>
<td>CH 40</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GSR (ΔµMHO)</td>
<td>CH 41</td>
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</tbody>
</table>

II. Questions

B. Based on the data from Table 14.1, did the effects of the parasympathetic nervous system change with biofeedback? Explain the physiological mechanisms causing the results.
C. Describe a biofeedback program for “stress management.” Include details such as the physiological variable(s) you would measure, the transducers needed, and your criterion for a successful training program.

D. Name the branches of the autonomic nervous system and explain their function.

E. Define **Biofeedback** and explain in general terms how it works.

F. What change, if any, did your GSR recording show when you were aroused? Relaxed?

G. Why is GSR a useful measure for biofeedback training?