

## A Measurement of the Effectiveness of a Vibroacoustic Chair in Reducing Stress

The purpose of this study is to determine the effectiveness of a vibroacoustic chair in reducing stress. Vibroacoustic chairs have been reported to decrease depression and anxiety as well as stimulate bone growth but no study has addressed whether they are effective vibroacoustic in reducing stress. Effectiveness will be determined by pre and post (20 minute relaxation session) changes in the autonomic nervous system as measured by heart rate variability (HRV).

Undergraduate students will be involved in all aspects of the study design, implementation, and data analyses.

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