

RESEARCH QUESTION

In U.S. Armed Forces veterans with invisible wounds of war, does training heart rate variability (HRV) in sessions with a trusted companion lead to greater improvements in wellbeing when compared to improvements seen in veterans who are trained alone?

BACKGROUND

HRV is an important indicator of health, fitness, and stress resilience. Low variability corresponds with high levels of emotional, physical, and cognitive stress. Conversely, high HRV indicates resilience and ability to adapt to stressors.

While many studies have illustrated the benefits of HRV training, there is a lack of research exploring the effects of simultaneously training close friends or family in HRV.

METHODS

A prospective cohort study was performed. Veterans and a trusted companion underwent an individual, but simultaneous, interactive HRV-training program for a period of 5 weeks.

Outcomes were collected prior to and at the conclusion of training.

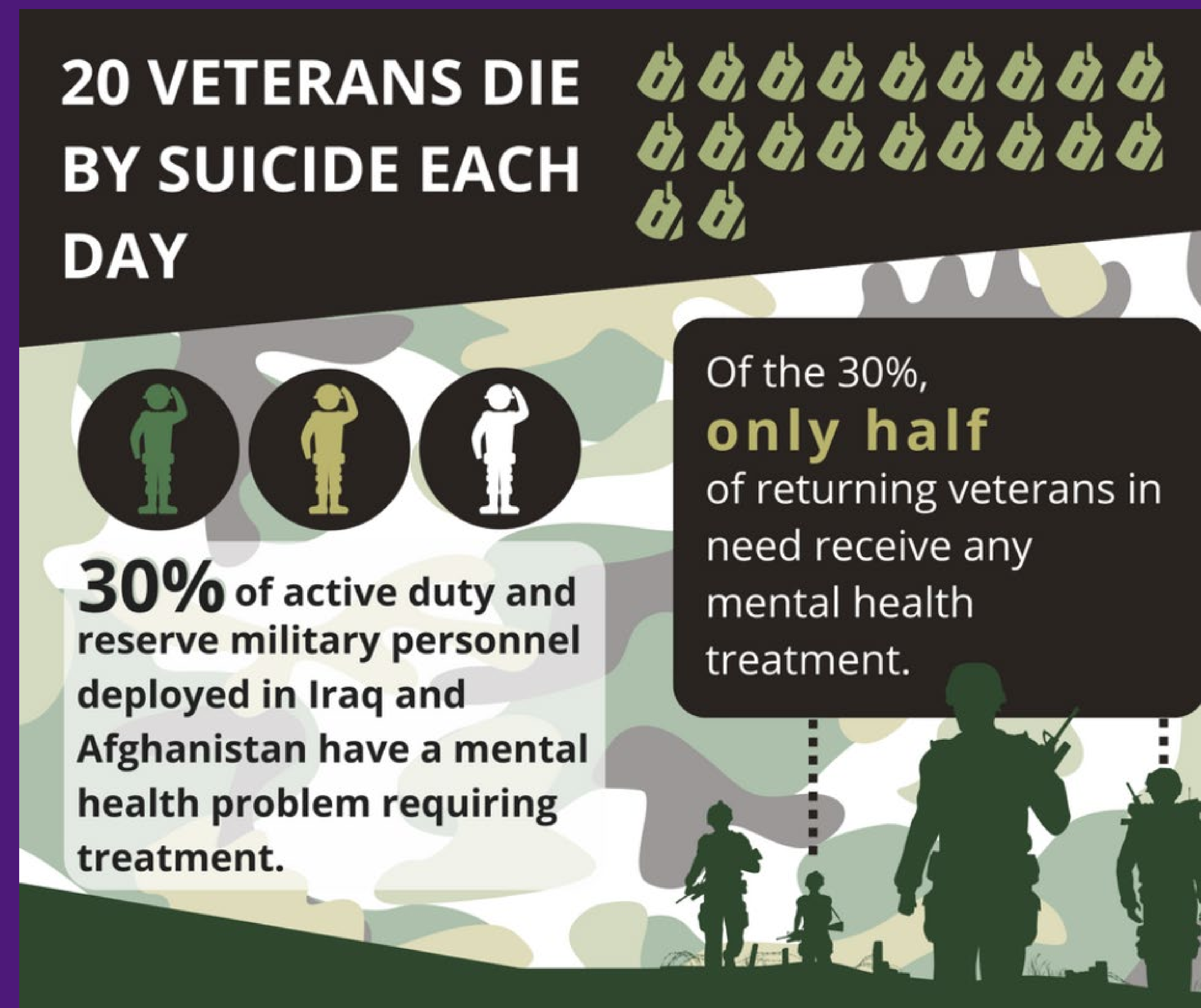
Standardized self-report outcome measures were collected.

Both paired t-tests and nonparametric independent t-tests were used to assess data.

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Veterans who undergo heart rate variability training with a loved one experience greater improvements in stress reduction and overall wellbeing than those who undergo training alone

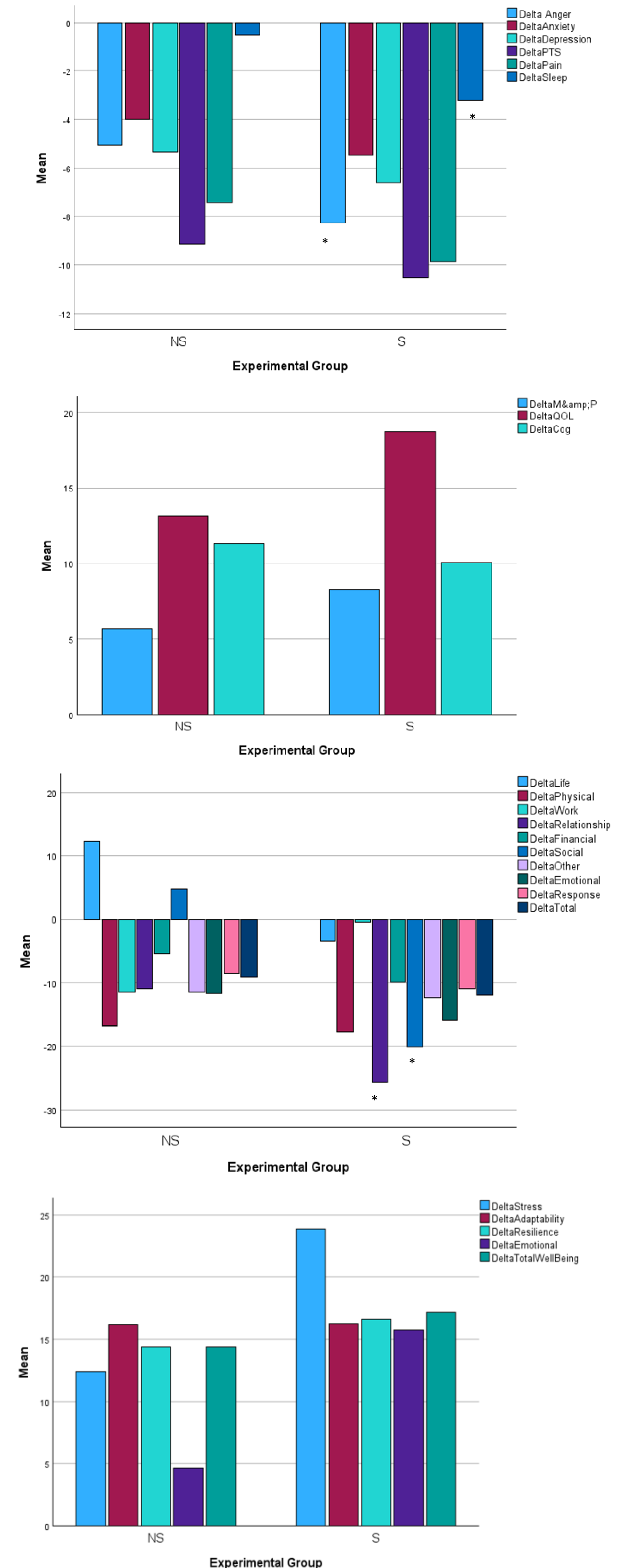


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RESULTS



FUTURE DIRECTIONS

The benefits of partner/team-based HRV training should be studied and used with other high stress groups, such as healthcare workers.

ACKNOWLEDGEMENTS

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