SOFT®med BioLife® contains indication-specific therapy libraries. They allow the start of a session by a single click and guarantee an optimal Biofeedback therapy with maximum user comfort.

Biofeedback and eating disorders

According to the World Health Organisation, obesity constitutes a major chronic and life shortening health problem. Besides obesity, anorexia nervosa and bulimia nervosa are amongst the most common eating disorders. Prevalence is about 1% for anorexia and 3-4% for bulimia. Furthermore, it becomes apparent that anorexia and bulimia both constitute the highest mortality rates among mental disorders. Studies have shown a reduction of the strong negative physical reactions upon confrontation with food when employing biofeedback.


Session templates

**Training of SCL**

Feedback on SCL in form of a line enables patients to keep values low or decrease values during exposition of high and low calorie food images.

**Training of RSA**

Feedback on breathing allows conscious control of respiration. The aim is to reduce the breathing rate to 6-8 breaths/minute and to maintain the reduced breathing rate during confrontation.

**EMG training**

Muscle tone concerning the M. trapezius or the M. frontalis can be reduced using EMG feedback. Moreover, patients are able to uncover the relationship between breathing and EMG which allows to learn how to manipulate EMG via breathing in presence of confrontation images.

These skills afford patients with improved self-control and self-efficacy regarding the control over physical reactions in conjunction with food, with relaxation techniques in presence of food, with a healthy regulation of food intake and with reduction in episodes of uncontrolled eating.

Exemplary feedback mode: training of breathing and RSA – relaxation phase: objective: quick relaxation after confrontation phase using the learned breathing technique. Additional calming videos promote relaxation.

Exemplary feedback mode: EMG training – confrontation phase: objective: keeping the muscle tension as low as possible even in presence of confrontational images of food.