

## **Forschungsarbeiten**

Die Forschungsarbeiten haben ausschließlich an US-Amerikanischen Hochschulen oder privaten Forschungseinrichtungen in den USA stattgefunden. Sprache sämtlicher Veröffentlichung ist daher Englisch. Hier wurden insgesamt 84 Publikationen von 1980 bis 2000 zu folgenden Themen zusammengefasst:

### **1. Psychophysiologische Effekte**

### **2. Biologische Effekte**

### **3. Behandlung von physiologischen und psychologischen Fehlfunktionen**

- 3.1 Angstzustände
- 3.2 Kinder mit Autismus
- 3.3 Prämenstruelles Syndrom
- 3.4 Chronische Schmerzzustände und Rheumatische Arthritis
- 3.5 Sonstiges

### **4. Verhaltensstörungen**

- 4.1 Alkoholismus
- 4.2 Essstörungen
- 4.3 Rauchen
- 4.4 Stress-Management

### **5. Unterstützung von Kreativitätsprozessen**

- 5.1 Sport
- 5.2 Sonstiges

### **6. Hypnose**

## Jüngere Forschungsarbeiten

In Schweden wurden in den Jahren 2006 bis 2008 einige Untersuchungen zu den Themen Stressmanagement und Burnout-Syndrom vorgenommen:

Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T. (2007). Effects of REST (Restricted Environmental Stimulation technique) on Stress related muscle pain: Are 33 flotation sessions more effective than 12 sessions? *Social Behaviour and Personality*, 35, 143-156.

Åsenlöf, K., Olsson, S., Bood, S.Å., & Norlander, T. (in press). Case studies on fibromyalgia and burn-out depression using psychotherapy in combination with flotation-REST: Personality development and increased well-being. *Imagination, Cognition and Personality*.

Landström, A., Bood, S.Å., Kjellgren, A., & Norlander, T. (2007). Treating stress related pain in a clinical sample with flotation-REST: A further report on improvements on pain assessed by the Pain Area Inventory (PAI). *Social Behaviour and Personality*, 35, 1279-1280.

Edebol, H., Bood, S. Å., & Norlander, T. (2008). Case studies on chronic whiplash associated disorders and their treatment using flotation-REST (Restricted Environmental Stimulation technique). *Qualitative Health Research*, 18, 480-488.

Kjellgren, A., Lydén, F., & Norlander, T. (2008). Sensory isolation in flotation tank: altered states of consciousness and effects on well-being. *The Qualitative Report*, 13, 636-656.

## 1. Psychophysiologische Effekte

Effects Ballard E. (1993). REST in the Treatment of Persistent Psychophysiological Insomnia. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 187-203. New York: Springer-Verlag New York Inc.

Crawford H. Psychological Comparisons of REST and Hypnosis: Implications for Future Research. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 175-186. New York: Springer-Verlag New York Inc.

Fine T., Mills D. & Turner J. Jr. (1993). Differential Effects of Wet and Dry Flotation REST on EEG Frequency and Amplitude. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 205-213. New York: Springer-Verlag New York Inc.

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McGrady A. (1990). Psychophysiological Regulation of Blood Pressure. *Restricted Environmental Stimulation: Research and Commentary*. pp. 29-35. Toledo, Ohio: Medical College of Ohio Press.

Schwartz G. (1982). Integrating Modern Physics, Psychobiology and REST: an Amusing Synthesis Derived from Systems Theory. 2nd International Conference on REST. pp. 22-48. Toledo, Ohio: IRIS Publications.

Taylor T. (1985). The effects of Flotation Restricted Environmental Stimulation Therapy on Learning: Subjective Evaluation and EEG Measurements. *First International Conference on REST and Self-Regulation*. pp. 76-85. Toledo, Ohio: IRIS Publications.

## 2. Biological Effects

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Budzynski T.H. (1990). Hemispheric Asymmetry and REST. *Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST*. pp. 2-21. New York: Springer-Verlag New York Inc.

Ewy G., Sershon P., Freundlich T. (1990). The Presence or Absence of Light in the REST Experience: Effects on Plasma Cortisol, Blood Pressure and Mood. *Restricted Environmental Stimulation: Research and Commentary*. pp. 120-133. Toledo, Ohio: Medical College of Ohio Press.

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Fine T. & Turner J.W. (1985). The Use of Restricted Environmental Stimulation Therapy (REST) in the Treatment of Essential Hypertension. *First International Conference on REST and Self-Regulation*. pp. 136-143. Toledo, Ohio: IRIS Publications.

Fine T. & Turner J.W. (1987). The Effect of flotation REST on EMG Biofeedback and Plasma Cortisol. 2nd International Conference on REST. pp. 148-155. Toledo, Ohio: IRIS Publications.

Francis W.D. & Stanley J.M. (1985). The Effects of Restricted Environmental Stimulation on Physiological and

Cognitive Indices. First International Conference on REST and Self-Regulation. pp. 40-49. Toledo, Ohio: IRIS Publications.

Malowitz R., Tortora T. & Lehmann C.A. (1990). Effects of Floating in a Saturated Epsom Salts Solution Disinfected with Bromine on the Aerobic Microbial Flora of the Skin. *Restricted Environmental Stimulation: Research and Commentary*. pp. 139-150. Toledo, Ohio: Medical College of Ohio Press.

### **3. Treatment of Physical Dysfunctions and Psychological Disorders**

#### **3.1 Anxiety**

O'Toole P. & Barabasz M. (1997). Effects of Rational Emotive Therapy and REST on Social Anxiety. 6th International REST Conference. San Francisco.

Pudvah M.B. & Rzewnicki R. (1990). Six Months in the Tank: The Long-Term Effects of Flotation Isolation on State Anxiety, Hostility, and Depression. *Restricted Environmental Stimulation: Research and Commentary*. pp. 79-85. Toledo, Ohio: Medical College of Ohio Press.

#### **3.2 Children with Autism**

Harrison J. & Barabasz A. (1993). REST as a Treatment for Children with Autism. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 269-280. New York: Springer-Verlag New York Inc.

Suedfeld P. & Schwartz G. (1980). Restricted Environmental Stimulation Therapy (REST) as a Treatment for Autistic Children. *Journal of Developmental and Behavioral Pediatrics*. Vol.4, #3, pp. 196-201. William & Wilkins Co.

#### **3.3 Pre-menstrual syndrome**

Goldstein D.D. & Jessen W.E. (1990). Flotation Effect on Premenstrual Syndrome. *Restricted Environmental Stimulation: Research and Commentary*. pp. 260-266. Toledo, Ohio: Medical College of Ohio Press.

Jessen W. (1993). The Effects of Consecutive Floats and Their Timing on Premenstrual Syndrome. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 281-288. New York: Springer-Verlag New York Inc.

#### **3.4 Chronic Pain, Rheumatoid Arthritis**

Borrie R. (1997). The Benefits of Flotation REST (Restricted Environmental Stimulation Therapy) in a Pain Management Program. 6th International REST Conference. San Francisco.

McCormick B.A., Shafransky D.R., Fine T.H. & Turner J.W. Jr. (1997). Effects of Flotation REST on Plasma Cortisol in Rheumatoid Arthritis. 6th International REST Conference. San Francisco.

Mereday C., Lehmann C. & Borrie R. (1990). Flotation For The Management of Rheumatoid Arthritis. *Restricted Environmental Stimulation: Research and Commentary*. pp. 255-259. Toledo, Ohio: Medical College of Ohio Press.

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Turner J. Jr., Deleon A., Gibson C. & Fine T.H. (1993). Effects of Flotation REST on Range Motion, Grip Strength and Pain in Rheumatoid Arthritis. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 297-306. New York: Springer-Verlag New York Inc.

### 3.5 Other

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Tikalsky F.D.(1990). Restricted Environmental Stimulation, Relaxation Therapy, Social Support and Mental Imagery as a Treatment Regimen in Breast Cancer. *Restricted Environmental Stimulation: Research and Commentary*. pp. 267-271. Toledo, Ohio: Medical College of Ohio Press.

## 4. Treatment of Habit Disorders

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Cooper G., Adams H.& Scott J. (1988). REST and Alcohol Consumption. *Journal of substance Abuse Treatment*. Vol.5, pp. 59.USA.

David B. (1997). A Pilot Test of REST as a Relapse Prevention Treatment for Alcohol and Drug Abusers. *6th International REST Conference*. San Francisco.

DiRito D. (1993). Motivational Factors in Alcohol Consumption: Extending Hull's Model. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 157-162. New York: Springer-Verlag New York Inc.

#### 4.2 Eating

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#### 4.3 Smoking

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#### 4.4 Stress Management

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Jacobs, Heilbronner & Stanely. (1985). The Effects of Short Term Floatation REST on Relaxation. First International Conference on REST and Self-Regulation. pp. 86-102. Toledo, Ohio: IRIS Publications.

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Wickramasekera I. (1993). A Model of the Common »Active Ingredient« in Stress Reduction Techniques. Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives. pp. 59-74. New York: Springer-Verlag New York Inc.

## **5. Enhancement of Creativity**

Baker D.A.(1987). The Effects of REST and Hemispheric Synchronization Compared to the Effects of REST and Guided Imagery on the Enhancement of Creativity in Problem-Solving. 2nd International Conference on REST. pp. 122-126. Toledo, Ohio: IRIS Publications.

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### **5.1 Sports**

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McAleney P. & Barabasz A. (1993). Effects of Flotation REST and Visual Imagery on Athletic Performance: Tennis. Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives. pp. 79-86. New York: Springer-Verlag New York Inc.

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O'Leary D.S. & Heilbronner R.L. (1985). Flotation Rest and Information Processing: A Reaction Time Study. First International Conference on REST and Self-Regulation. pp. 50-61. Toledo, Ohio: IRIS Publications.

## 6. Sensory Restriction and Hypnotizability

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