ILLUSTRATIONS

PHOTOGRAPHS (P)

P1. Electrode placement for the recording of GSR at rest and during the physiological stress procedure

P2. Electrode placement for the recording of EMG at rest, during the physiological stress procedure and EMG feedback assisted relaxation

P3. EMG feedback assisted relaxation in progress

FIGURES (Fig.)

1. Schachterian model of emotional arousal (Schachter, 1966)

2. Revised model of SIT (Jaremko & Walker, 1978)

3. Experimental design

4. Number of clients who were excluded/included

5. Mean EMG values across therapy sessions (1, 5, 10)

6. Pre- and post-session mean EMG baseline values across therapy sessions (1, 5, 10)

7. Mean EMG values across therapy sessions (11, 15, 20)

8. Pre- and post-session mean EMG baseline values across therapy sessions (11, 15, 20)

9. Mean SRS scores across therapy assessments

10. Mean cognitive anxiety scores of the CSAQ across therapy assessments

11. Mean somatic anxiety scores of the CSAQ across therapy assessments

12. Mean state anxiety scores of the STAI across therapy assessments
13. Mean trait anxiety scores of the STAI across therapy assessments
14. Mean HARS scores across therapy assessments
15. Mean GSR values across therapy assessments
16. Mean EMG values across therapy assessments
17. Mean EMG values across therapy sessions (1,5,10,15,20)
18. Pre-, mid-, post-therapy and 1 follow-up mean GSR values across the 3 segments of the physiological stress procedure
19. Pre-, mid-, post-therapy and 1 follow-up mean EMG values across the 3 segments of the physiological stress procedure