ABSTRACT

The present study was designed to evaluate the combined efficacy of electromyograph (EMG) feedback assisted relaxation and stress inoculation training (SIT) in the management of anxiety neurosis. Twenty-two clients were assessed before, during and after 20 therapy sessions using psychological as well as physiological assessment measures. The data analysis revealed that the clients could significantly decrease their symptom scores and their anxiety on the self-report measures. The therapist rated the clients as being significantly less anxious on the Hamilton's Anxiety Rating Scale. The clients could acquire feedback control as well as extra feedback control (self control). They could maintain reduced frontalis muscle tension levels at rest.

The analysis of data on the subgroups of clients designated as adequate and inadequate responders to therapy indicated that the former tended to have significantly less number of initial symptoms. The analysis of the follow-up data revealed that the 'adequate responders' could maintain improvement and the 'inadequate responders' could continue to improve.

The results of the study show that the combination of EMG feedback assisted relaxation and SIT is effective in the management of anxiety neurosis.