

Effective Therapy Is Available

but simple methods of diagnosis are lacking

Cognitive Behavioral Therapy (CBT) is the most widely used therapy for a wide variety of mental health disorders. Research has shown it to be effective in treating panic disorders, phobias, social anxiety disorder, and generalized anxiety disorder, among many other conditions. CBT is a “talking therapy” that can help individuals manage their problems by changing the way they think and behave. However, a diagnosis is needed to begin CBT, and this is not always easily available. Accurate tracking of selected biomarkers including HRV can be a gamechanger.

As a noninvasive and easily applicable biomarker of MHR in real-life contexts, HRV allows for accurate stress level measurements for CBT. It helps in tracking recovery by identifying the change in behavioral patterns and treatment progress over time. Also, it serves as an index of cognitive and affective self regulation. Whereas negative emotions are related to reduced HRV and incoherent heart rhythm patterns, cardiac coherence refers to a high amplitude sinus-like heart rhythm that is characterized by increased vagal activity associated with a psychological state of positive emotion.

Biofeedback Breathing Exercise

1. Inhale Deeply
2. Hold your Breath
3. Breathe out Slowly



Positive Effects of Biofeedback Training



Improves health



Improves stress management



Improves emotion regulation



Decreases worrisome thoughts



Improves concentration



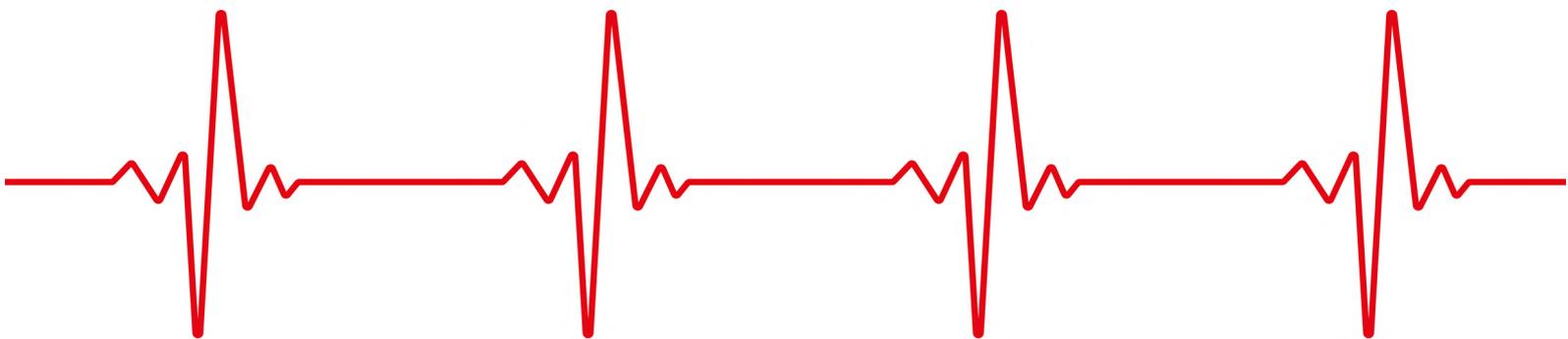
Improves sleep quality



Improves digestion



Improves immune system



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With anxiety and depression on the rise during the pandemic, it has been challenging for people to get the help they need.

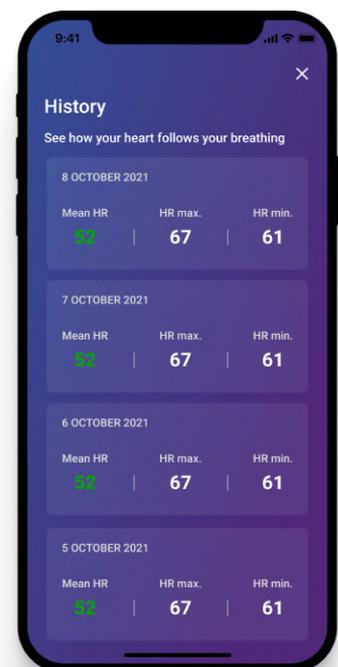
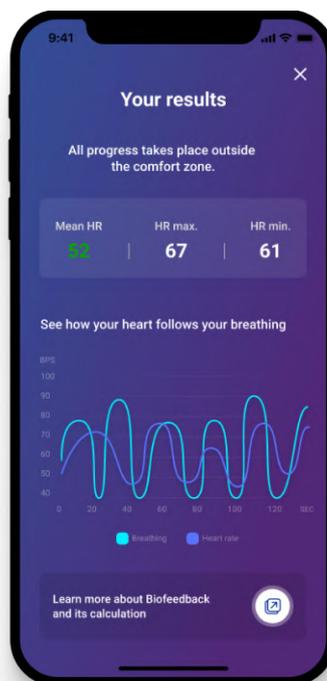
— THE NEW YORK TIMES

kenkou Technology

Simple and Accessible

kenkou's team has developed a technology that enables vital signs measurement (including HRV) using just the smartphone camera. Its flash illuminates the fingertip, making changes in the blood vessels, which occur due to the natural heartbeat, visible for analysis.

Readily accessible, easy-to-use technology from kenkou enhances treatment of mental health challenges in the pandemic and beyond. The company's software development kit (SDK) enables cardiovascular vital signs analysis through third-party applications in the digital health and well-being industry as well as for insurance and pharmaceutical companies.



kenkou

follow your heart

www.kenkou.io