

blunted stress reactivity, specifically cardiovascular and cortisol reactivity, have been associated with reduced self-reported resilience and increased depression. Less is known about stress reactivity of respiration rate and its associated psychological correlates. This study examined respiration rate (RR) reactivity in response to cognitive stress and evaluated psychological correlates.

Methods: In a cross-sectional study, 64 adults completed self-report measures of resilience, dispositional mindfulness, perceived stress, depression, and sleep quality. Participants then completed 3 tasks: baseline period, breath counting task, and a cognitive stress test (Portland arithmetic Stress Test [PAST]). RR was measured continuously throughout the tasks using a light elastic piezoelectric belt and assessed in BrainVision Analyzer. Participants that increased their respiration rate by 2 breaths per minute during the PAST were identified as responders, whereas participants who demonstrated a blunted respiration response (less than an increase of 2 breaths per minute) were identified as nonresponders. Two sample *t* tests compared means of the self-reported measures between the 2 groups.

Results: Compared to nonresponders ($n = 19$), responders ($n = 34$) were associated with greater mindfulness ($P = .02$), enhanced sleep quality ($P = .03$), and less depression ($P = .01$) and perceived stress ($P = .007$). No significant differences in self-reported resilience were revealed ($P = .12$). Average increase in RR during the PAST was strongly correlated to a decrease in RR during breath counting, relative to baseline ($r = .81$).

Conclusion: Findings provide more evidence that a blunted stress response, as measured by an absence of a stress-induced increase in RR, may be associated with reduced well-being, and potentially, reduced resilience. Furthermore, responder status may be indicative of a pattern in which the individual can reduce RR under favorable conditions but appropriately respond to the initiation of stress.

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Measuring the Accuracy of Medical Intuition: A Pilot Study

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Abstract

Purpose: Medical intuition is designed to identify and evaluate energetic structures and patterns in the energy

systems of the body (biofield) that may correspond to illnesses, imbalances and disease in the physical body. The purpose of this pilot study was to examine accuracy rates of trained medical intuitives.

Methods: The medical intuitives ($n = 5$) met with individual study participants in independent 30- to 60-minute blinded sessions. Study participants ($n = 67$; 87% females) included a cohort of patients from UC San Diego Health and Prebys Cardiovascular Institute Cardiac Treatment Center at Scripps Health, San Diego. Following the session, participants completed a postsession survey with a Likert-type scale to rate the medical intuitives' accuracy.

Results: Location of main physical issue: 94% accurate; location of secondary physical issue (86% of participants): 100% accurate; evaluation of health issue(s): 94% accurate; consistency with known medical diagnosis (49% of participants): 94% accurate; description of life events: 98% accurate; clear connection between life events and health issue (s): 93% accurate; offered useful recommendations: 100% strongly agree/agree; satisfaction with session: 99% extremely satisfied/satisfied; would recommend medical intuition to others: yes 97%/no 3%; would have another session: yes 96%/no 4%; and a significant point reduction of 2.43 on a 10-point Likert-type scale in stress/anxiety levels was observed from pre to postsession ($M_{pre} = 6.32$, $M_{post} = 3.89$, $t = 7.98$, $P < .001$).

Conclusion: The findings suggest that highly trained medical intuitives have high accuracy rates to identify primary and secondary physical complaints and/or illnesses, consistency with medical diagnoses, as well as to identify life events that led to the complaints and/or illness. Further experimental research is needed. The University of California San Diego School of Medicine is collaborating with The Practical Path, Inc. on a new research proposal to further study medical intuition.

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A SMART Approach to Reducing Atrial Fibrillation Symptoms

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Abstract

Purpose: Atrial fibrillation (AF) is the most common cardiac arrhythmia. In patients with paroxysmal atrial fibrillation (PAF), acute stress and negative emotions increase the