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February 12, 2018

To whom it may concern;

In this study, the researchers tested the efficacy of a BioSound device on reducing physiological symptomatology among a sample of individuals walking in recovery from substance abuse and/or addictive behaviors. Physiological symptomatology was defined by physiological, psychosocial, and emotional variables and the sample composed of persons from five states and various cities within those states were associated with a wide variety of treatment programs. The researchers asked clients to rank from 1 – 10, with 1 being the least severe and 10 being the most, their responses to fear, anger, stress, depression, racing thoughts, physical pain, headaches, cravings, and impulsive behaviors. The researchers also collected data on clients' heart rate and other biofeedback markers. Their findings suggest a significant decrease from pre- to post-session in the average rankings by clients in addition to long-term effects after 30, 60, and 90-day intervals. Considering the growing problem of substance abuse in the United States, this research is timely and of imminent importance.

Sincerely,

*Tracy Payne*