PRESENTAZIONE DEL SIMPOSIO "CAN A BRIEF BIOFEEDBACK TREATMENT IMPROVE VERTIGO SYMPTOMS? A COMPARISON BETWEEN PATIENTS WITH SHORT AND LONG-TERM DISEASE DURATION" AL CONVEGNO INTERNAZIONALE BFE, BIOFEEDBACK FEDERATION OF EUROPE

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CAN A BRIEF BIOFEEDBACK TREATMENT IMPROVE VERTIGO SYMPTOMS?
A comparison between patients with short- and long-term disease duration
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VERTIGO
1
Vertigo is a **sensation** caused by reduced coordination between different organs.
These organs inform the brain of the **body's position** in space and its state of rest or movement (Filipo, 1973).
2
Vertigo results from the brain's **interpretation of uncoordinated stimuli** reaching the higher centers, causing a sensation of movement.
3
INCIDENCE AND PREVALENCE
About **30%** of the population (Neuhauser, 2007).
3 times higher in women than in men (Bronstein, 2013).
Increases with age.
4
CAUSES: Multifactorial
Disorders of the maculoampullary apparatus of the **labyrinth.**
Diseases of the **peripheral or central nervous system.**
Stress.
5
CONSEQUENCES
Stress, anxiety, fear, depression, impaired psycho-social functioning (Bayat et al., 2020; Neuhauser et al., 2008).
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Abstract

Title: Can a brief biofeedback treatment improve vertigo symptoms? A comparison between patients with short- and long-term disease duration

Background: Vertigo is a condition that significantly affects the lives of those who suffer from it. Most treatments available to patients are pharmacological. This study aimed to evaluate the therapeutic effectiveness of a brief biofeedback training program, combined with breathing exercises and muscle relaxation, as part of a medical center's routine care for treating vestibular disorders. Specifically, the study focused on analyzing the differences in self-perceived disability reduction between patients with short-term disease duration (symptom onset within 1 year) and long-term duration (more than 1 year).

Methods: A total of 134 outpatients participated in the study: 60 with short-term disease and 74 with long-term disease. The average age was 57.8 years. Patients underwent a brief biofeedback training program using the Procomp Infinity system by Thought Technology Ltd., an eight-channel computer-operated encoder, integrated with breathing and relaxation exercises. Self-perceived disability reduction was assessed in terms of emotional, functional, and physical aspects of daily living using the DHI questionnaire at a three-month follow-up.

Results: At the follow-up, all patients showed a significant reduction in their DHI scores, both in the total score and across the three subscales. No differences were found between the two subgroups: short versus long-term disease duration.

Conclusion: This study suggests that brief biofeedback training is effective even for patients with a long duration of illness, helping to reduce the impact of vertigo on their daily lives. The benefits are likely due to the patients' ability to regulate physiological parameters such as respiratory rate, heart rate, and muscle tension.