



## BIOFEEDBACK FOUNDATION OF EUROPE PILOT RESEARCH PROJECT

### Irritable Bowel Syndrome (IBS)

**Project Title:**

**Irritable Bowel Syndrome (IBS)**

**Primary Investigator:**

**Alastair Dobbin, MD  
Sheila Ross, MSc, HPD, DipNLP  
Clinical Hypnotherapist and Biofeedback Clinician  
[www.positiverewards.co.uk](http://www.positiverewards.co.uk)**

**Project Summary:**

Alastair Dobbin, MD is a General Practitioner and a hypnotist. Dr. Dobbin works with Sheila Ross, a clinical hypnotherapist and biofeedback clinician. They have been using the Infiniti software for HRV biofeedback since February 2004, when they attended the 9th BFE Conference in Winterthur, Switzerland.

Dr Dobbin and Ms Ross are working with Professor M Ford of Edinburgh and have started a clinical trial comparing the use of hypnotherapy with HRV biofeedback.

They use open scripted sessions and after baseline measurements do a number of 3 minute recordings at different breathing speeds using EZ-air. They work out the resonant frequency from analysis of maximum HRV for each and the clients then go and practice for 10 minutes twice a day. The clients will be doing evaluation of IBS symptoms over the 12 week treatment course. The purpose of the study is to evaluate the relative efficacy of biofeedback and hypnotherapy using standardised clinician evaluation (i.e. IPSS).