

EXAMPLE OF BIOFEEDBACK EXAMINATION

Please Note: This is only a practice test which does not necessarily represent the actual test.

Please answer each statement with T (True) or F (False):

1. ____ EDR stands for Electrodermal Response.
2. ____ EDR also stands for Electrodermal Resistance.
3. ____ EDR is based on the fact that as resistance increases, voltage decreases.
4. ____ EDR stands for Electrodermal Resistance device.
5. ____ EDR stands for Electrodermal Response device
6. ____ ESC stands for Electro Skin Conductance.
7. ____ ESC stands for Electro Skin Conductance device
8. ____ ESC is based on the fact that for the skin surface conductance is basically the same thing as resistance.
9. ____ For all intents and purposes ESC and EDR are the same device.
10. ____ GSR stands for Galvanic Skin Resistance.
11. ____ GSR stands for Galvanic Skin Reflex.
12. ____ GSR stands for a Galvanic Skin Resistance device.
13. ____ GSR is based on the principal that more moisture on the extremities, the higher the stress levels.
14. ____ The sound from a GSR device increases in frequency as the amount of stress increases.
15. ____ Basically GSR and EDR devices obtain similar results by measuring different parameters.
16. ____ Basically GSR and ESC devices obtain similar results by measuring different parameters.
17. ____ SCR stands for Skin Conductance Response.
18. ____ SCR stands for Skin Conductance Reflex.

- 19._____ SCR stands for a Skin Conductance Response device.
- 20._____ SCR stands for a Skin Conductance Reflex device.
- 21._____ SCR and GSR devices basically measure the same parameters.
- 22._____ When the skin resistance increases, the voltage measured on the skin decreases.
- 23._____ When the voltage on the skin decreases, the amount of stress the client is experiencing is increasing.
- 24._____ When the skin resistance increases the amount of stress is increasing.
- 25._____ When the amount of stress increases, conductance is also increasing.
- 26._____ EMG stands for Electromyograph.
- 27._____ EMG also stands for Electromyograph device.
- 28._____ EMG devices measure the electrical frequency of the client's muscles.
- 29._____ Tense muscles are a symptom of stress.
- 30._____ Tense muscles have a higher frequency response than relaxed muscles.
- 31._____ Tense muscles reduce blood flow to that area of the body.
- 32._____ Tense muscles have a lower temperature than relaxed muscles.
- 33._____ People under stress have lower temperature in their hands and feet than in their mouth or rectum.
- 34._____ Digital thermometers can be used to measure stress.
- 35._____ Heart rate variability increases under stress.
- 36._____ Couples can use heart rate variability training to improve their relationship.
- 37._____ Heart rate variability training can help clients reduce stress.
- 38._____ Temperature training can be used with EMG to reduce pain.
- 39._____ Temperature training can be used with GSR to relax muscles.
- 40._____ All classical biofeedback devices can be used to help clients relax.