

**Kinesiology
Increases The Wellbeing Index
In Adult Women**

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Abstract

Objective: Having a good quality of life has always been desirable for humans and the concept of a good life and the ways of achieving it have been central to many over the years. Personal wellbeing is the mental component of quality of life. Thus, the current study was conducted to test the hypothesis that a woman's wellbeing could be improved by receiving Kinesiology treatment.

Design: Nine women were invited to attend seven Kinesiology treatments designed to improve their personal wellbeing. Their personal wellbeing was measured before and then again after the last treatment by a questionnaire which is used worldwide, Personal Wellbeing Index-Adult. (PWI-A)

Results: Analysis of the pre and post treatment PWI-A questionnaire showed higher scores on the post questionnaire for all women in the study.

Conclusion: Results of this study show that Kinesiology can have a positive effect on the personal wellbeing of women. Although due to the small sample size, absence of a control group and some other quality control limitations, this work represents limited evidence of the effectiveness of Kinesiology on a persons wellbeing. However, this is an area of research that is definately worth pursuing further.

Introduction

We are each born with a genetic level of happiness, which can be affected to some degree by environmental factors and personal experiences. It is different to that temporary moment of upset we feel at the end of a sad movie, or even our joy at the birth of a child. It is a long-lasting, deep sense of personal contentment, called 'subjective wellbeing'. It is not so much a feeling as a state of mind. (Tooley, 3rd ed). Personal wellbeing is a global term used to describe how people feel about their lives. It includes people's emotional responses, satisfaction with life domains and global judgment of life quality (Diener E, 2003)

As reported by the Australian Bureau of Statistics in 2015, the increase of persons in Australia intentionally self harming is on the rise. Taking in to account also the rate of health expenditure increases, in Australia each year (AIHW, 2013–14) finding a method to improve the personal wellbeing of a person would benefit a large number of people and potentially reduce the national health budget.

Literature review

The quality of women's lives is significantly impacted by their environment and personal experiences. Pharmacological solutions are often accompanied by numerous side effects and increased health risks. Therefore this research report is embarking on how a non invasive therapy such as Kinesiology may increase the wellbeing of women.

How do we measure wellbeing?

The PWI-A devised over 15 years ago by Deakin University and Australian Unity, asks survey participants to assess their satisfaction on a 0–10 scale across seven domains — standard of living; health; achieving in life; personal relationships; safety; community connection; and future security. (see PWI-A sample appendices 3)

The scores are then converted into a PWI score in a range of 0–100.

Average PWI in Australia sits at about 75. It has fluctuated over the years, but only within a tight normal range (3 points over the 15 year history of the Index), an indication of the consistency and stability of subjective wellbeing (Tooley, 3rd ed)

As the PWI-A was adopted as the instrument to measure subjective wellbeing by both the World Health Organisation (WHO) and the Organisation for Economic Development and Cooperation, it is also an appropriate instrument to measure the personal wellbeing for this study. The Index has also been adopted by the International Wellbeing Group, a collective of some 200 researchers from over 70 countries. (Cummins, 3rd ed)

How do we treat wellbeing?

The Energy centers or Chakras, are part of the bodies energy system and are described as energy centers, or transducers, that exchange energy between the physical body and the environment. (Burke, 2016) A simple and practical way to view the chakras, (Sanskrit for wheels) is as meeting points or interfaces, between mind and body. Every bodily sensation is part of a conversation between the brain and some part of the physiology. At a subtle level, according to the chakra system, these signals aren't purely physical but relate to meaningful parts of our lives. (Chopra, 2016) According to Deepak Chopra M.D and co-founder of The Chopra Center for Wellbeing-"When your consciousness is balanced in all seven Chakra areas, you are in a natural state of harmony and wellbeing. In practical terms, this means that finding ways for your life to 'be in the flow' is the most effortless, natural way to approach wellbeing."

According to the teachings of Caroline Myss, when these Chakra areas of interconnection between body and spirit are purified or opened the adept may experience an enormous infusion of energy. A similar system with different terminologies, is employed by some schools of Buddhism and Taoism.

Research design

The purpose of this study was to measure womens personal wellbeing prior to Kinesiology treatment and ascertain whether a standard Kinesiology Chakra treatment had a positive impact. The PWI-A was chosen to measure improvements as it is a quantitative research method. Clients completed this at initial consultation and repeated it again after final consultation- recording the results.

- The inclusion/exclusion criteria was females over 18 years of age, not undertaking other Kinesiology treatment during this time.
- Names were omitted and each client was allocated a number for privacy purposes.
- Informed consent was given and an intake form was completed and signed at initial consultation. (see appendices 4)
- Kinesiology consultations were completed between: May 1st - June 30th 2017
- Nine clients each attended seven Kinesiology consultations. The initial consultation was 2 hours, with all further consultations 75 minutes.

Research Procedure

A standard Kinesiology Chakra protocol (Advanced Kinesiology Corrections File, Version 1, 09/12) as taught at the Nicolie ONeill Kinesiology College Pty Ltd in Perth, Western Australia was applied.

Initial consultation only also included a standard Neurological protocol (Neurological procedures, version 12, 02/16) as per Neurological unit taught at the Nicolie ONeill Kinesiology College Pty. Ltd. Perth, Western Australia.

The Kinesiology practitioner has been trained in these procedures and is qualified to practice Kinesiology.

Results

Nine women between the ages of 19-71 years, who met the inclusion criteria were chosen to take part in the study. The pre and post PWI-A scores were compared and analysed. All participants PWI-A score increased in varying degrees after Kinesiology treatments were completed. The results are tabled as appendices Figure 1.1 and Figure 1.2.

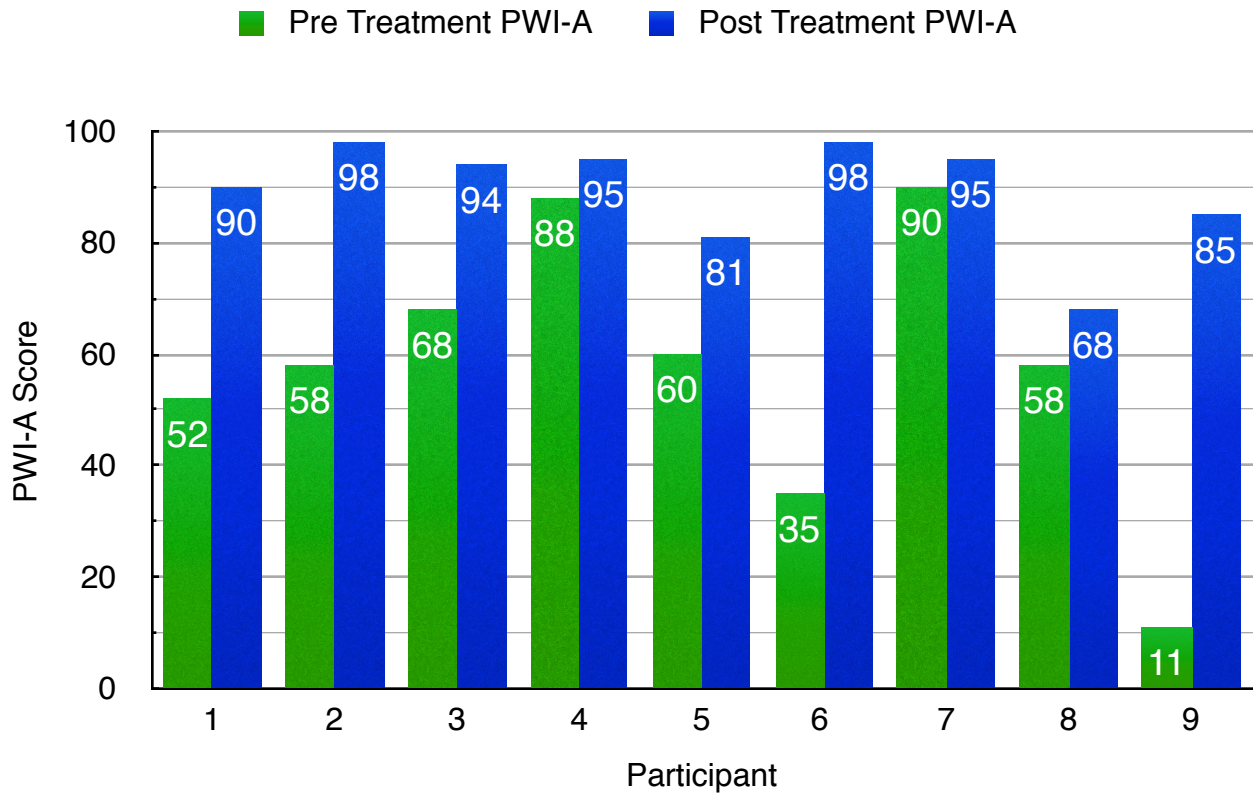


Figure 1.1 Participants pre and post treatment PWI-A scores

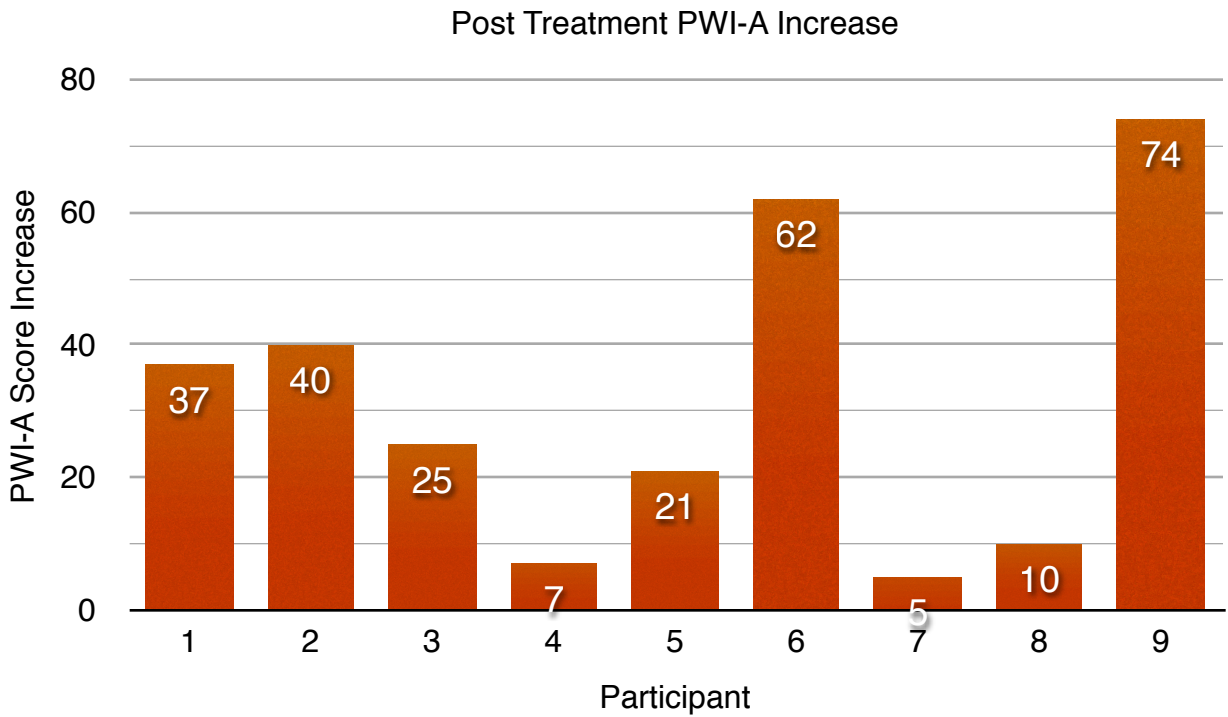


Figure 1.2 The increase of each participants PWI-A score post treatment

Findings

As you can see in figure 1.1 all participants PWI-A score increased to varying degrees after Kinesiology treatment.

At the beginning of the study 7 out of the 9 participants PWI-A score was below the Australian average of 75.

At the conclusion of the study 8 of the 9 participants were now above the Australian average.

It is interesting to note that all participants reported increased energy for several days, after the first treatment was applied.

Anecdotal notes also recorded by the researcher were that all participants reported feeling more able to cope or manage their personal problems after the third consultation.

During the study participant 7 was unexpectedly informed her full time employment was soon to cease and commented that she was coping surprisingly well with the negative news and how it would change her future.

Participant 2 had attended her second funeral that week, just before completing her post PWI-A survey, and stated she was surprised with how well she was managing her recent unanticipated losses.

Participant 9 was clinically depressed and self harming before the study and commented that a 'veil had been lifted' by the end of the study. ++At time of follow up June 2019, no self harming had occurred since the study.

Conclusion

As presented you can see that Kinesiology does appear to increase the PWI-A of women. However due to the small sample size, absence of a control group and some other quality control limitations, this work represents limited evidence of the effectiveness of Kinesiology on a persons wellbeing and a larger study is required to confirm this. We cannot say if the positive changes are permanent or how long they may last, however the results overall are encouraging and this is an area of research that is definately worth pursuing.

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Appendices

- Appendices 1 - Kinesiology Research Project Proposal
- Appendices 2 - Kinesiology Research Project Invitation
- Appendices 3 - Personal Wellbeing Index Survey-Sample
- Appendices 4 - Consent Form
- Appendices 5 - Client Information

Graphs

Figure 1.1 Participants pre and post treatment PWI-A scores

Figure 1.2 The increase of each participants PWI-A score post treatment

Appendices 1

Kinesiology Research Project Proposal
Sally Gregoire

“Kinesiology increases the Wellbeing Index in adult females”

Inclusion/exclusion criteria would be females over 18 years of age, not undertaking other Kinesiology during this time.

Measurement tool is the Personal Wellbeing Index - adult version (PWI-A) from Deakin University, Australia and Australian Unity Limited.

Clients to complete this online at initial consultation and repeat at final consultation-recording the results.

Informed consent and intake form to be signed and completed at Initial consultation

Dates to complete balances: May 1st to June 30th 2017

Clients

8-10 clients x 7 sessions = 56-70 appointments needed to complete study
Names to be omitted and each client to be allocated a number for privacy purposes.

I have identified available sessions/appointments as follows:

1st week would be 2 hour Initial consultation = 9 available appointments

2nd-9th week would be 1hr 15mins consultation = 13 each week x 8 weeks
= 104

Total 113 available appointments

Of the 113 potential appointment slots I need 56-70 to complete the study

I have discussed this study with several adult females and have initial interest to be included in the study from 8 adult females, with a second round of 6 more potential clients also in mind. I will write an official invitation to each after 24th April with confirmation of available dates and times.

Kinesiology protocol:

I intend to use the standard Chakra protocol (Advanced Kinesiology Corrections File, Version 1, 09/12) taught at Nicolie O'Neill Kinesiology College Pty Ltd, until all Chakras are complete or as time permits. Initial consultation to also include Celestial Circuit protocol (Neurological procedures, version 12, 02/16) as per Neurological unit taught at Nicolie O'Neill Kinesiology College Pty Ltd

I have all the equipment needed to complete this task and time available. I have been trained in these procedures and am qualified to practice Kinesiology.

After all sessions have been completed I will correlate the data and write a full report of the results to submit to O'Neill Kinesiology College by October 2017 and also to present to the class when appropriate.

Appendices 2

Kinesiology Research Project Invitation
Sally Gregoire

Are you struggling with the difficulties of living?
Are you looking for a way to improve your wellbeing and personal happiness?
I have a solution, Kinesiology!

I am conducting research into Kinesiology and would like to offer you 7 FREE Kinesiology sessions.

Kinesiology is a non invasive, holistic approach to long-lasting health and vitality with results that can be felt immediately. It melds ancient Eastern energetic healing with Western physiological healing sciences to address a wide range of physical, emotional, mental, nutritional and spiritual issues.

The major tool used in Kinesiology is gentle muscle monitoring (biofeedback), which allows the practitioner to discover where there is undue stress in the system, and release it. The clients muscle response not only directs the Kinesiologist to the cause of the problems, but also directs them to the correction needed to resolve these problems.

Participants in this study will receive 7 Kinesiology treatments at my home in Safety Bay at NO cost.

Appointments will be 1 hour 15 minutes - except the Initial Consultation which will be 2 hours.

To be included in the trial you must commit to 7 sessions from the following dates. Please include all dates and times you could be available each week, to allow flexibility for all participants

1= preference **2**= 2nd choice **X**= not available

(*Reply to this email, scan down to this section in my email, Type your availability next to each date and time, send.)

MAY

2nd Tuesday 10am, 12 noon, 2pm, 4pm, 6pm

3rd Wednesday 10am, 12 noon, 2pm, 4pm

9th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm, 5:30

10th Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

16th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm, 5:30

17th Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

23rd Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm, 5:30

24th Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

30th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm, 5:30

31st Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

JUNE

6th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm, 5:30

7th Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

13th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm

14th Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

20th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm

21st Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

27th Tuesday 10am, 11:30, 1pm, 2:30pm, 4pm

28th Wednesday 10am, 11:30, 1pm, 2:30pm, 4pm

Thank You for participating in this Kinesiology study.

Please direct ANY questions you may have for me on 0422 44 8011 or sally_gregoire@hotmail.com

Kindest regards,

Sally Gregoire

Consent Form

Kinesiology improves the Wellbeing Index in adult females.

Practitioner: Sally Gregoire

Dates: May 1st-July 14th 2017

I _____ (full name of participant)
give my consent to participate voluntarily in the above research project.

- * I have completed the Personal Wellbeing Index - (PWI-A) questionnaire with honesty and to the best of my knowledge.
- * I am female and over 18 years of age, which meets the criteria required, to be accepted to be part of this study.
- * I understand that all information collected will have personal identification removed for confidentiality, but for the purpose of this research study the data collected will be shared.
- * I agree to attend the required amount of # appointments which will be conducted within 7–21 days of each other.
- * I agree to give a minimum of 48 hours’ notice if I am unable to attend an appointment, and will reschedule that week for the purpose of this study.

* I make the commitment to attend the following sessions:

1st appointment: _____

2nd appointment: _____

3rd appointment: _____

4th appointment: _____

5th appointment: _____

6th appointment: _____

7th appointment: _____

Signature of participant: _____

Date: _____

Office Use Only

Study participant number: _____

CLIENT INFORMATION SHEET

PERSONAL PROFILE

Full name: _____ DOB: _____

Address: _____

Phone: _____ Email: _____

Preferred contact for appointment reminder: Phone__ Text__ Email__

Other therapies currently undertaken: _____

Single - Married - Separated - Divorced - De facto

No. of children/ages _____

PHYSICAL PROFILE

Major surgery/accidents:

Physical pain:

Do you get quality sleep? _____ How many hours nightly? _____

NUTRITIONAL PROFILE

Vitamins/minerals/supplements:

Medications:(medication and ailment)

How much water would you drink daily? _____

Goals/What would you like working on: _____

I understand that Kinesiology balances energy. It does not treat disease. Regardless of how well I feel after my Kinesiology sessions, I will not alter, amend or change any currently prescribed medications until I discuss this first with the prescribing physician or another medical practitioner.

Name: _____ Signature: _____ Date: _____

