

EXOMIND: Willpower & Self-control

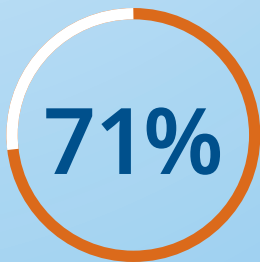
Novel ExoTMS Technology for the Improvement of Self-Control in Relation to Food Cravings

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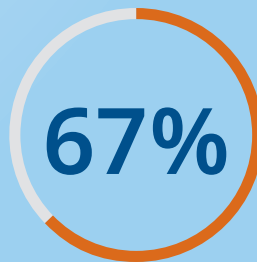
1. Jiva Med Spa, Columbus, OH, USA, 2. Aria Integrative Health, Denver, CO, USA, 3. Cady Wellness Institute, Newburgh, IN, USA

Highlights

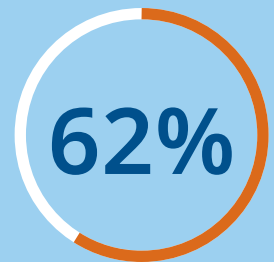
- 21 patients (24-74 years, BMI 21.7-44.4 kg/m²) seeking improvements in willpower received 6 ExoTMS sessions
- Patients were evaluated using the Brief Self-Control Scale (BSCS) and Food Cravings Questionnaire - Trait (FCQ-T)
- 85% of patients reported therapies as comfortable; no adverse events were reported



Patients reported improvement in willpower & self-control after the last treatment



Patients reported feeling more motivated after the last treatment



Patients reported feeling mentally stronger after the last treatment

