

TimeWaver Studies

Information Field and Well-being



Information for professional users

Time**WAVER** 

TimeWaver Meridians Module Study

Assessment

- Quality of Life (WHO-5)
- Coherence Status (SOC-9)
- Decrease in Concerns (Mymop)

Study module

TimeWaver Meridians module

Harmonization group

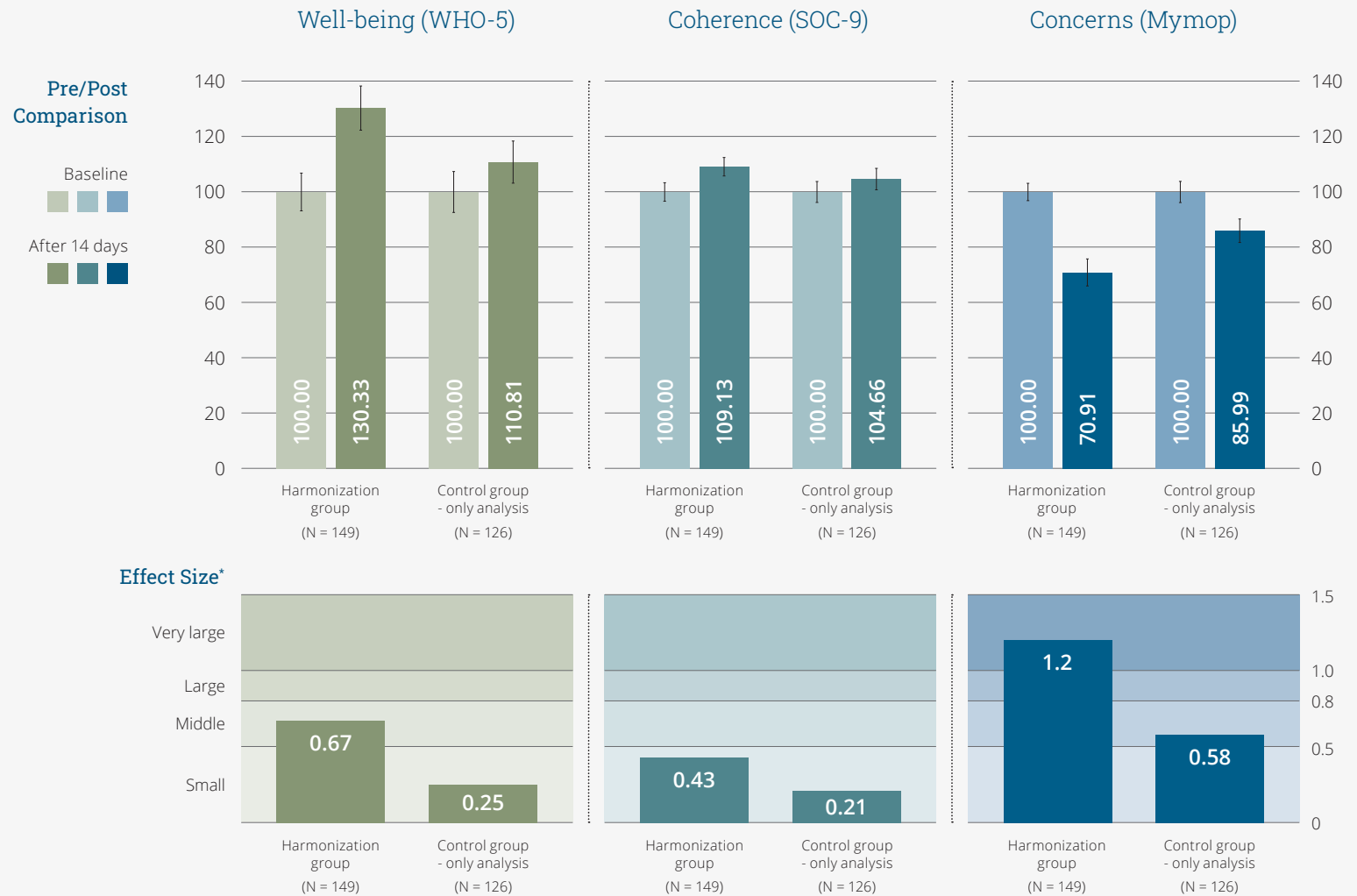
Meridian analysis and harmonization for 14 days

Control group (only analysis)

Meridian analysis without harmonization

Incentive

None



Randomized, 14 days, two-arm pilot study with waiting group control (only Information Field analysis) to quantify the effect of the Meridian analysis (TimeWaver Meridians module) and harmonization in the Information Field on improvement of general wellbeing and goal attainment in healthy volunteers conducted by TimeWaver with 275 participants (error bars = 95% confidence interval).

* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

TimeWaver Coherence Module Study

Assessment

- Quality of Life (WHO-5)
- Coherence Status (SOC-9)
- Decrease in Concerns (Mymop)

Study module

TimeWaver Coherence module

Harmonization group

Coherence analysis and harmonization for 14 days

Control group (only analysis)

Coherence analysis without harmonization

Incentive

None



Randomized, 14 days, two-arm pilot study with waiting control group (only Information Field analysis) to quantify the effect of the Coherence analysis (TimeWaver Coherence module) and harmonization in the Information Field on improvement of general wellbeing and goal attainment in healthy volunteers conducted by TimeWaver with 97 participants (error bars = 95% confidence interval).

* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

TimeWaver Study with Database Analysis

Assessment

- Quality of Life (WHO-5)
- Coherence Status (SOC-9)
- Decrease in Concerns (Mymop)

Study application

General TimeWaver database
Focus analysis

Harmonization group

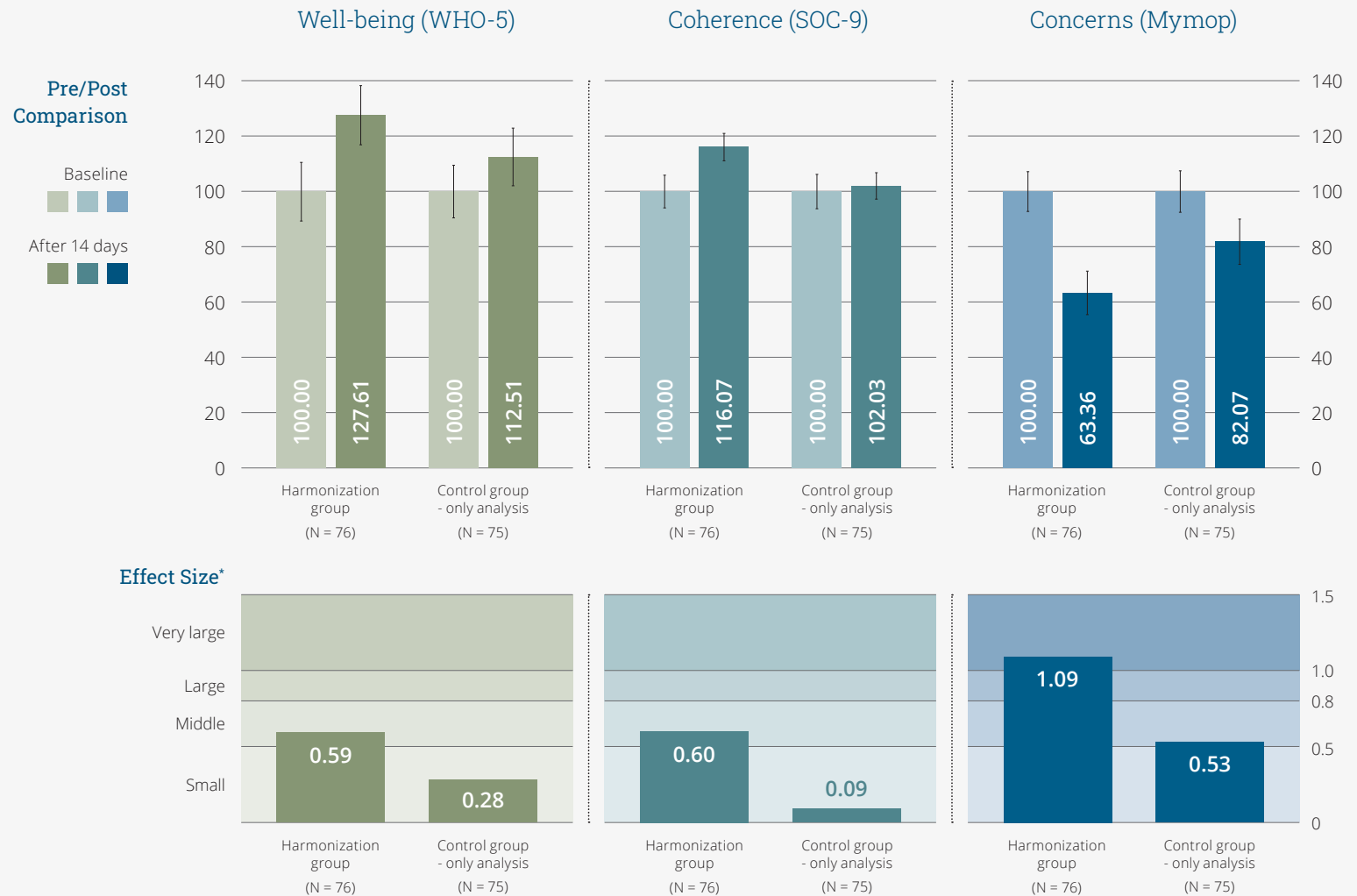
General analysis and harmonization
for 14 days

Control group (only analysis)

General Focus analysis without harmonization

Incentive

€20 voucher



Randomized, 14 days, two-arm pilot study with control group (only Information Field analysis) to quantify the effect of the TimeWaver analysis (general analysis with Focus) and harmonization in the Information Field on improvement of general wellbeing and goal attainment in healthy volunteers conducted by TimeWaver with 151 participants (error bars = 95% confidence interval).

* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

TimeWaver Coaching Module Study

Assessment

- Quality of Life (WHO-5)
- Mental well-being (WEMWBS)
- Goal Attainment (GAL-Mymop)

Study module

TimeWaver Coaching module
 C = Coaching; H = Harmonization

Coaching and Harmonization (C+ H+)

Complete coaching session with harmonization for 14 days

Coaching without Harmonization (C+ H-)

Complete coaching session without harmonization

Short Coaching and Harmonization (C- H+)

Shortened coaching with harmonization for 14 days

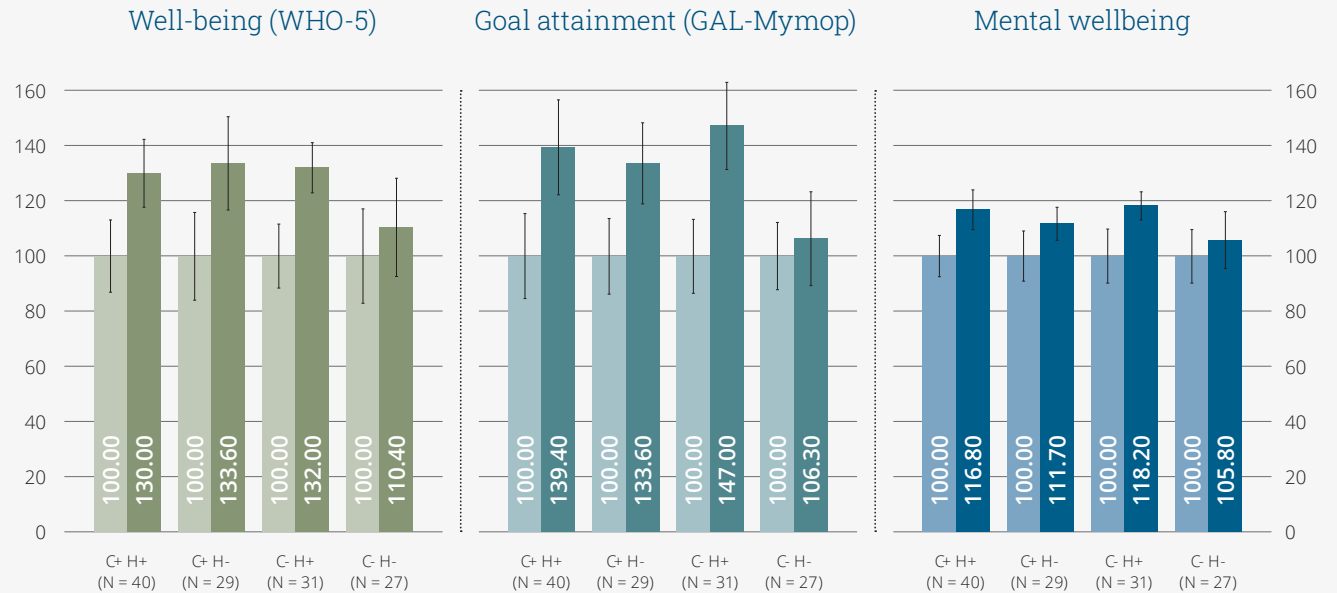
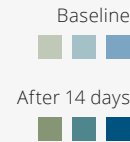
Short Coaching without Harmonization (C- H-)

Shortened coaching without harmonization

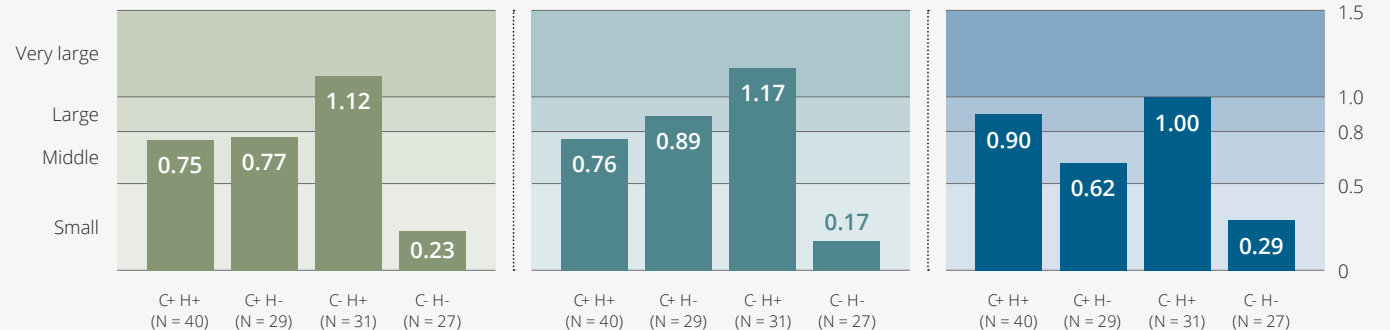
Incentive

None

Pre/Post Comparison



Effect Size*



Randomized, 14 days, four-arm pilot study to quantify the effect of the TimeWaver Coaching module, analysis and harmonization in the Information Field on improvement of general/mental wellbeing and goal attainment in healthy volunteers conducted by TimeWaver with 127 participants (error bars = 95% confidence interval).

* Effect size Cohens d: d < 0.5 small effect, d = 0.5 - 0.8 middle large effect, d = 0.8 - 1.0 large effect, d > 1.0 very large effect

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