

## Joint Event on

# 4<sup>th</sup> International Conference on **Endocrinology and Diabetes** & 34<sup>th</sup> World Congress on **Neurology and Neuroscience**

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## **Emotional and synesthetic test of hypnosis induction with video to relieve the patient from psycho-physical pain**

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**Introduction:** Emotions consist of patterns of physiological changes associated with behaviors. The urgency of putting them into action accompanied by emotional sensations that determine behavior and adaptive functions have guided the evolution of our brain. Emotions are also called "response frames" and their neuronal and hormonal control affects moral judgments and social behaviors. Historically, their expressions and recognitions have also been addressed to examine the nature of the sensations that accompany the different emotions. With Multidisciplinary Team ABA, we have done two Tests on Emotions and Synesthesia in Google Tool and Video-EBT-CVS test to induce in a gradual state of hypnosis, patients properly evaluated and in the management of emotions during the Covid and post-pandemic Covid. With the aim of teaching him to recognize and manage emotions with a gradual induction to a pseudo-hypnopompic state to tell us spontaneous story of their memories that, with a meditative music, lets flow and induce first an initial induction of emotions and final recognition of their emotions and others.

**Clinical study:** The dissemination of the Tool Emotional/ Synesthesia Battery Test among adults and students at Italian schools is in an early stage, but the partial data received until now, with informed consensus, are only 19 in total and among these only 5 patients have, for health reasons that we specify in detail below, have agreed to perform the preliminary evaluation tests after the EBT/ CVS Tool of 90 minutes maximum with the aim to complete the Video induction EBT-CVS with hypnosis and training to management/ treatment emotions for a total time of 1 hour 14 minutes and 40 seconds.

**Materials and Methods:** The sample was taken after a presentation of the research made in collaboration between Private Medical Study and ASST Bergamo West/East with a total of patients who performed Tool Test on Emotions and Synesthesia. The study sample that performed Tool Test remotely with Quilgo, 19 patients performed the Tool in Google, among them 5 also performed the Test of emotions and hypnotic induction in video EBT-CVS program. Only the Video-Emotional induction/synesthetic test with evaluation of the 5 subjects, already known for years, evaluate their neuro-endocrinal and psychological pathology conditions, as described above, with 3 preliminary tests for stable their psycho-intellectual state of departure in sufficient well-being, the respective tests are: Mini Mental state examination (Italian) by MF Folstein, Raven's standard Matrices, Test to evaluate the Hypnosis Induction Profile or Hypnotic Induction Profile of Spiegel (HIP), the Program with Tool Emotional/ Synesthesia Battery Test (EBT-CVS) and Video Test with Emotion Induction Test/Synesthesia Colombo-Vassallo- Shore or EBT-video CVS.

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**Data analysis:** The Google Test Tool EBT-CVS was sent to 44 patients in charge, of which 19 completed and sent within the 90 minutes required as the maximum time of performance. Of the 19 patients who performed it correctly. The data of the 19 tests performed have for age a range of 10-84 years, average 41,78 of years old and an average score of EQ (Emotional Quotient) of 56%, median of 54,02% and a range of 38,98%-91,10% at the EBT or Emotional Battery Test standard in Google Tool. 5 out of 19 patients tested by means of preliminary assessments, inherent our Video-Test of induction of emotions up to hypnosis, induced by the same associated video, and music in the final part of the test of recognition related also to facial expressions own and others. We analyzed the data with Anova-Montgomery 2001 to perform a variance analysis of the Tool Emotional Battery Test attended by 19 patients.

**Keywords:** Galvanic Skin Response Advanced Spectrum Analyzer, Emotional Battery Test, Hypnosis.

### Biography

Dr. Veronica Deysi Genoveva Colombo, MD, MS, excels as a Pediatrician and Criminology Psychology specialist at ASST BG WEST, USA. Combining medical expertise with psychological insights, she's dedicated to nurturing children's health and applying innovative strategies to enhance their well-being, ensuring a brighter future.

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