



STUDYBOOK

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Mental Wellness

ExoTMS Technology: A Breakthrough in Transcranial Stimulation for Enhancing Mental Well-Being
Michelle Dees MD, Yael Halaas MD, JD McCoy NMD

1. Luxury Psychiatry Clinic, Winter Garden, FL, USA, 2. Yael Halaas, M.D., F.A.C.S., New York, NY, USA, 3. Contour Medical, Gilbert, AZ, USA

Highlights

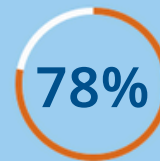
- 33 patients (25–78 years, BMI 17.5–43.1 kg/m²) received 4 sessions
- Patients were evaluated using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)
- 91% of patients found the therapies comfortable
- 78% of patients felt less stressed and 69% felt more confident at 3 months



Patients improved
in mental well-being
at 3 months



Patients felt
more energised
at 3 months



Patients experienced
improved sleep
onset at 3 months

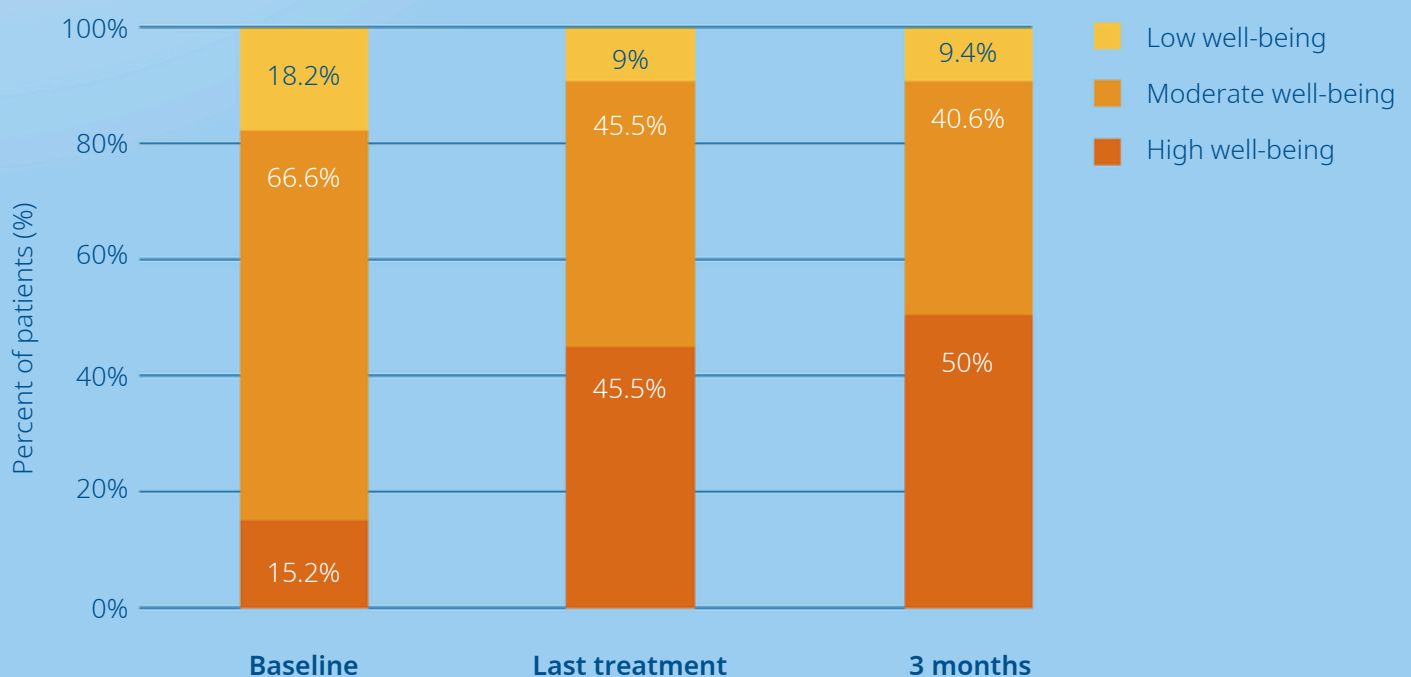


Figure 1: Percentage of patients in individual categories according to WEMWBS. The number of patients with high well-being increased by 3.2 times at 3 months.

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Willpower & Self-Control

Novel ExoTMS Technology for the Improvement of Self-Control

Rakesh Nanda, MD, Henry Johnston III, MD, Louis Cady, MD

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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 sessions
- Patients were evaluated using the Brief Self-Control Scale (BSCS) and Food Cravings Questionnaire–Trait (FCQ–T)
- 85% of patients found the therapies comfortable; no adverse events were reported



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



Patients reported feeling more motivated after the last treatment



Patients reported feeling mentally stronger after the last treatment

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Binge Eating

Novel ExoTMS Technology for the Reduction of Binge Eating Symptoms

David Pánek, MD, PhD¹, Toni Slavchev Donchev, MD²

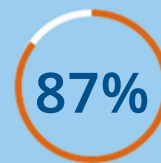
1. DP Neuro, Prague, Czechia, 2. Assoc. Professor, Medical Center Intermedica, Sofia, Bulgaria

Highlights

- 38 patients (24–66 years, BMI 19.6–44.4 kg/m²) with binge eating symptoms were enrolled in two parallel clinical studies received 6 sessions
- Patients were evaluated using the validated Binge Eating Scale (BES) questionnaire
- 92% of patients found the therapies comfortable; no adverse events were reported



Patients showed complete binge eating recovery at 1 month



Patients felt improved self-control over eating at 1 month

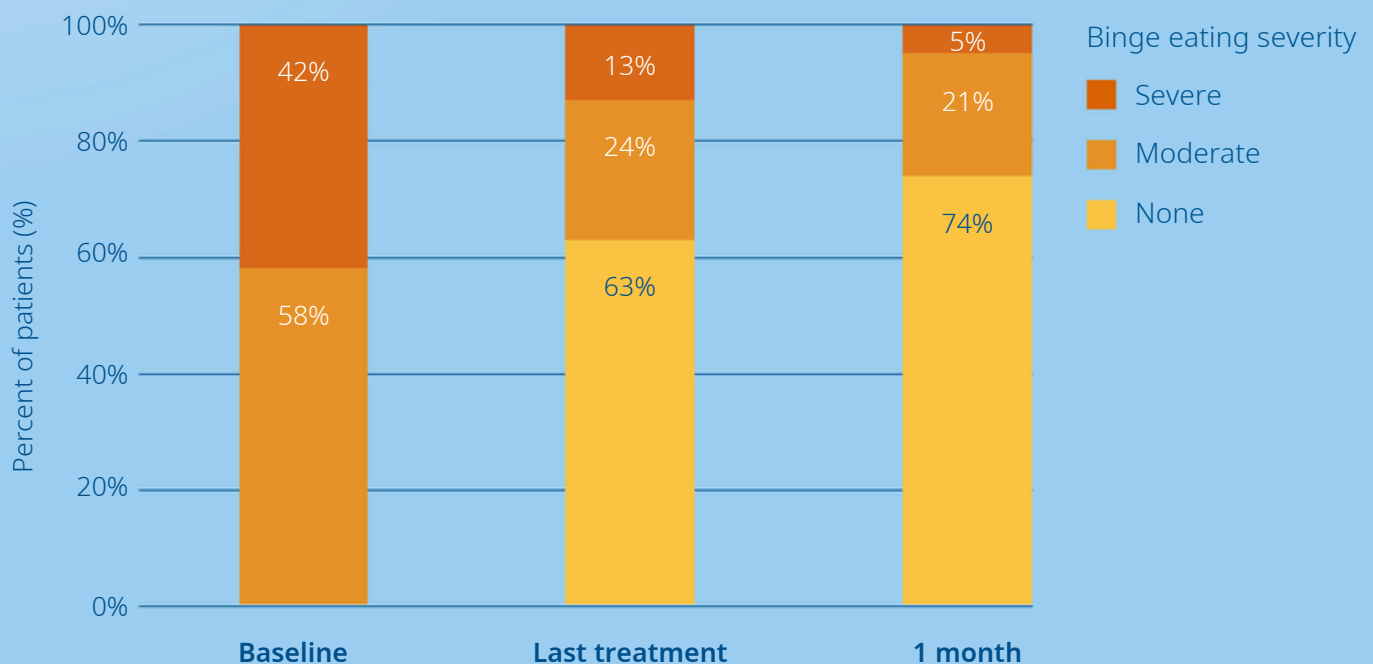


Figure 1: The BES questionnaire measures binge eating severity on a scale of 0-46: <17 point = no binge eating, 18-26 points = moderate binge eating, and ≥ 27 points = severe binge eating. At baseline, all patients exhibited binge eating symptoms. At 1 month, 28 subjects (74%) showed no binge eating behavior.

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Food Cravings

Mind Over Cravings: ExoTMS as the Novel rTMS Technology for Food Cravings Reduction
Monika Klířová, MD, PhD

1. Assoc. Prof., National Institute of Mental Health, Klecany, Czechia

Highlights

- 23 patients (23–71 years, BMI 18.8–42.6 kg/m²) seeking healthier eating habits received 4–6 sessions
- The validated Food Cravings Questionnaire–Trait (FCQ–T) was used for the evaluation, which showed a 36% reduction in food cravings at 1 month
- 78% of patients had lost weight at 1 month

2.3 kg
Average weight loss
at 1 month

100%
Patients reduced food cravings
at 1 month

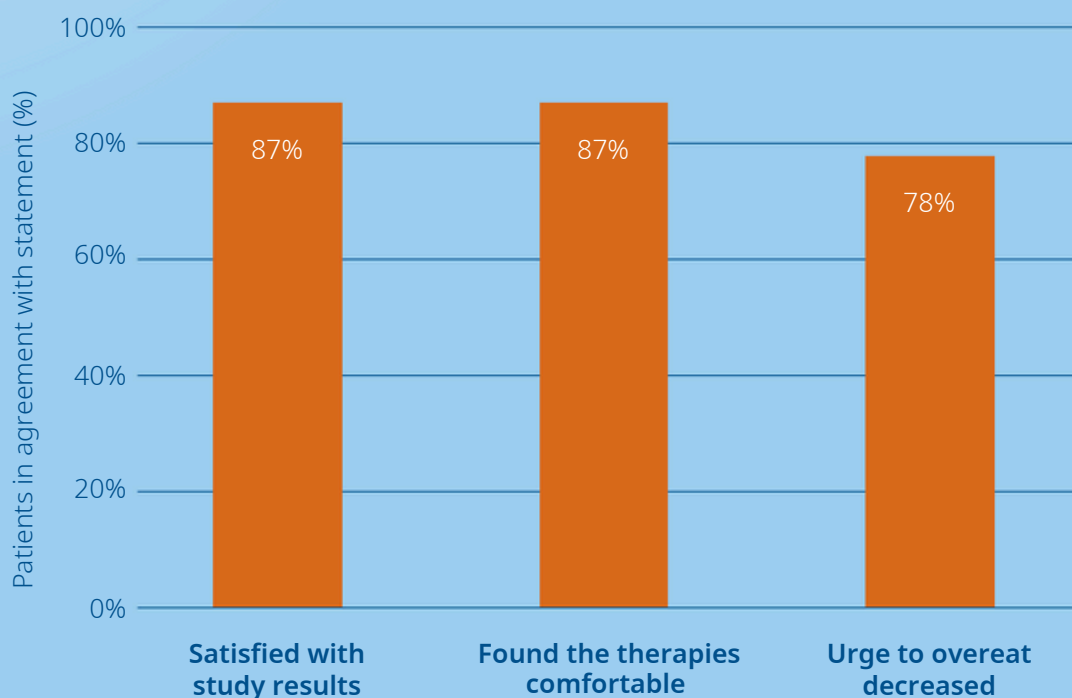


Figure 1: Percentage of patients in agreement with statements.

