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BioGraph Infiniti Physiology Suite

Welcome

The Physiology Suite is designed to include all the clinical tools you need for monitoring and assessing physiological functions, performing biofeedback sessions, reviewing recorded data for the purpose of artifact rejection and generating session and trend reports. The suite can be used with any of four encoder types: ProComp Infiniti, ProComp 5 Infiniti, ProComp+ and ProComp 2. Select the encoder type of your choice when you install the Suite.

Quick Start Instructions

Recording an Open Display Session

1. Connect your encoder to the computer using the fiber-optic cable and the TT-USB Interface.
2. Plug one or more physiological sensor(s) into the encoder as follows.

- **ProComp Infiniti or ProComp+ with an EKG sensor:**

Input A <i>EKG</i>		Input C <i>EMG</i>	Input D <i>EMG</i>	Input E <i>SC</i>	Input F <i>Temp</i>	Input G <i>Resp</i>	Input H <i>Resp</i>
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- **ProComp Infiniti or ProComp+ with a BVP sensor:**

	Input B <i>BVP</i>	Input C <i>EMG</i>	Input D <i>EMG</i>	Input E <i>SC</i>	Input F <i>Temp</i>	Input G <i>Resp</i>	Input H <i>Resp</i>
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- **ProComp 5 Infiniti with EKG and EMG or Temp sensor:**

Input A <i>EKG</i> <i>EKG</i>		Input C <i>EMG</i> <i>Temp</i>	Input D <i>Resp</i> <i>Resp</i>	Input E <i>SC</i> <i>SC</i>
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- **ProComp 5 Infiniti with BVP and EMG or Temp sensor:**

	Input B <i>BVP</i> <i>BVP</i>	Input C <i>EMG</i> <i>Temp</i>	Input D <i>Resp</i> <i>Resp</i>	Input E <i>SC</i> <i>SC</i>
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- **ProComp 2:**

	Input B <i>EKG</i> <i>BVP</i>	Input C <i>Resp</i> <i>Resp</i> <i>EMG</i> <i>Resp</i> <i>SC</i>	Input D <i>EMG</i> <i>Resp</i> <i>Temp</i>
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3. Launch BioGraph Ininiti.
4. In the Main Menu screen, click the **Start Open Display Session** button.
5. Click **Add New Client** to open the Client Data dialog box.
6. Type in a First Name and Last Name (Ex. Guy Test) and click **OK** to create the client file. The new client's name is automatically selected.
7. Click **Define New Session** to open the screen selection dialog box.
8. In the Encoder Communication Protocol drop-down list, in the upper left corner, select what's appropriate for your encoder:

ProComp Ininiti or ProComp 5 Ininiti	ProComp + or ProComp 2
ProComp Ininiti	Legacy

Note: Because the ProComp 5 Ininiti is a ProComp Ininiti with 5 channels instead of 8, the Encoder Communication Protocol is ProComp Ininiti for both.

9. Now select the desired channel set. There are two channel sets available for ProComp Ininiti and ProComp +, four for ProComp 5 Ininiti and five for ProComp 2. If you have an EKG or a BVP sensor, be sure to select the corresponding channel set.
10. The various screens for that channel set are listed in the table on the right. Click the drop-down list on the top right corner and select a Screen Category: **Skin conductance, Temperature, Respiration, HRV, Surface EMG** for single sensor type screens or **Multi modality** and **Physiological profile** for combinations of sensors.
11. Select up to five screens by pressing the [Control] key while clicking on screen items. Then click **OK**.
12. Start the recording by clicking on the **Start** button (green arrow) in the toolbar.

Recording a Script Session

1. Connect your encoder to the computer using the fiber-optic cable and the TT-USB Interface.
2. Plug one or more physiological sensor(s) into the encoder as follows.

- **ProComp Ininiti or ProComp+ with an EKG sensor:**

Input A EKG		Input C EMG	Input D EMG	Input E SC	Input F Temp	Input G Resp	Input H Resp
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- **ProComp Ininiti or ProComp+ with a BVP sensor:**

	Input B BVP	Input C EMG	Input D EMG	Input E SC	Input F Temp	Input G Resp	Input H Resp
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- **ProComp 5 Ininiti with EKG and EMG or Temp sensor:**

Input A EKG		Input C EMG	Input D Resp	Input E SC
EKG		Temp	Resp	SC

- **ProComp 5 Ininiti with BVP and EMG or Temp sensor:**

	Input B BVP	Input C EMG	Input D Resp	Input E SC
	BVP	Temp	Resp	SC

▪ **ProComp 2:**

	Input B EKG BVP	Input C Resp Resp EMG Resp SC	Input D EMG Resp Temp
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3. Launch BioGraph Infiniti.
4. In the Main Menu screen, click the **Start Script Session** button.
5. Click **Add New Client** to open the Client Data dialog box.
6. Type in a First Name and Last Name (Ex. Guy Test) and click OK to create the client file. The new client's name is automatically selected.
7. Click **Select New Script** to open the Script Database dialog box.
8. In the Encoder Communication Protocol drop-down list in the upper left corner, select what's appropriate for your encoder:

ProComp Infiniti or ProComp 5 Infiniti	ProComp + or ProComp 2
ProComp Infiniti	Legacy

Note: Because the ProComp 5 Infiniti is a ProComp Infiniti with 5 channels instead of 8, the Encoder Communication Protocol is ProComp Infiniti for both.

9. Select a script from the list and click **OK**.
10. Start the recording by clicking on the **Start** button (green arrow) in the toolbar.

General Usage Recommendations

The physiology suite offers a full set of clinical tools to allow you to do three essential clinical tasks:

- **Assessment:** You can evaluate the current state of a client's physiological processes by running the **7-activity Stress Assessment**.
- **Training:** You can teach the client new self regulation strategies through biofeedback by recording open display sessions with one to five **Training screens** or running a **Training script**.
- **Follow-up:** You can perform regular evaluations of your client's progress by running regular **pre-training** and **post-training** baseline scripts and generating trend reports. Trend reports give you a quick overview of your client's outcome and rapidly demonstrate the client's learning curve.

Assessment: 7-Activity Stress Assessment

The 7-activity Stress Assessment script is composed of a series of three stress/relax cycles, during which you can observe and evaluate a client's natural responses to stressful situations and his/her ability to return to normal states when the stressing condition is ended. The assessment can be run once, during the initial visit and once or twice, later, during the training period.

- Using the **within session** trend report functions, you can rapidly see how the client's physiology changes during alternating stressful challenges and periods of recuperation across the 7 activities.
- If you also run the script after a number of therapy sessions, you can generate trend reports **across sessions**, to compare "before" and "after" states.

Pre- and Post-Training Baseline

The **Pre-** and **Post-training** baseline assessment scripts can be run at the beginning and at the end of every visit to give you two types of clinical information:

- **Pre-training baseline** recordings are a quick and easy way to take a snapshot of how your client is doing after a period of time spent back in his/her own environment. By trending pre-treatment baseline sessions, you can get an idea of how much of the learning that occurs during the biofeedback sessions is actually retained from visit to visit.
- **Post-training baseline** recordings show what was learned during each treatment and if incremental learning is occurring from visit to visit. Expertise is gained through learning if training exercises are performed frequently enough for the new knowledge to be integrated. Post-training baseline recordings can demonstrate this by showing increasing levels of learning, as your client is expanding his/her self-regulatory skill set.

Open display sessions and training scripts

There are two ways to use the Physiology Suite with BioGraph Infinity:

- **Open display sessions** allow you to load 1 to 5 different feedback screens in one session and switch between screens, on the fly, by simply clicking a numbered button in the tool bar. There is no need to stop and re-start the session to change the biofeedback experience. You can pause and continue the session, at will, to coach the client in using different strategies and you can reset counters and percentages by clicking the **Reset** button. Open display sessions give you the most flexibility but are not very good for generating trend reports as the client's physiological state might have been changing a number of times during the session.
- **Script sessions** are time-limited and allow for standardized recordings of assessments and baselines. The Physiology Suite includes a number of assessment and training scripts that can be run at regular intervals to monitor progress. Running a standardized training session allows you to monitor learning during a single session because you can trend statistical means across a number of practice trials.

Screen Descriptions

Categories

The Physiology Suite contains a number of display screens for a variety of purposes, divided into specific categories. Depending on the type of biofeedback training you want to do, the categories classify the types of feedback as:

- **Surface EMG:** Display screens for one or two channels of electromyography. The screens can be used for learning relaxation, stress control and help teach awareness of head, neck and low back muscle tension or to train voluntary relaxation of specific muscle groups.

- **Skin Conductance:** The skin conductance display screens can be used to help develop an awareness of learned stress responses and teach basic self-regulation skills.
- **Temperature:** Use the temperature biofeedback screens to train for increasing peripheral temperature and controlling unconscious stress responses.
- **Respiration:** These screens show one or two channels of respiration and can be used for abdominal and (optionally) thoracic breathing training. Slow deep abdominal breathing helps with relaxation and can be used for lowering the heart rate.
- **HRV:** Heart rate variability training screens monitor respiration and heart rate, using a blood volume pulse (BVP) or an EKG sensor, and are useful for respiratory sinus arrhythmia (RSA) training or to expand the adaptive range of the cardio-vascular system (by increasing variability).
- **Multi-modality and Physiological profile:** Use these display screens when you need to work with more than one physiological signal.
- **Scripts:** Screens in this category are mainly used as part of the assessment scripts.

Tasks

Within each category, the display screens are described according to the type of task they are designed to help accomplish:

- **Signal verification:** These display screens can be used at the beginning of a session, to check the quality of the recorded signals and ensure proper sensor placement.
- **Training screens:** The training screens are designed for biofeedback and generally implement a number of multi-media features, ranging from MIDI tone feedback to animation, to DVD playback control, for the purpose of communicating physiological change. Training screens are not usually adequate for reviewing data and generating session reports.
- **Report Screens:** Report screens are designed to facilitate session reviewing and for generating session reports. Some review screens show actual signal graphs. Others show trend graphs.
- **Instruction & Script:** These screens are used as part of the assessment scripts.

Screen Descriptions

Note: The following screen captures show only screens for the ProComp Infiniti channel sets. Screens for the ProComp + channel sets are identical to these but screens for the ProComp 5 Infiniti and ProComp 2 channel sets may vary slightly because the devices have less sensor inputs.

Open Display Surface EMG Screens

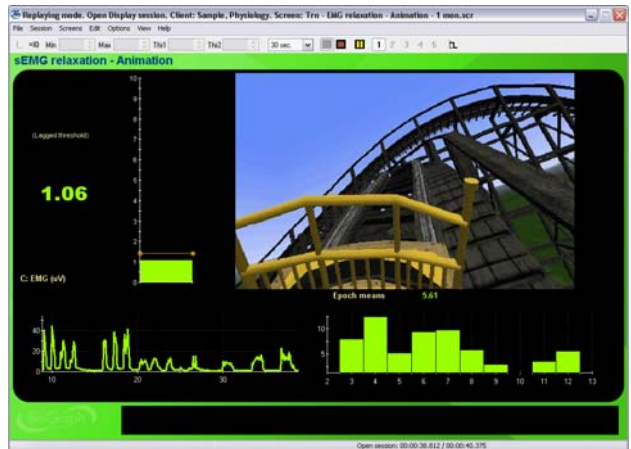
Training - 1 EMG - Line graph & epoch means

A basic screen with a single line graph showing an amplitude representation of the contraction level (activity) of the monitored muscle group and a trend graph plotting the mean amplitude for a user-definable averaging period (epoch). A MIDI tone, proportional to the mean amplitude, is heard each time the epoch mean is plotted.



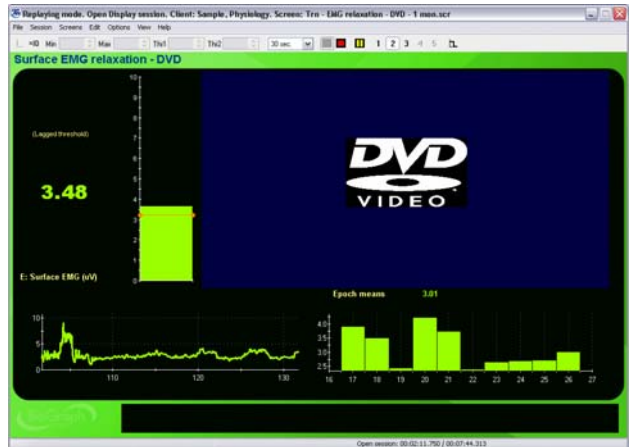
Training - 1 EMG - Animation

This relaxation training feedback screen shows the EMG signal on a bar graph and plays a warm tone, as well as an animation (AVI) when the amplitude dips below the threshold. The threshold is set to automatically follow the signal to allow for instantaneous feedback of any change of direction.



Training - 1 EMG - DVD

This relaxation training feedback screen shows a bar graph representation of the muscle activity and plays any DVD from the PC's DVD drive. The size of the DVD image shrinks when the EMG amplitude moves above the threshold, reinforcing relaxation. As with the previous screen, the threshold is set to automatic.



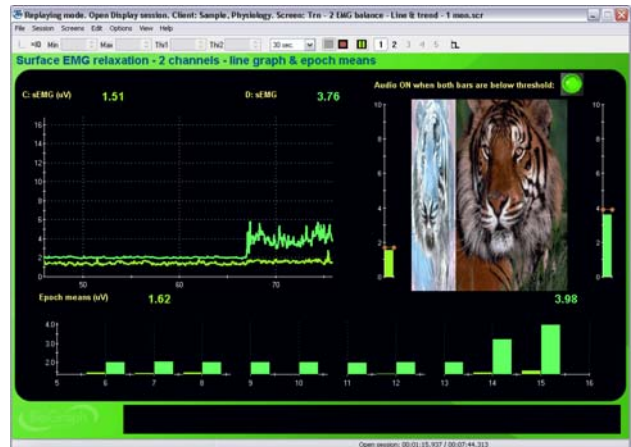
Training - 2 EMG line graphs & epoch means

This two-channel EMG training screen is used for bilateral muscle relaxation training. The screen displays the two signals on one line graph, with two bar graphs on the sides and a trend graph of the mean amplitude (epoch) at the bottom. A green light turns ON and a tone is heard when both signals are below the thresholds on the bar graphs.



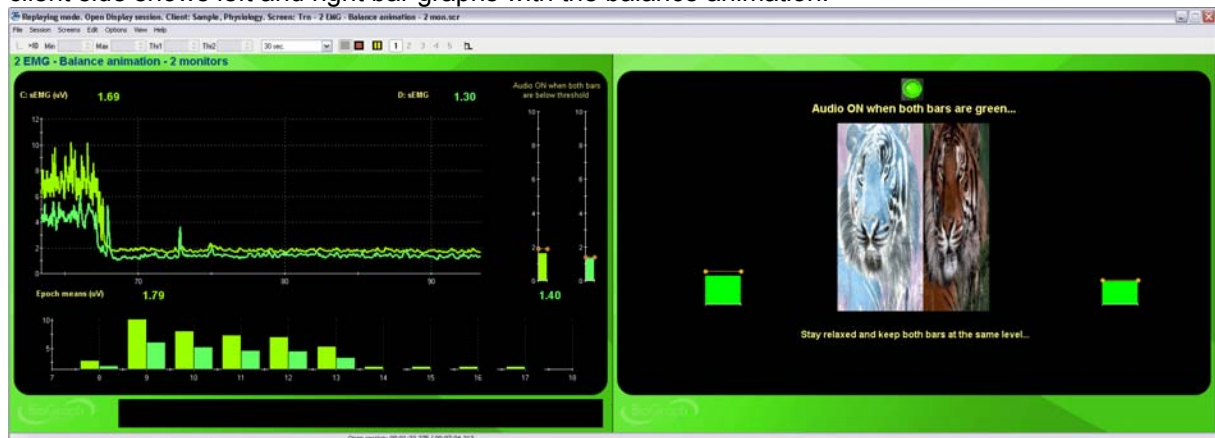
Training - 2 EMG & balance animation - 1 monitor

This two-channel EMG training screen is similar to the previous screen, but it also shows a balance type animation, representing the ratio of the two EMG signals. When both signals are equal, the animation is centered. A MIDI Song plays when both signals are below their respective thresholds on the bar graphs.



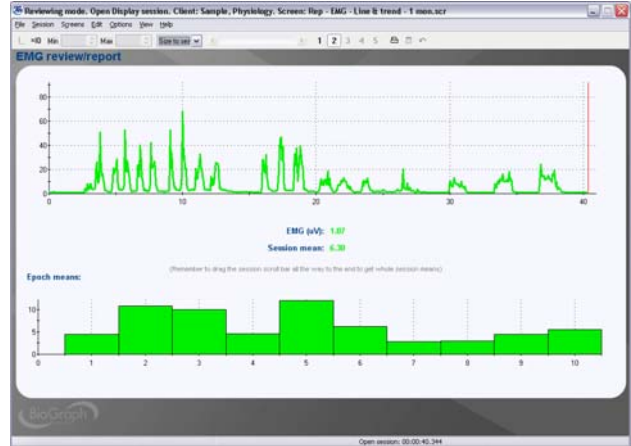
Training - 2 EMG & balance animation - 2 monitors

This two-monitor screen is similar to the previous one, but designed to work on two-monitor systems. The clinician side screen shows the signal line graphs, with a trend graph of epoch means while the client side shows left and right bar graphs with the balance animation.



Report - 1 EMG Line graph and trend

Report screen for sessions with 1 EMG channel. The screen shows a line graph of the EMG amplitude and a trend graph of epoch means. Drag the time marker (vertical red line) over the EMG signal and see the value for any data point as a number in the center of the screen. To see the whole session mean, drag the time marker completely to the end of the session.



Report - 2 EMG Line graphs and trends

This screen is similar to the previous screen, but displays signals and values for two EMG channels.



Open Display Skin Conductance Screens

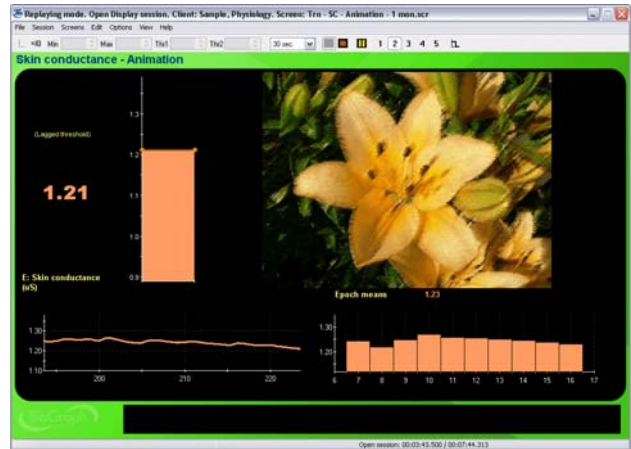
Training - SC - Line graph and number

A basic screen with a single line graph showing the raw skin conductance value and a trend graph plotting the mean SC for a user-definable averaging period (epoch). A proportional tone is heard when the raw signal goes up and down.



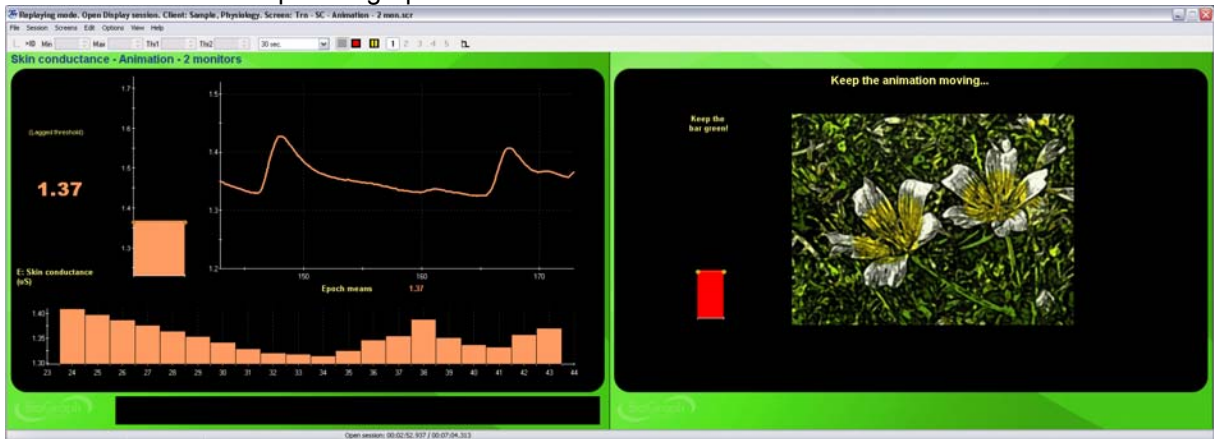
Training - SC - Animation - 1 monitor

The screen shows a bar graph of the skin conductance and plays a MIDI song and an animation (AVI) when the SC value dips below the threshold. The threshold is set to automatically follow the signal to allow for instantaneous feedback of any change of direction.



Training - SC - Animation - 2 monitors

This two-monitor screen is similar to the previous one, but designed to work on two-monitor systems. The clinician side screen shows the signal line graphs, with a trend graph of epoch means, while the client side shows a simple bar graph with the animation.



Training - SC - DVD

This feedback screen shows a skin conductance bar graph and plays any DVD from the PC's DVD drive. The size of the DVD image shrinks when the SC amplitude moves above the threshold, reinforcing a low SC. As with the previous screen, the threshold is set to automatic.



Report - SC - Line graph and trend

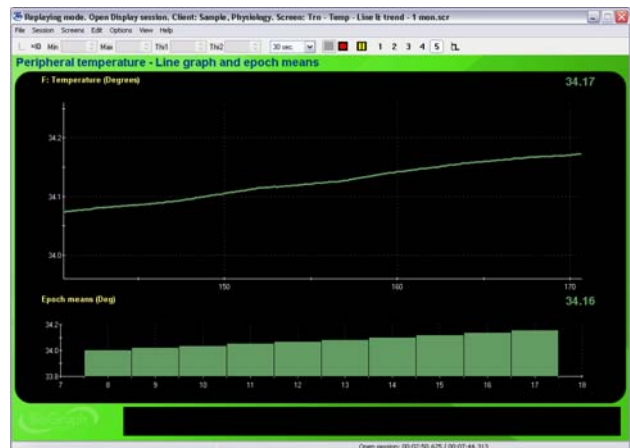
Report screen for sessions with 1 channel of skin conductance. The screen shows a line graph of the raw signal and a trend graph of epoch means. Drag the time marker (vertical red line) over the raw signal and see the value for any data point as a number in the center of the screen. To see the whole session mean, drag the time marker completely to the end of the session.



Open Display Temperature Screens

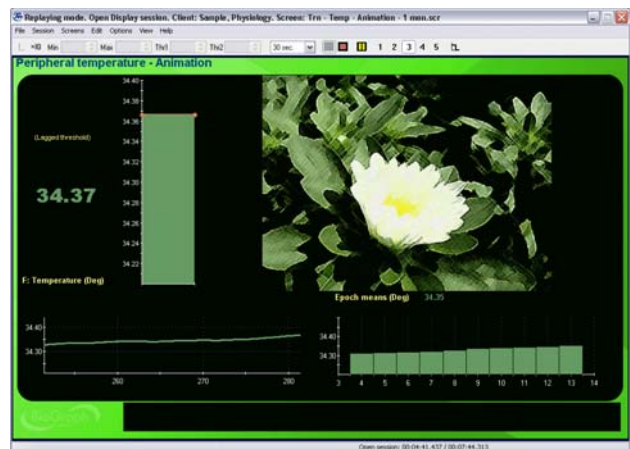
Training - Temp - Line graph and number

A basic screen with a single line graph showing the raw temperature value and a trend graph plotting the mean temp for a user-definable averaging period (epoch). An inverse proportional tone is heard when the raw signal goes up and down.



Training - Temp - Animation - 1 monitor

The screen shows a bar graph of the temperature signal and plays a MIDI song and an animation (AVI) when the signal value moves over the threshold. The threshold is set to automatically follow the signal to allow for instantaneous feedback of any change of direction.



Training - Temp - Animation - 2 monitors

This two-monitor screen is similar to the previous one, but designed to work on two-monitor systems. The clinician side screen shows the signal line graphs, with a trend graph of epoch means, while the client side shows a simple bar graph with the animation.



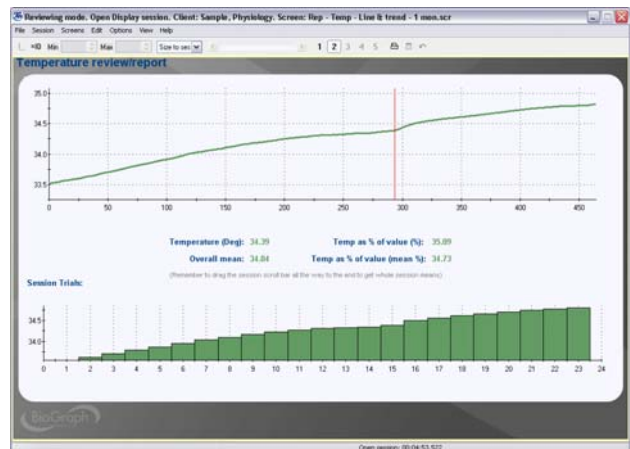
Training - Temp – DVD

This feedback screen shows a temperature bar graph and plays any DVD from the PC's DVD drive. The size of the DVD image shrinks when the signal moves below the threshold, reinforcing warming up. As with the previous screen, the threshold is set to automatic.



Report - Temp - Line graph and trend

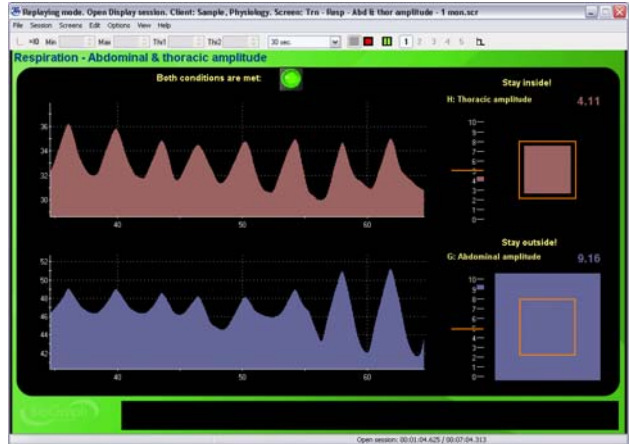
Report screen for sessions with 1 channel of skin conductance. The screen shows a line graph of the raw signal and a trend graph of epoch means. Drag the time marker (vertical red line) over the raw signal and see the value for any data point as a number in the center of the screen. To see the whole session mean, drag the time marker completely to the end of the session.



Open Display Respiration Screens

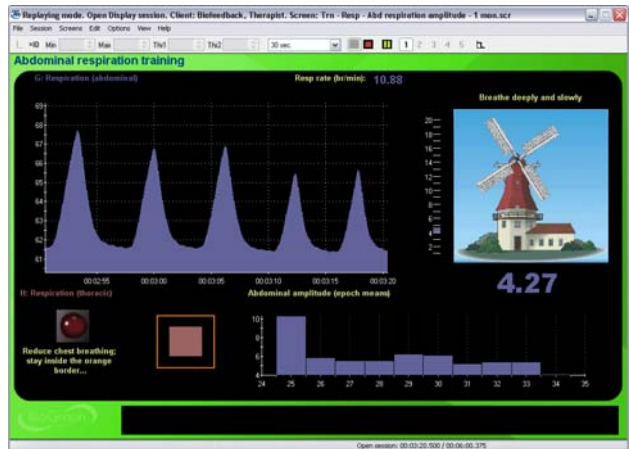
Training - Resp - Abdominal & thoracic ampl.

A basic screen with two line graphs showing the raw thoracic and abdominal respiration signals. At the right of each line graph, a growing shape instrument with manual thresholds displays the corresponding amplitude value at each breath. A MIDI song plays when the thoracic amplitude is below threshold and the abdominal amplitude above threshold.



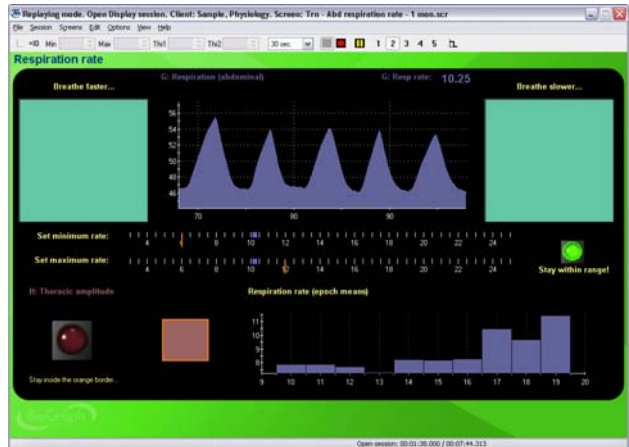
Training - Resp - Abdominal amplitude

The screen shows a line graph of the raw abdominal respiration signal and an animation instrument, showing the amplitude of each breath. A proportional tone is heard and the animation moves faster or slower, depending on that value. In the lower left corner, a growing shape instrument shows the thoracic amplitude value and inhibits feedback when the value is over a manually set threshold.



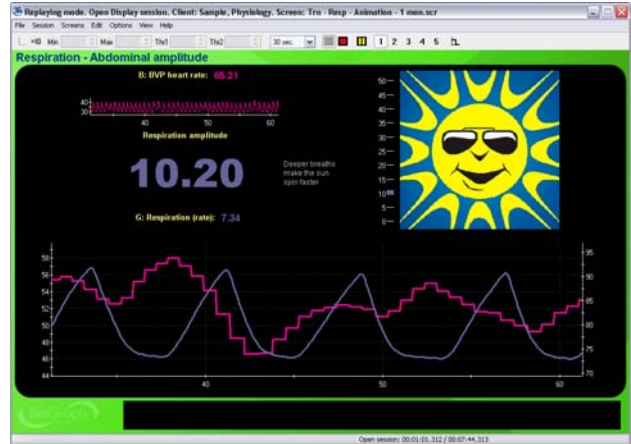
Training - Resp - Resp rate range

A line graph of the raw abdominal respiration signal is in the center of the screen. Below, two horizontal scale instruments allow you to define a min and max respiration rate. A MIDI song plays when the rate is between those thresholds. The animation instruments on each side indicate when the respiration rate is too slow or too fast.



Training - Resp - RSA & Amplitude

This feedback screen shows a line graph with the raw respiration and heart rate signals (RSA). At each breath, the respiration rate and amplitude values are shown and the animation moves faster or slower, depending on the amplitude.



Report - Resp - Line Graph and Trend

Report screen for sessions with 1 or 2 respiration channels. The screen shows line graphs of the raw signal(s) and of the thoracic-abdominal amplitude difference as well as a trend graph of the respiration rate epoch means. Dragging the time marker over the raw signal allows you to see point values for the rate and amplitude differences. To get whole session means, drag the time marker completely to the end of the session.



Open Display Heart Rate Variability (HRV) Screens

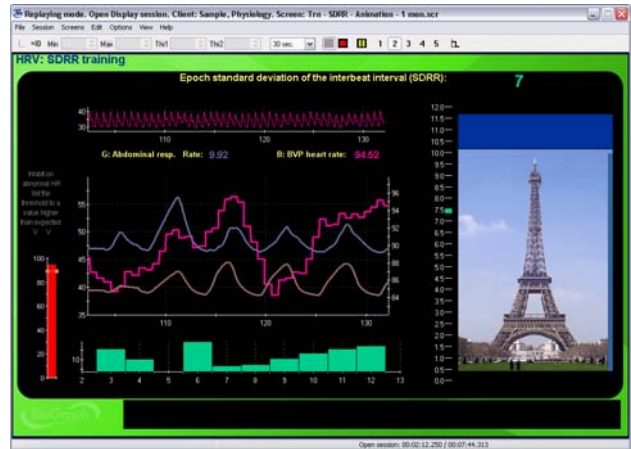
Training - HRV - HR max – min

This feedback screen shows a line graph with the raw respiration and heart rate signals (RSA). The animation instrument is connected to the heart rate max – min difference channel, which is a measure of breath to breath heart rate variability. As the variability increases, the animation image grows proportionally taller.



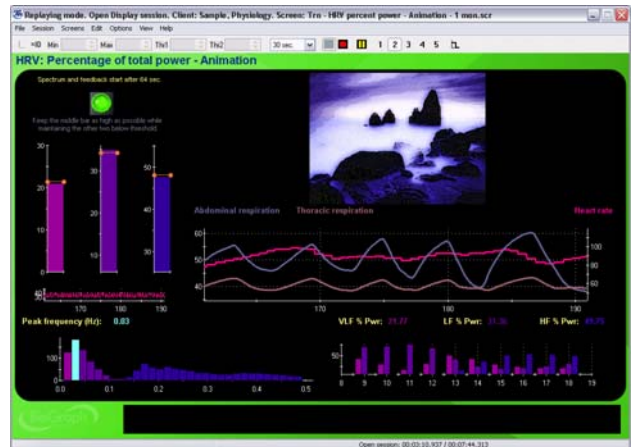
Training - HRV - SDRR – Animation

This feedback screen shows a line graph with the raw respiration and heart rate signals (RSA). The animation instrument is connected to the Epoch-based standard deviation of the IBI value channel, which is a standard measure of heart rate variability. As the variability increases, the animation image grows proportionally taller.



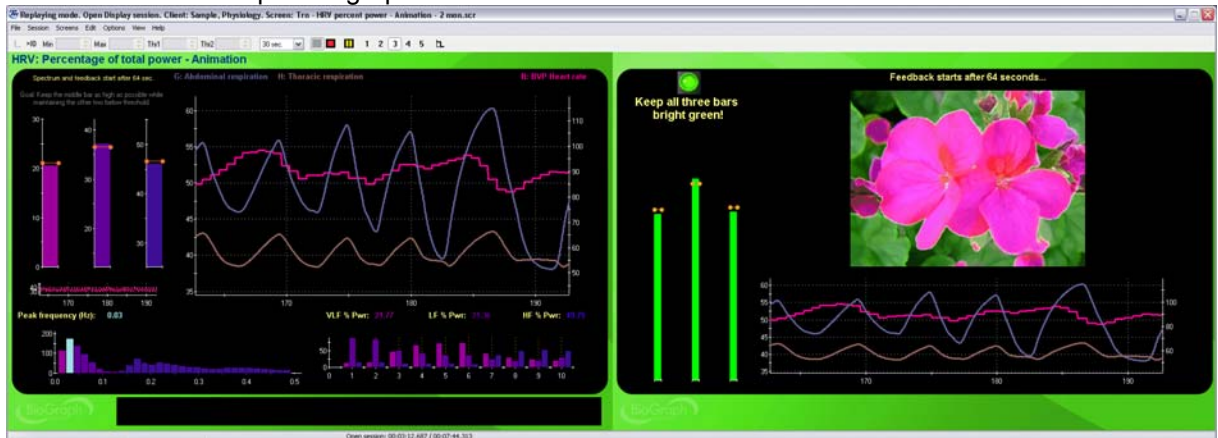
Training - HRV - % Power & Animation - 1 Monitor

This screen is designed to up-train the low frequency (LF) band of the HRV spectrum while down-training the VLF and HF bands. The three bar graphs on the left are set to automatically follow these values. The green light turns on and the animation starts when the conditions are met. The on-going trends for each frequency band are shown in the lower right corner.



Training - HRV - % Power & Animation - 2 Monitors

This two-monitor screen is similar to the previous one, but designed to work on two-monitor systems. The clinician side screen shows the signal line graphs, with a trend graph of epoch means, while the client side shows simple bar graphs with the animation.



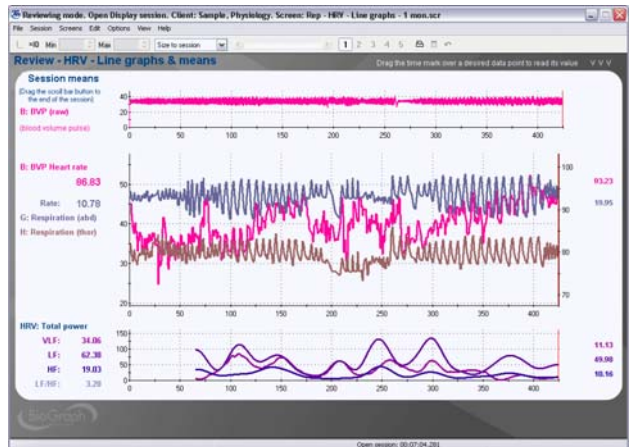
Training - HRV - % Power with DVD

This screen is similar to the two previously described screens except that the feedback is given using the DVD instrument. The green light turns on and the DVD image enlarges when the conditions are met. The on-going trends for each frequency band are shown in the lower right corner.



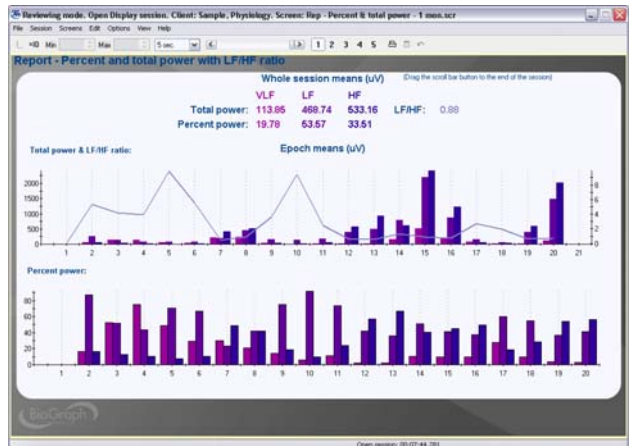
Report - HRV - Line Graphs & Numbers

Report screen for heart rate variability (HRV) training sessions. The screen shows line graphs of the raw BVP or EKG signal and of the abdominal and thoracic respiration. At the bottom of the screen, a line graph shows the total power output for each HRV band, VLF, LF and HF. Dragging the time marker over the signal lines allows you to see point values for the heart rate, respiration rate and point-by-point power. To get whole session means, drag the time marker completely to the end of the session.



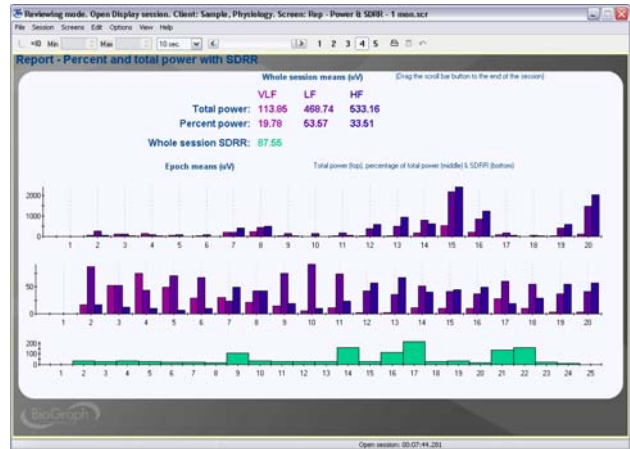
Report - HRV - % & Total Power - 1 Monitor

Report screen for heart rate variability (HRV) training sessions. The screen shows trend graphs of the total and percent power for the three standard HRV frequency bands, VLF, LF and HF. The LF/HF ratio is shown as a blue grey line on the top graph. To get whole session means, drag the time marker completely to the end of the session.



Report - HRV - Power & SDRR - 1 Monitor

Report screen for heart rate variability (HRV) training sessions. The screen shows trend graphs of the total and percent power for the three standard HRV frequency bands, VLF, LF and HF. The bottom graph shows the epoch standard deviation of the IBI (SDRR). To get whole session means, drag the time marker completely to the end of the session.

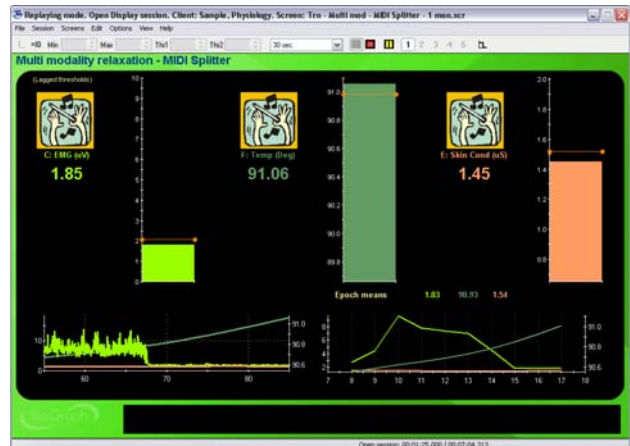


Open Display Multi-Modality Screens

Training - EMG SC Temp - MIDI Splitter

Training - EMG SC Temp & manual thresholds - MIDI Splitter

This feedback screen shows two graphs with signal lines and epoch means at the bottom and three bar graphs, for EMG, SC and Temp. Feedback is defined with a MIDI splitter instrument. Each signal plays one musical voice and all three voices are heard when the three conditions are met. Two versions of this screen are available, one with automatic and one with manual thresholds.



Training - Temp & BVP - Line Graph & Growing Shape

Temperature training screen with blood volume pulse (BVP) amplitude. When the pulse amplitude is increased, the temperature follows. The growing shape instruments play inverse proportional tones when each signal moves over its threshold. When both signals are in condition, the green light turns on and a low background tone is heard.



Rep - EMG SC Temp - Lines & Trends - 1 mon.scr

Report screen for multi-modality sessions with EMG, SC and Temp. The top graph shows the signal graphs while the bottom graph plots epoch means. To get whole session means, drag the time marker completely to the end of the session.



Report - Temp & BVP - Line Graphs and Trends

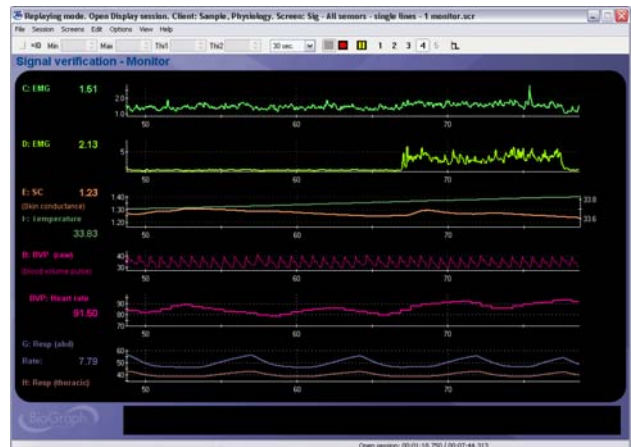
Report screen for multi-modality sessions with BVP (amplitude) and Temp. The top graph shows the signal graphs while the bottom graph plots epoch means for the temperature channel. To get whole session means, drag the time marker completely to the end of the session.



Open Display Physiological Profile Screens

Signal verification - Single Line Graphs - 1 Monitor

This screen is intended for signal verification purposes. It shows the raw signal from all the sensors defined in the channel set with numeric instruments along the left edge.



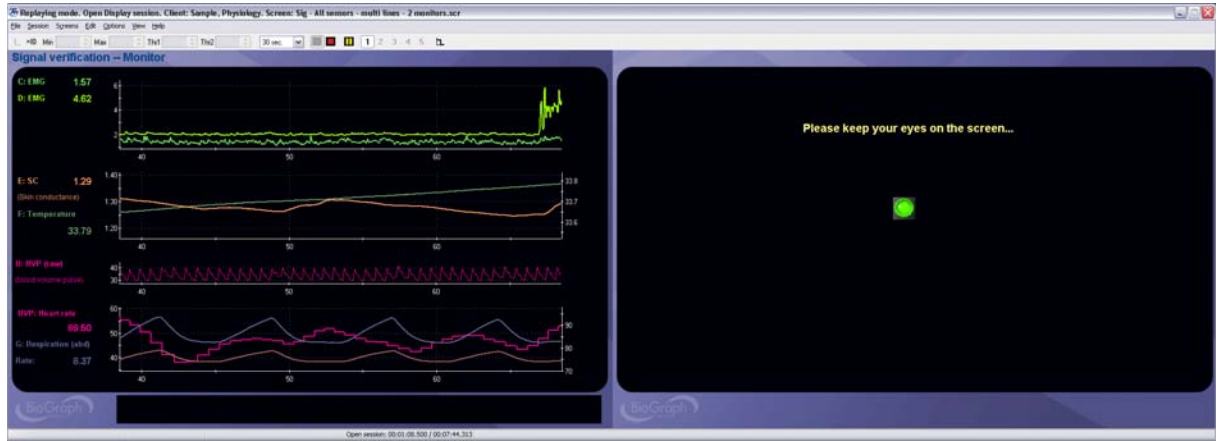
Signal Verification - 1 monitor

This screen is intended for signal verification purposes. Similarly to the previous screen, it shows the raw signal from all the sensors defined in the channel set but combines lines on multi-line graphs.



Signal Verification - 2 monitors

This two-monitor screen is similar to the previous one, but designed to work on two-monitor systems. The clinician side screen shows the signal line graphs, with a trend graph of epoch means, while the client side shows a blinking green light animation to provide something to focus on while recording baseline data.



Signal Verification & Video - 1 Monitor

This screen is intended for signal verification purposes. Similarly to the previous two screens, it shows the raw signal from all the sensors defined in the channel set but it adds a video capture instrument in the upper left corner. To use this screen, you must have a Web Cam connected to your PC. (Use this screen for reviewing data as well.)



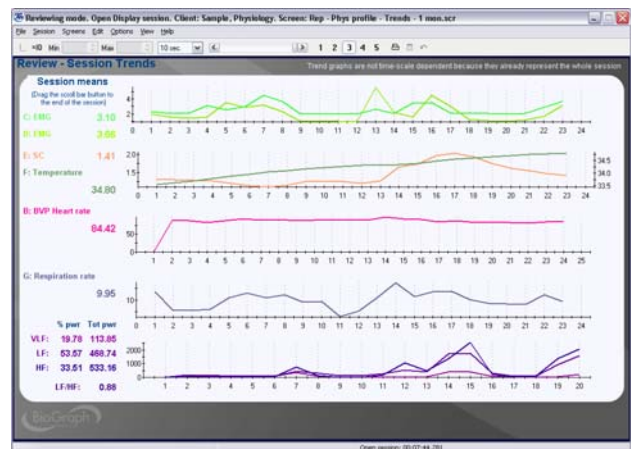
Report - Line Graphs & Numbers

This report screen shows all the raw and some processed signal traces for all the sensors defined in the channel set on multi-line graphs. Drag the time marker along the signal lines to get point-by-point values, on the right side of the screen. Drag the time marker all the way to the end of the session to get whole session means on the left edge.



Report - Trend Graphs & Numbers

Report screen similar to the previous one with epoch mean trend graphs instead of line graphs. Epoch-based means are useful for reviewing long sessions because they reduce the number of data points to plot on one graph. Drag the time marker all the way to the end of the session to get whole session means on the left edge.



ProComp 5 Infiniti Channel Set configurations

Since the ProComp 5 Infiniti is a five-channel device, the screens have been divided in a number of subsets, including:

- **Physiology BVP & EMG:** This channel set includes all BVP based HRV screens with the 1 EMG training and report screens and a number of modified Signal verification screens.
- **Physiology BVP & Temp:** Same as above but with temperature screens, instead of EMG.
- **Physiology EKG & EMG:** Same as above with EKG based HRV screens.
- **Physiology EKG & Temp:** Same as above but with temperature screens, instead of EMG.

ProComp 2 Channel Set configurations

Since the ProComp 2 is a two-channel device, the screens have been divided in a number of subsets, including:

- **Physiology 2 EMG:** This channel set includes all the 1 and 2 EMG training and report screens, along with some modified Signal verification screens.
- **Physiology 2 Resp:** This channel set is for two respiration channels and is used for abdominal and, optionally, thoracic breathing training. It includes all the 1 & 2 respiration training and report screens, along with some modified signal verification screens.

- **Physiology BVP & Resp:** This channel set incorporates BVP with 1 channel of respiration. The set includes all the HRV training and report screens, along with some modified signal verification screens.
- **Physiology EKG & Resp:** Same as above, but for EKG.
- **Physiology SC & Temp:** The channel set includes screens for both SC and Temp training and reporting and also some modified signal verification screens.

Script Descriptions

Assessment: 7 activity stress assessment - 1 or 2 monitors

Note: Because it requires monitoring more than two physiological signals simultaneously, the 7-Activity Stress Assessment script is only available for the ProComp Ininiti, ProComp+ and ProComp 5 Ininiti.

- Duration: 14 minutes
- Sequencing: Seven 2-minute activities
 1. **Baseline**
 2. **Color Words**
 3. **Rest 1**
 4. **Math Task**
 5. **Rest 2**
 6. **Stressful Event Recall**
 7. **Rest 3**
- Each activity is preceded by an instruction step during which recording is paused. The clinician has to press a key to continue with the rest of the activity.
- The 1-monitor version gives instructions to the clinician and requires that the monitor is turned towards the client during the **Color Words** activity and away from the client during the **Math Task** and other activities.
- The 2-monitor version shows clinician and client instructions on the left and right monitors and does not require that the monitor is turned away from the client.

Assessment: Physiology pre- and post-training baseline

- Duration: 1 mn 20 sec
- One activity: Baseline
- The script starts with an instruction step and the clinician has to press a key to start the recording.

Training:

The training scripts all follow the same structure: 1 Instruction step, followed by 10 trials of identical durations. Using the Edit Script functions in BioGraph Ininiti, you can easily change the duration of the training steps as well as the actual training screen that is used for the 10 trials.

There are 6 training scripts:

- 1 EMG relaxation training 10 trials
- 2 EMG relaxation training 10 trials

- Respiration relaxation training 10 trials
- Skin conductance training 10 trials
- Peripheral temperature training 10 trials
- Skin conductance relaxation script - 2 monitors

The last training script is the SC Relaxation Exercise script, which runs for 20 minutes and is composed of two activities, **Baseline** and **Relaxation Exercise**, which, in turn, is built of four steps:

- Instructions
- Relaxation Induction (461 seconds - duration is defined by audio clip duration)
- Relaxation (duration can be modified by user)
- Relaxation Recovery (102 seconds - duration is defined by audio clip duration)

During the induction and recovery steps, the script plays audio clips from a standard relaxation exercise tape. Because of this, the duration of these steps should not be modified and pausing of the session should be avoided. The relaxation step doesn't include audio prompting, so its duration can be adjusted as desired. The script uses two-monitor screens to allow the clinician to see all the physiological changes and show only client instructions on the second monitor.

Note: Because it requires monitoring more than two physiological signals simultaneously, the Skin Conductance Relaxation script is only available for the ProComp Infiniti, ProComp+ and ProComp 5 Infiniti.

