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Examination of the Experiences of Practitioners Applying Resonance Therapies in Türkiye: Survey Study

Türkiye'de Rezonans Terapilerini Uygulayan Uygulayıcıların Deneyimlerinin İncelenmesi: Anket Çalışması

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ABSTRACT Objective: Resonance therapy is increasingly being used in the treatment of various health problems such as addiction, pain, psychiatric disorders, and cancer. We investigated the experiences of resonance therapy practitioners in Türkiye and their opinions regarding the effectiveness of this treatment. **Material and Methods:** A survey was conducted among 300 practitioners of resonance therapy in Türkiye using Google Forms. **Results:** The study revealed that out of the resonance therapy practitioners, 185 (61.6%) were medical doctors, and 207 participants (69%) had been practicing resonance therapy for less than 5 years. The most commonly used device was the QUITT device (64.5%). Among the participants, 204 (68%) believed that resonance therapy is effective in quitting smoking and tobacco use, 291 (97%) believed it is effective in reducing appetite, 282 (94%) believed it balances metabolism, 297 (99%) believed it has a positive impact on human psychology, and 267 (89%) believed it is effective in treating allergies and atopic conditions. However, 42% of the participants had no experience regarding the effectiveness of resonance therapy in treating visual impairments, 209 participants (69.7%) had no experience regarding the treatment of nail lesions, and 120 participants (40%) had no experience regarding the treatment of solid organ cancer using resonance therapy. **Conclusion:** Resonance therapy practitioners in Türkiye believe that this treatment method is particularly effective for smoking and alcohol addiction, obesity, psychiatric disorders, allergies, and atopic conditions. However, there is limited experience regarding its effectiveness in treating nail lesions, myopia, hypermetropia, and solid organ cancer in the country.

Keywords: Complementary therapies; resonance therapy; holistic health

ÖZET Amaç: Rezonans terapisi, bağımlılık, ağrı, psikiyatrik bozukluklar ve kanser gibi çeşitli sağlık sorunlarının tedavisinde giderek daha fazla kullanılmaktadır. Bu çalışmada, Türkiye'deki rezonans terapi uygulayıcılarının deneyimleri ve bu tedavinin etkinliği konusundaki görüşleri araştırılmıştır. **Gereç ve Yöntemler:** Türkiye'de rezonans terapisi uygulayan 300 uygulayıcı arasında bir anket çalışması, Google Forms kullanılarak gerçekleştirilmiştir. **Bulgular:** Çalışma, rezonans terapisi uygulayıcılarının 185'inin (%61,6) tıp doktoru olduğunu ve katılımcıların 207'sinin (%69) rezonans terapisi uygulamalarının 5 yıldan az bir süre içinde olduğunu ortaya koymuştur. En yaygın kullanılan cihazın QUITT cihazı olduğu (%64,5) saptanmıştır. Katılımcılar arasında, 204'ü (%68) rezonans terapisinin sigara ve tütün kullanımını bırakmada etkili olduğuna inanırken, 291'i (%97) iştahı azaltmada etkili olduğuna, 282'si (%94) metabolizmayı dengelediğine, 297'si (%99) insan psikolojisi üzerinde olumlu etkisi olduğuna ve 267'si (%89) alerji ve atopik durumların tedavisinde etkili olduğuna inanmıştır. Bununla birlikte, katılımcıların %42'si rezonans terapisinin görme bozukluklarını tedavi etmedeki etkililiği konusunda deneyime sahip değildir, 209 katılımcı (%69,7) tırnak lezyonlarını tedavi etme konusunda deneyime sahip değildir ve 120 katılımcı (%40) rezonans terapisi kullanarak solid organ kanserini tedavi etme konusunda deneyime sahip değildir. **Sonuç:** Türkiye'deki rezonans terapisi uygulayıcıları, bu tedavi yönteminin özellikle sigara ve alkol bağımlılığı, obezite, psikiyatrik bozukluklar, alerjiler ve atopik durumlar için etkili olduğuna inanmaktadır. Bununla birlikte, ülkede tırnak lezyonlarını, miyopi, hipermetropi ve solid organ kanserini tedavi etmedeki etkililiği konusunda sınırlı deneyim bulunmaktadır.

Anahtar Kelimeler: Tamamlayıcı tedaviler; rezonans terapisi; bütünsel sağlık

Resonance therapy methods have become increasingly popular in recent years, both globally and in our country, as a treatment approach spanning a wide range of health issues, from pain management to cancer treatment.[1-7] The first bio-resonance device was developed in 1977 by Franz Morell and Erich

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Rasche, and the treatment performed with this device was named MORA therapy.[8] Resonance therapy considers the individual as a system composed of electromagnetic vibrations. It is believed that the cells that make up the body receive and emit electromagnetic signals.[9] Diseases, on the other hand, are assumed to arise from disruptions in the electromagnetic communication between cells.[10] Factors such as stress, anxiety, hormonal disorders, infectious agents, allergens, air pollution, and heavy metals are thought to interfere with this electromagnetic communication.[11]

Bioresonance therapy can be considered a combination of homeopathy and acupuncture methods. The principle of these devices involves inducing resonance in the acupuncture meridians of the body through the bioenergy associated with the bioactive substance placed in the bio-resonance device, which is considered a homeopathic substance. This aims to correct electromagnetic communication at the cellular level. There are various devices and methods available for resonance therapies.

Resonance therapies are applied by various practitioners, including healthcare professionals, life coaches, psychological counselors, and homeopaths, both in our country and worldwide. Certification training programs are often organized by device manufacturers for practitioners. However, there is no mandatory certification requirement for practicing bio-resonance therapy in our country or globally. According to unofficial data in our country, there are approximately 300 bio-resonance therapy practitioners, and around 10 devices can be used for bio-resonance therapy. However, it is not yet an officially recognized traditional and complementary medicine method in our country.

Bioresonance therapies are frequently used in conjunction with pharmacological treatments, and sometimes as standalone treatments. They have been tried in the treatment of various conditions, especially allergies.[1-7] Positive effects have been reported for pain, fibromyalgia, asthma, and smoking cessation.[1-7] There are also studies investigating the effectiveness of bio-resonance in conditions such as hypertension, multiple sclerosis, Alzheimer's disease, peripheral neuropathy, and major depression.[12-17] However, there is currently no study in the literature evaluating the characteristics and experiences of bio-resonance practitioners. Therefore, in this study, we aim to investigate the characteristics of bio-resonance practitioners in our country and their experiences and opinions regarding the effectiveness of bio-resonance therapy.

MATERIAL AND METHODS

This study received ethical approval from the Clinical Research Ethics Committee of Atatürk University Faculty of Medicine (date: June 27, 2019, number: B.30.2.ATA.0.01.00/145), and it was designed as a descriptive study. Our study was designed in accordance with the principles of the Declaration of Helsinki. It was done by creating a section on Google survey. The survey progressed for those who agreed, and the survey was terminated for those who did not. The study included 300 individuals who practice bio-resonance therapy in our country and agreed to participate in the online survey shared over the internet on bio-resonance forums. The survey form, prepared using Google Forms (Google, USA), was administered to participants online. The survey consisted of 6 questions related to demographic information, 7 questions regarding the popularity and perceived risks of the treatment, its integration with complementary medicine, and the knowledge levels of physicians and the general public about bio-resonance therapy. Additionally, there were 43 questions asking participants about their experiences as practitioners and their opinions on the effectiveness of bio-resonance therapy. For the survey questions, participants were provided with six response options: "strongly disagree," "disagree," "don't know," "undecided," "agree," and "strongly agree."

Data analysis was performed using the SPSS 24 (IBM, USA) software package, and calculations were made for frequency and percentage distributions of the data.

RESULTS

The mean age of the participants was 39.3±12.3 years, with 172 (57.3%) being female and 128

(42.7%) being male. When examining the distribution of professions among the participants, it was found that 61.6% (n=185) were doctors, 3% (n=15) were dieticians, 4% (n=12) were psychologists, 8.7% (n=26) were nurses, 2.3% (n=7) were healthcare officers, 2.7% (n=8) were biologists, 2.7% (n=8) were philologists, 3.3% (n=10) were psychological counselors, 2.7% (n=8) were dentists, and 7% (n=21) were life coaches. The educational levels of the participants are presented in Figure 1.

Among the participants, 69.2% had been practicing the bio-resonance method for less than 5 years, 18.3% for 5-9.9 years, and 12.5% for 10 years or more. The devices used by the participants are shown in Figure 2.

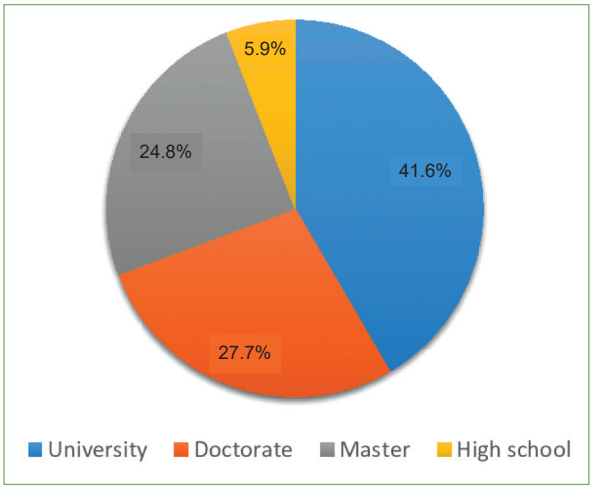

FIGURE 1: Education level of bioresonance therapy practitioners.

The popularity of resonance therapy, the perception of it being a part of complementary medicine, the knowledge levels of physicians and the general public about bio-resonance therapy, and the responses regarding the perceived risks of bio-resonance therapy are presented in Table 1. The opinions of practitioners on the effectiveness of bio-resonance therapy in addiction treatment are shown in Figure 3.

The participants' opinions on the effectiveness of bio-resonance therapy in the treatment of endocrine and metabolic diseases are presented in Table 2, their opinions on the effectiveness in the treatment of psychiatric disorders are presented in Table 3, and their opinions on the effectiveness in the treatment of other disorders are presented in Table 4.

DISCUSSION

In our study, we investigated the opinions of bio-resonance therapy practitioners regarding the effectiveness of resonance therapy. We found that bio-resonance therapy practitioners believe that the general public and physicians have insufficient knowledge about bio-resonance therapy, but they expect this situation to improve in the coming years. We observed that resonance therapy practitioners perceive the effectiveness of resonance therapy in smoking cessation, alcohol cessation, regulation of metabolism and weight loss, improvement of gastrointestinal diseases, strengthening of the immune system, and correction

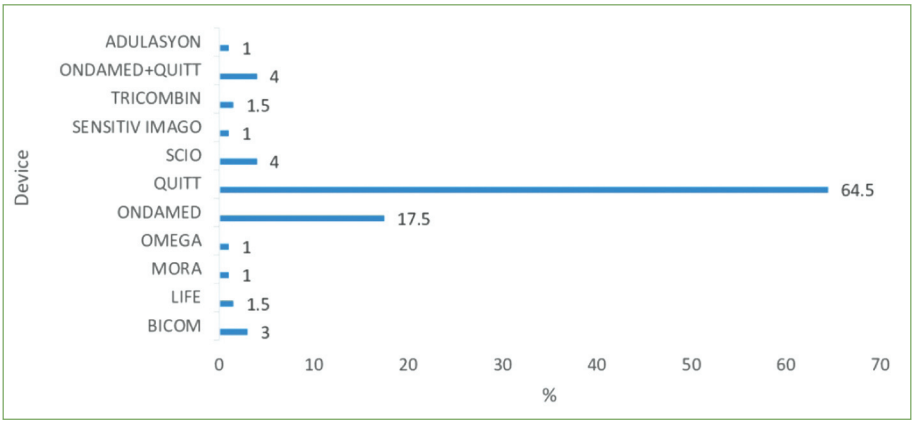

FIGURE 2: Devices used in bio-resonance therapy.

TABLE 1: Practitioner perspectives on resonance therapies: popularity, knowledge levels, and risk perceptions

Statement	Answer					
	I dont know	I strongly disagree	I do not agree	I am undecided	I agree	I strongly agree
Resonance therapies are part of complementary medicine.		3 (1%)		3 (1%)	72 (24%)	222 (74%)
Resonance therapies are currently popular in our country.	3 (1%)	3 (1%)	84 (28%)	78 (26%)	99 (33%)	33 (11%)
Resonance therapies will become more popular in the next 10 years.					93 (31%)	207 (69%)
Medical doctors are not sufficiently knowledgeable about resonance therapies.	9 (3%)		6 (2%)	18 (6%)	123 (41%)	144 (48%)
Medical doctors will become more knowledgeable about resonance therapies in the next 10 years.			3 (1%)	21 (7%)	150 (50%)	126 (42%)
The public has sufficient knowledge about resonance therapies.		66 (22%)	168 (56%)	25 (8.3%)	19 (6.3%)	22 (7.3%)
Resonance therapies are more dangerous compared to other methods.	3 (1%)	239 (79.6%)	48 (16%)	10 (3.3%)		

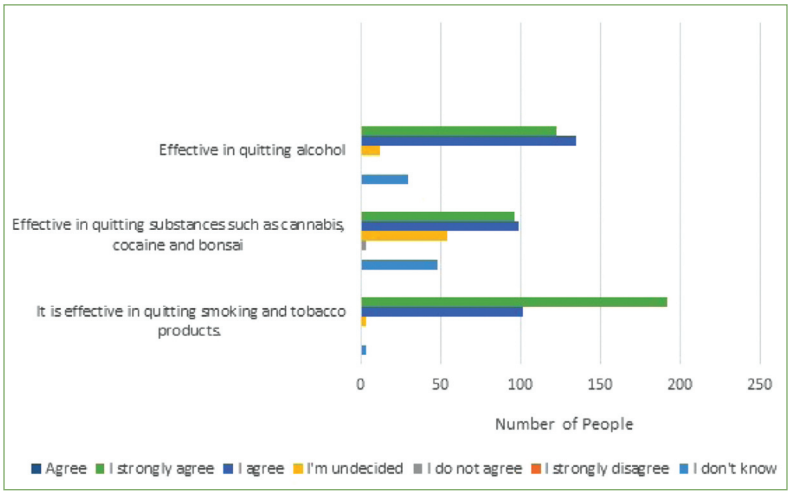

FIGURE 3: Views of practitioners on the effectiveness of bio-resonance therapy in addiction treatment.

of psychiatric disorders. However, we determined that the experiences of bio-resonance therapy practitioners regarding the effectiveness of bio-resonance therapy in the treatment of nail lesions, vision problems, and solid organ cancers are still insufficient.

Nicotine addiction affects approximately 30% of cigarette users and is a significant cause of morbidity and mortality. The effectiveness of bio-resonance therapy in nicotine addiction treatment has been investigated in addition to pharmacological agents. Gupta et al. evaluated 75 nicotine-dependent patients divided into three groups: one group received bupropion, one group received two sessions of bio-resonance therapy with a one-week interval, and the other group received a combination of bupropion and bio-resonance therapy.[18] They found that bupropion monotherapy was more effective than bio-resonance therapy and combination therapy in the evaluation conducted in the 12th week. Pihtili et al. applied bio-resonance therapy to 95 nicotine-dependent patients and evaluated another 95 patients as the placebo group.[7] They reported that bio-resonance therapy was effective in smoking cessation without significant side effects. In our study, 98% of the practitioners believed that bio-resonance therapy was effective in smoking cessation.

There is no study investigating the effects of bio-resonance therapy on alcohol and substance addiction. However, in our study, the experiences of the practitioners suggest that bio-resonance therapy may also be effective in alcohol and substance addiction.

Kir'yanova et al. applied bio-resonance therapy and medical treatment to 198 patients with Type 2 diabetes mellitus, medical treatment alone to 72 patients, and medical treatment and bio-resonance simulation to 143 patients.[19] They reported that the blood sugar levels were lower in the group receiving the combination of bio-resonance and medical treatment compared to the other groups. Mattera et al. exam-

TABLE 2: Participants' opinions on the effectiveness of bio-resonance therapy in the treatment of endocrinology and metabolic disorders.

	Answer					
Statement	**I dont know**	**I strongly disagree**	**I do not agree**	**I am undecided**	**I agree**	**I strongly agree**
It reduces appetite effectively.			9 (3%)		81 (27%)	210 (70%)
It is effective in reducing sugar consumption.				6 (1%)	87 (29%)	207 (69%)
It is effective in reducing junk food consumption.			3 (1%)	9 (3%)	90 (30%)	198 (66%)
It balances metabolism.	6 (2%)			12 (4%)	102 (34%)	180 (60%)
It is effective in lowering high cholesterol.	39 (13%)		3 (1%)	27 (9%)	111 (37%)	120 (40%)
It is effective in lowering high blood sugar.	21 (7%)		3 (1%)	9 (3%)	108 (36%)	159 (53%)
It is effective in weight loss.				6 (2%)	99 (33%)	195 (65%)
It increases water consumption.	27 (9%)		3 (1%)	30 (10%)	138 (46%)	102 (34%)
It reduces salt consumption	30 (10%)		6 (2%)	51 (17%)	129 (43%)	84 (28%)

TABLE 3: Participants' views on the effectiveness of bio-resonance applications in the treatment of psychiatric disorders.

	Answers					
Statement	**I dont know**	**I strongly disagree**	**I do not agree**	**I am undecided**	**I agree**	**I strongly agree**
It is effective in reducing anxiety.	12 (4%)		3 (1%)	12 (4%)	147 (49%)	126 (42%)
It has positive effects on human psychology.				3 (1%)	126 (42%)	171 (57%)
It is effective in the treatment of depressive mood.	18 (6%)			6 (2%)	143 (47.7%)	133 (44.3%)
It is effective in the treatment of depression.	15 (5%)			15 (5%)	135 (45%)	135 (45%)
It is effective in the treatment of panic attacks.	39 (13%)			30 (10%)	117 (39%)	114 (38%)
It is effective in the treatment of obsessive-compulsive disorder.	51 (17%)		9 (3%)	60 (20%)	132 (44%)	48 (16%)
It is effective in the treatment of aggressive behavior disorders.	45 (15%)			27 (9%)	153 (51%)	75 (25%)
It is effective in the treatment of mental problems with psychotic features.	54 (18%)		6 (2%)	45 (15%)	135 (45%)	60 (20%)

TABLE 4: Participants' opinions on the effectiveness of bio-resonance therapy in the treatment of other disorders.

	Answer					
Statement	**I don't know**	**I strongly disagree**	**I do not agree**	**I am undecided**	**I agree**	**I strongly agree**
It is effective in improving near and distant vision.	126 (42%)	9 (3%)	15 (5%)	93 (31%)	36 (12%)	21 (7%)
It is effective in the treatment of allergies and atopic conditions.	12 (4%)			21 (7%)	135 (45%)	132 (44%)
It is effective in the treatment of hypertension.	54 (18%)	3 (1%)	3 (1%)	51 (17%)	126 (42%)	63 (21%)
It is effective in reducing menopausal symptoms.	53 (17.7%)		5 (1.7%)	32 (10.7%)	132 (44%)	78 (26%)
It is effective in reducing the size of ovarian cysts.	89 (29.7%)	2 (0.7%)	2 (0.7%)	60 (20%)	81 (27%)	66 (22%)
It is effective in treating dizziness.	51 (17%)		3 (1%)	51 (17%)	124 (41.3%)	71 (23.7%)
It is effective in the treatment of intestinal disorders.	26 (8.7%)			13 (4.3%)	165 (55%)	96 (32%)
It is effective in the treatment of stomach discomfort.	44 (14.7%)		2 (0.7%)	23 (7.7%)	147 (49%)	84 (28%)
It is effective in strengthening the immune system.	15 (5%)		3 (1%)	24 (8%)	120 (40%)	138 (46%)
It is effective in reducing edema in the body.	24 (8%)			12 (4%)	132 (44%)	132 (44%)
It is effective in the treatment of restless leg syndrome.	75 (25%)		3 (1%)	33 (11%)	132 (44%)	57 (19%)
It is effective in the treatment of trigeminal neuralgia.	84 (28%)		3 (1%)	64 (21.3%)	90 (30%)	59 (19.7%)
It is effective in the treatment of acute and chronic respiratory tract infections.	54 (18%)	6 (2%)	6 (2%)	48 (16%)	108 (36%)	78 (26%)
It is effective in the treatment of enuresis nocturna in children.	70 (23.3%)		2 (0.7%)	42 (14%)	126 (42%)	60 (20%)
It is effective in the treatment of skin lesions.	48 (16%)	3 (1%)		54 (18%)	132 (44%)	63 (21%)
It is effective in the treatment of nail lesions.	209 (69.7%)			15 (5%)	41 (13.7%)	35 (11.7%)
It is effective in the treatment of chronic constipation problems.	30 (10%)		3 (1%)	38 (12.7%)	136 (45.3%)	93 (31%)
It is effective in the treatment of herpes infections.	81 (27%)		9 (3%)	48 (16%)	102 (34%)	60 (20%)
It is effective in the treatment of bacterial infections.	44 (14.7%)		5 (1.7%)	29 (9.7%)	144 (48%)	78 (26%)
It is effective in the treatment of viral infections.	51 (17%)			36 (12%)	132 (44%)	81 (27%)
It is effective in the treatment of acne.	75 (25%)		9 (3%)	54 (18%)	99 (33%)	63 (21%)
It is effective in the treatment of solid organ tumors.	120 (40%)		18 (6%)	69 (23%)	69 (23%)	24 (8%)

ined the effects of bio-resonance therapy on cholesterol, triglycerides, blood sugar, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, and non-HDL cholesterol in 20 elderly patients.[20] They reported significant decreases in total cholesterol, triglycerides, blood sugar, LDL cholesterol, and non-HDL cholesterol, and an increase in HDL cholesterol and physical activity and exercise scores with bio-resonance therapy. In our study, the majority of participants reported that bio-resonance therapy suppressed appetite, reduced consumption of junk food, salt, and sugar, increased water consumption, balanced metabolism leading to a decrease in cholesterol and blood sugar levels, and contributed to weight loss.

Muresan et al. conducted a study where they applied selective serotonin reuptake inhibitors (SSRIs) to 40 patients diagnosed with mild or moderate depression and bio-resonance therapy to another 40 patients.[21] They found that bio-resonance therapy was more effective than SSRIs in the treatment of depression. Another study reported the effectiveness of bio-resonance therapy in the treatment of moderate-severe recurrent major depression, either as a standalone treatment or in combination with antidepressants.[22] In our study, most participants experienced the effectiveness of bio-resonance therapy in improving human psychology and in conditions such as depression. However, the majority of participants had little experience with the effects of bio-resonance therapy on psychotic disorders, obsessive- compulsive disorder, and anxiety treatment.

In our study, we found that a significant portion of bio-resonance practitioners in our country had no experience with bio-resonance therapy in the treatment of myopia and hypermetropia, ovarian cysts, restless leg syndrome, trigeminal neuralgia, nail lesions, herpes infections, acne, and solid organ cancers. However, there was a perception that bio-resonance therapy was effective in the treatment of gastrointestinal diseases and viral infections other than bacterial and herpes infections.

The effectiveness of bio-resonance therapy has been studied and demonstrated, particularly in allergic diseases.[2,3] In our study, we found that participants experienced the effectiveness of bio-resonance in the treatment of allergies and atopic conditions.

LIMITATIONS OF THE STUDY

The primary limitations of this study include the subjective nature of the survey-based methodology, limited generalizability due to the sample size and selection, potential biases in question design leading to subjective interpretations, the cross-sectional approach's inability to capture temporal changes, and the lack of direct data collection on the efficacy and safety of resonance therapies. These constraints necessitate cautious interpretation of the findings and underscore the need for more comprehensive research in this area in the future.

CONCLUSION

Our study is the first to investigate the experiences of bio-resonance therapy practitioners regarding its effectiveness. There are no studies in the literature on this topic, making our study the first of its kind. We found that the majority of bio-resonance therapy practitioners in our country have positive experiences with bio-resonance therapy, especially in relation to smoking addiction, obesity, and improving human psychology.

Source of Finance

During this study, no financial or spiritual support was received neither from any pharmaceutical company that has a direct connection with the research subject, nor from a company that provides or produces medical instruments and materials which may negatively affect the evaluation process of this study.

Conflict of Interest

No conflicts of interest between the authors and / or family members of the scientific and medical committee members or members of the potential conflicts of interest, counseling, expertise, working conditions, share holding and similar situations in any firm.

Authorship Contributions

This study is entirely author's own work and no other author contribution.

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