



Officers take part in study of stress reduction technology

Advisory Date: Monday, Nov. 5, 2018

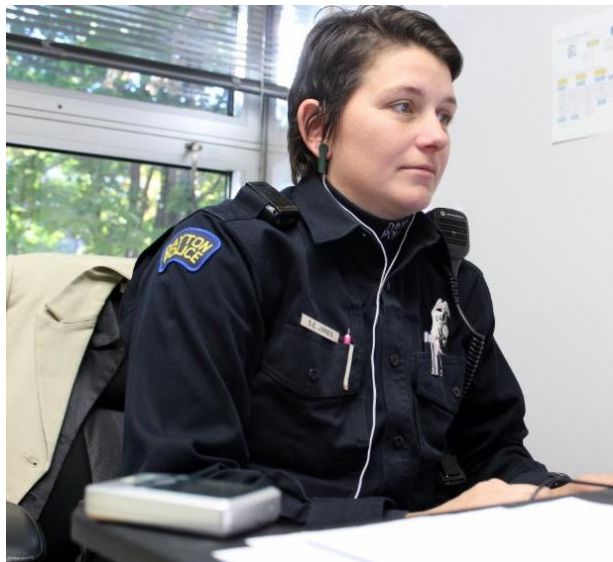
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Officers of the Dayton Fraternal Order of Police Lodge #44 are volunteering to participate in a study of a medical device designed to reduce stress, specifically in first responders.

Approximately 100 officers are now in the third week of a six-week study period. Each officer uses an Alpha-Stim device, usually at home, for up to 40 minutes per day. Alpha-Stim devices are about the size of a cell phone and use cranial electrotherapy stimulation and microcurrent electrical therapy on the user's brain.

Electromedical Products International, Inc., developed the Alpha-Stim device in an effort to reduce the amount of stress and fatigue officers experience. The technology, which is already used by U.S. military personnel and veterans, is FDA-cleared to provide treatment for anxiety, insomnia, depression, and pain.

"I applaud the F.O.P leadership and membership for deciding to take advantage of this opportunity to allow officers to try this stress management device," Chief Richard Biehl said. "If stress is not managed properly, the potential outcomes can include officer burnout and poor performance and decision making which can result in significant adverse outcomes for both officers and those they serve. We have decades of research on what causes police stress, but there's been minimal research on effective ways of reducing it. Results of this study could significantly add to current research regarding what can reduce stress and enhance



officer performance and resiliency."

More information on Alpha-Stim devices and technology can be found at www.alpha-stim.com.

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