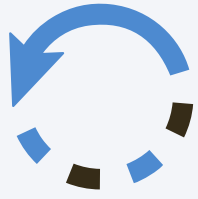


Symbols and Meanings



"Birds" indicate prolonged periods of concentration



"Recoveries" indicate transitions from active to a calm brainstate

Acronyms and Abbreviations



EEG -
Electroencephalogram



BPM - beats per minute

From **96** Boys & Girls club members, we saw an average of:



25.96 birds



6.23 recoveries



Starting Heart Rate
of 105.7 BPM



Final Heart Rate
of 58.63 BPM

In just **10** minutes, participants spent:



47.3% of the time in a
deeply focused brain state



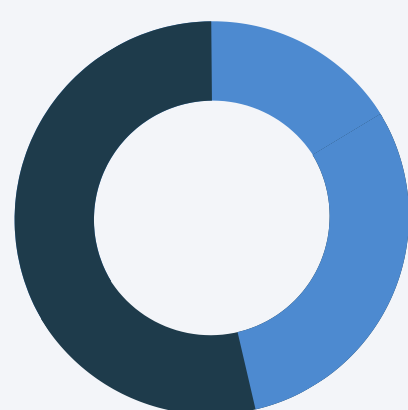
44.13% of the time in
a calm, resting state

Data derived from **EEG** technology

When using our *Composer Feature*:



43.93 % of time
spent
in a resting state



46.41 % of time
spent in a
focused state



26.18 birds



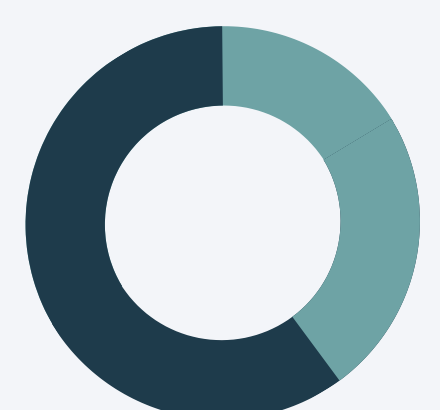
4.62 recoveries

n=55

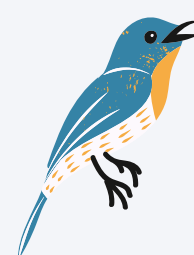
When using our *Binaural Beats*:



44.96% of time spent
in a resting state



47.66% of time
spent in a focused
state



25.71 birds



5.88 recoveries

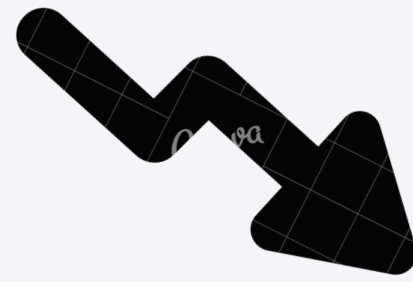
n=42

Clinical Testing Results

After using the SoundMind app for just 10 minutes,



participants felt **calm**



10.02 %

reduction in feelings
of **strain**



9.07 %

increase in
feelings of **ease**



53.09 %

reduction in feeling
indecisive



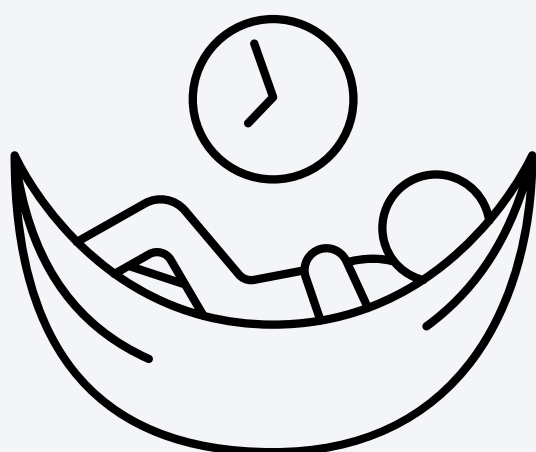
24.43 %

increase in
feeling **satisfied**



9.07 %

reduction in
feeling **tense and worried**



45.80%

increase in
relaxation



24.43%

increase in
satisfaction



18.25%

decrease in
nervousness



12.04 %

increase in
self-confidence



13.52 %

increase in
feeling **content**



14.54 %

decrease in
restlessness

$n = 108$

Clinical Testing Results

After using the SoundMind app every day for 1 week:



19.87 %

decrease in **moderately
severe depression**



24.32 %

decrease in **severe depression**

$p = 0.008$ (statistically significant)

Based on the psychologically accredited survey of depression indicators, PHQ-9.



45.95 %

decrease in **severe anxiety**



45.95 %

reduction in **suicidal ideation**

$p = 1e-7$ (statistically significant)

Based on the psychologically accredited survey of anxiety indicators, GAD-7.



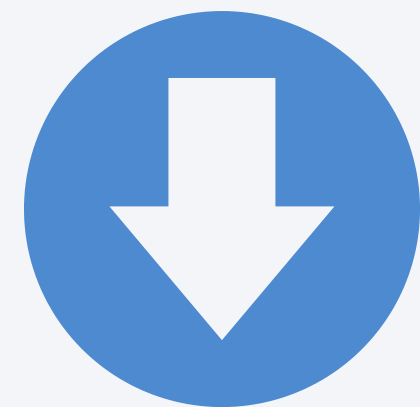
62.2%

less feelings of
depression and
hopelessness



37.9 %

increase in perceiving
themselves as
a **happy** person



54 %

decrease in feelings
of **distress** and
uncontrollable worry



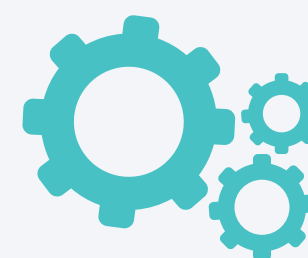
59.46%

increase in feelings
of **inspiration**



45.94%

decrease in
nervousness
and **irritability**



37.84 %

easier to
concentrate



51.35 %

increased ability
to **relax**

Based on a modified version of the psychological accredited survey, STA-I.

$n = 37$