

Autonomous Sensory Meridian Response (ASMR) Helps In Rehabilitation For People Suffering From Anxiety, Depression And Stress – An Integrative Literature Review

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Abstract- ASMR autonomous sensory meridian response is a tingling sensation which a person feels from the back of the neck to the upper spine, it can be triggered by various sounds. **Methods-** Analysing research works to bring out the fact that asmr can help people suffering from stress and depression. **Results indicate that asmr can be used to treat and cure people suffering from anxiety, depression and stress.**

Keywords- ASMR Autonomous sensory meridian response

I. INTRODUCTION

Autonomous sensory meridian response (ASMR) is a sensation felt by some people when they hear certain sounds as well as visually, it's a tingling feeling felt on the scalp and reaches the upper spine. We reviewed research works of great importance to bring out the fact that asmr helps in rehabilitation and can help cure people suffering from stress and depression. List of factors discussed in this literature review are as follows, 1. Fishbowl effect (credits to - Karuna Satori ASMR) 2. Ear to ear whispering 3. Hair and face brushing 4. Tapping 5. Soft speaking 6. Scratching 7. Face mapping 8. Invisible triggers 9. Fast speaking 10. Follow the light visual 11. Burn match stick 12. Burn a lighter 13. Writing 14. Typing 15. Crinkling 16. Eating Foods 17. Drinking Soda 18. Humming 19. Buzzing 20. Chewing 21. Sticky fingers 22. Water drops ticking clock .

II. METHODS

The Google Scholar, PubMed and Scopus databases were searched in English with keywords ASMR, Autonomous Sensory Meridian Response, Rehabilitation. Both clinical and systematic reviews were included in this review hence making it an integrated review.

III. SUMMARY

There is presently lack of scientific research works based on ASMR and musicians have found a similar sensation called frission [1]. But we are mainly focussing on the concept of ASMR because it is widely used in the area of rehabilitation. As in this digital era it is widely used in the area of rehab because of its performance in the placebo effect, it also has been known that asmr technology will not replace the conventional medicine but facilitate along with conventional medicine to improve patient's health. [2]. ASMR culture is being improved rapidly from internet culture to therapy [3]. As the ASMR has a strong placebo effect on humans it is helpful in therapy to influence recovery time [4]. Specific age group of people listen to asmr the most and are found to be from 13 to 25 age group as this is the age at which they will be studying and deciding their career, so that they would be going through streefull phase. Watching asmr helps them relax and calms their mind.[5] Even music related asmr helps people relax and eliminate their stress levels which is to be considered for rehab. [6] Using both audio visual combo in the asmr can relax and rehab peoples suffering from depression.[7] Anxiety which is a major factor which can lead to harmful effects psychologically as well as physically can be cured using asmr as found in a study [8]. It is found that person who experience asmr are found to be having higher levels of sensory suggestibility which makes them active and healthy.[9] Even climatic changes were taken into consideration as an ASMR which causes positive as well as negative effects on persons. When hearing Disastrous climate asmr people experienced negative feelings and a smooth rainy or spring asmr gave a positive and energetic feeling in people.[10]

IV. RESULTS

Results indicate that asmr can be used to treat and cure people suffering from anxiety, depression and stress.

V. DISCUSSION

10 research works of great importance were reviewed and the results were found that asmr can cure anxiety, depression and stress and showed positive results in people suffering from it.

VI. CONCLUSION

Further asmr studies has to be conducted to know which asmr technique is most effective to cure people suffering from anxiety, depression and stress, as asmr can cure psychological disorders in people.

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