

## Selected Research Articles, as of September, 2016

Alpha-Stim® is a prescription medical device  
Indicated for Anxiety, Insomnia, Depression, and Pain.

Barclay TH, Barclay RD. [A clinical trial of cranial electrotherapy stimulation for anxiety and comorbid depression.](#) *Journal of Affective Disorders*, 164:171-177, 2014. Presented at the American Psychological Association National Conference, Honolulu, HI, July 2013.

Bystritsky, Alexander, Kerwin, Lauren and Feusner, Jamie. [A Pilot Study of Cranial Electrotherapy Stimulation for Generalized Anxiety Disorder](#) *Journal of Clinical Psychiatry*, 69:412-417, 2008  
(UCLA's Anxiety Center)

Childs, Allen and Price, Larry. [Cranial Electrotherapy Stimulation Reduces Aggression in Violent Neuropsychiatric Patients](#) *Primary Psychiatry*, 14(3):50-56, 2007. Presented at the American Psychiatric Association 160th Annual Meeting: Addressing Patient Needs. San Diego, California, May 23, 2007

Kirsch DL, Price LR, Nichols F, Marksberry JA and Platoni KT. **Efficacy of Cranial Electrotherapy Stimulation for Anxiety, PTSD, Insomnia, and Depression: US Military Service Members and Veterans Self Reports.** *The Army Medical Department Journal*. In Press, 2014.

Feusner, J. D., Madsen, S., Moody, T. D., Bohon, C., Hembacher, E., Bookheimer, S. Y. and Bystritsky. **Effects of cranial electrotherapy stimulation on resting state brain activity.** *Brain and Behavior*. Pp 1-10, 2012. (fMRI Studies)

Lande, R. Gregory and Gragnani, Cynthia. **Efficacy of cranial electric stimulation for the treatment of insomnia: A randomized pilot study.** *Complementary Therapies in Medicine*, 21(1):8-13, 2013.  
(Walter Reed National Military Medical Center study)

Winick, Reid L. [Cranial Electrotherapy Stimulation \(CES\): A Safe and Effective Low Cost Means of Anxiety Control in a Dental Practice.](#) *General Dentistry*, 47(1):50-55, 1999.

Tan, Gabriel, Rintala, Diana, Jensen, Mark P., Richards, J. Scott, Holmes, Sally Ann, Parachuri, Rama, Lashgari-Saegh, Shamsi and Price, Larry R. [Efficacy of cranial electrotherapy stimulation for neuropathic pain following spinal cord injury: a multi-site randomized controlled trial with a secondary 6-month open-label phase.](#) *The Journal of Spinal Cord Medicine*, 34(3):285-296, 2011.

(Three-Year, Five site study done in VA Medical Centers)

Taylor, Ann Gill, Anderson, Joel G., Riedel, Shannon L., Lewis, Janet E. and Bourguignon, Cheryl. [A randomized, controlled, double-blind pilot study of the effects of cranial electrical stimulation on activity in brain pain processing regions in individuals with fibromyalgia.](#) *Explore*, 9(1):32-40, 2013.

Taylor, Ann Gill, Anderson, Joel G., Riedel, Shannon L., Lewis, Jante E., Kinser, Patricia A., and Bourguignon, Cheryl **Cranial electrical stimulation improves symptoms and functional status in individuals with fibromyalgia** *Pain Management Nursing*, 2013 Dec; 14(4):327-35. Doi: 10.1016/j.pmn.2011.07.002. Epub 2011 Oct 6.

(Pair of University of Virginia studies; one is the subset of fMRI studies)

Mellen, Ronald R. and Mackey, Wade. [Cranial electrotherapy stimulation \(CES\) and the reduction of stress symptoms in a sheriff's jail security and patrol officer population: a pilot study.](#) *American Jails*, 22(5): 32-38, 2008.