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The Effect of Neurodynamic Restoration on Psycho-Emotional State: An Empirical Study Using the “Dinamika” Diagnostic Complex

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Abstract

The growing prevalence of chronic psycho-emotional stress and associated psychosomatic disorders underscores the need for effective non-invasive methods of psychophysiological regulation. This study aimed to evaluate the effect of the Neurodynamic Restoration Method — a body-oriented, non-pharmacological approach to nervous system regulation grounded in the principles of neuroplasticity and autonomic self-regulation — on psycho-emotional state and cardiovascular functional indicators.

Seventy-eight women aged 25–38 years were randomly assigned to a control (n=39) and experimental (n=39) group. The sample was limited to female participants in order to control for hormonal variability as a confounding factor. Functional state was assessed using the “Dinamika” validated psychophysiological diagnostic complex, recording heart rate, heart rate variability indices (RMSSD, SDNN), pulse recovery time, pulse wave velocity, mean arterial pressure, cardiac index, and augmentation index. Trait and state anxiety levels were additionally measured. The experimental group completed a two-month course of Neurodynamic Restoration; the control group received standard psycho-emotional relaxation procedures. The study was conducted in accordance with informed consent principles.

Results demonstrated statistically significant improvements in the experimental group compared to controls, including reduced heart rate, increased RMSSD and SDNN indices, improved cardiovascular parameters, and significant reductions in both trait and state anxiety ($p < 0.05$). These findings are consistent with current research on heart rate variability as a marker of autonomic regulation, supporting the efficacy of non-pharmacological approaches to psychophysiological self-regulation.

Neurodynamic Restoration is concluded to be a promising, safe, and non-invasive approach to psycho-emotional regulation. Further research with larger and mixed-gender samples and additional objective biomarkers is required to fully establish its efficacy.

Keywords: neurodynamic restoration, psycho-emotional state, heart rate variability, anxiety, autonomic regulation.