

**Evaluation of the
Network Spinal Analysis Treatment
Using the
Retrospective Pretest-Posttest Method:
Brief Summary**

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Brief Summary

Network Spinal Analysis (NSA) is a light touch treatment method offered by some Chiropractically-trained Doctors in the United States and abroad. There has been little research done on the effectiveness of the NSA method. One study by Blanks, Schuster, and Dobson (1997) found significant health and wellness improvements.

We used a questionnaire developed by David Epstein that was designed to obtain information on the types of changes in physical state, mental/emotional state, stress, life enjoyment, overall quality of life and general impressions (Epstein, 1996).

We collected data from Dr. Audrey Siow's existing practice members (those who had been visiting the practice for some time when the evaluation research began). They were given an anonymous questionnaire that asked questions on some basic demographic items as well as the items from Epstein's (2000) research questionnaire. The questionnaire was constructed to elicit two answers to each item on the practice member's physical state, mental/emotional state, stress evaluation, life enjoyment, and overall quality of life. The first answer to the items asked what their state was BEFORE they visit Dr. Siow's practice and the second answer asked what their state was NOW or after having a number of visits to the office.

Thirty (30) practice members completed the questionnaire and detailed results are presented in the main paper for this research (Lamb and Slattery, 2010a). In summary, there were higher levels of wellness on practically all items in the physical state, mental/emotional state, stress, life enjoyment, and overall quality of life. The **physical state** results are particularly important for the

- decrease in physical pain, stiffness, and headaches and,
- an increase in energy.

In **mental/emotional states** there was a

- marked decrease in negative or critical feelings about themselves, being worried about small things, difficulty in thinking or concentrating and indecisiveness, and difficulty in falling or staying asleep.

In the questions on **stress evaluation** there was a

- decrease in stress associated with family, health, work, and coping with daily problems.

Questions on **life enjoyment** yielded

- higher levels of enjoyment in all areas of life including having positive feelings about themselves, maintaining a healthy lifestyle, compassion and acceptance of others, and openness to guidance and the experience of relaxation.

Questions on **overall quality of life** resulted in all items being

- higher ratings in such areas as appearance, job, romantic life, and life as a whole.

The results in virtually all areas were uniformly positive and suggest that NSA is working in sometimes subtle but remarkably effective ways for many different practice members.

A little more detail is provided here because it is so illustrative of the impact NSA has had on the practice members. There were 2 open-ended questions at the end of the survey. Tables 1 and 2 contain representative responses, all of which were very positive.

Table 1. Sometimes in experiences like this people have unintended or completely unexpected things happen in their lives. Have you had any such experiences after visiting Dr. Audrey?

I am now much more aware of mind-body connection - I am much more aware of stresses in my life and the effect on my health. I have learned to listen to my body.
I came in initially to end some muscle pain! Three years later I have not only gone beyond the physical pain, I have begun healing emotional blockages I had thought I'd left behind years ago. I feel I am becoming the being I always thought I was. I'm pain-free essentially.
Well, I went from having the worst posture to having the best posture on my swim team. My coach used me for demonstrations which is pretty cool. Dr Audrey has also taught me how to get in touch with my body and hold my emotions which can in handy when my parents said I couldn't see my best friend anymore.
Very subtle but wonderful experience! There is more joy coming into my life. Also, I came in practically crippled with bad knee and it is healing!
For the past 36 years my life has been a roller coaster of unexpected events that pop up with no warning. These traumatic events have kept me in a state of hyper-vigilance and stress. For the past few weeks part way through the "discovery" phase of treatment I began to notice I felt less stressful about life in general. I am still hesitant about this but as my body softens and relaxes, so does my outlook.
I rarely use Advil now and can travel in cars much more comfortably. I feel a sense of we-being most of the time. My spine has felt amazing, like there is air between the vertebrae and such ease and lightness. I didn't expect to release old emotional stuff that was holding me back. I am very grateful.
I made a lot of very hard decisions regarding love, family, finances, and spirituality. I normally stay very stuck in. My ability to embrace change and see the need comes with greater patience and peace of mind and without the obsessive behavior that was my norm. I'm still obsessive in thought but extensively calmer about it and nowhere near as stubborn.
I came expecting or wanting physical relief and found mental and emotional changes I was not expecting. Better than being in therapy!
Dr Audrey has provided a safe environment to release traumas. Her programs (Clear Day and SOW) help educate the patients in how to utilize the treatments to transform their lives. When appropriate, she challenges her patients to move beyond states of being attached to pain and victimhood on all levels. My Type 1 diabetes and thyroid condition has improved since seeing Dr. Audrey. The manner in which I handle stress is completely different than 1 year ago.

Table 2. Please add any comments you wish about the Network Spinal Analysis treatment you received at Dr. Audrey Siow's office.

Network spinal analysis is so much more than pain remedy, it's the opportunity to be your best self/deepest self!
Incredible! Everyone should do it!
I came to Dr Audrey and NSA looking for relief from the constant pain I've been experiencing. After years of regular chiropractic care my body was beginning to react with pain to the gentlest manipulation. NSA has changed the way I look at my body's reaction to pain and my levels of discomfort have reduced significantly. I have also found to my surprise that Dr Audrey and NSA combine the physical and emotional aspects. For me it was/is the missing link in getting and staying healthy.
So far she has always been right so when she tells me something that will help me I trust her. I had physical therapy for eleven years and gave up on getting better for 2 years. Now I am amazed that I improved after seeing Dr Audrey.
The atmosphere in Audrey's space is one of openness and expression. It has a wonderful feeling that one is getting a deeper connection to oneself. Not just one's own world but a great mixing with the outer world. I just feel more permeable. Yummy! You reveal wings to fly.
I love it!!! I've always felt health care should involve more than physical symptoms and NSA does that to your mind, body, and spirit. I know not everyone gets the "whole" body needs care. I'm just smarter than most...:-)
It has helped me maintain and actually improve on my overall well-being during an interesting, continually increasing stressful period of my professional life. Without the treatments I would've been a stressed out wreck professionally and potentially personally.
I love how well I feel cared for by Audrey's office staff. I appreciate Audrey's willingness to address the many questions of my inquiring mind. I love the concept of the expansion of the capacity of my physical structure to support my shifting evolution.
I resisted NSA whenever a friend suggested it. She facilitated the first sessions and I went ahead with them. After the first one I knew it was the right treatment.
AFTER my clear day, my life seems to be making more sense. I am thinking clearer and my energy level has greatly increased. My pain is less and I hope this will all continue.
I am always discovering new parts of myself that I have been disconnected from most of my life. I feel more connected to myself and a deeper sense of wholeness and peace.
Thank you for helping me to connect to my deeper self
I respond well to NSA. I had been searching for a more natural treatment for years. With these treatments my body learns how to take care of itself and I feel healthier all over.

In addition, 5 questions were asked at the end of the questionnaire that asked the practice members to estimate whether on the five dimensions they thought they were better, the same, or worse than when they came to Dr. Siow's practice. The results are presented in Table 3.

Table 3. Percent of answers of Overall Impressions of Practice Members Different States Compared to When they First came to Dr. Siow's office.

VI. OVERALL IMPRESSIONS Answer each of the questions with respect to when you first came to this office.	<u>NOW</u>		
	Better	Same	Worse
1. Overall my physical well-being is:	100%	0	0
2. Overall my mental/emotional state is:	95.8%	4.2%	0
3. Overall my ability to handle stress is:	95.8%	4.2%	0
4. Overall my enjoyment of life is:	83.3%	16.7%	0
5. Overall my quality of life is:	81.8%	18.2%	0

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