

Alpha-Stim AID for anxiety disorders

Information for the public

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Alpha-Stim AID is an electrotherapy device. It stimulates calming brain waves through electrodes placed on the ear lobes. Regular use of Alpha-Stim AID may ease anxiety in people with anxiety disorders.

NICE has said Alpha-Stim AID shows promise but further research is needed. This is because it is not clear how well Alpha-Stim AID works or how much benefit people get compared with existing treatments.

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