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Empirical Exploration of Psychological and Physiological Benefits of Tibetan Singing Bowl Therapy: A Systematic Review and Integrative Discussion

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We use this protocol and it's working

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Keywords: Tibetan Singing Bowl Therapy, physiological benefits of tibetan singing bowl therapy, potential benefits of tibetan singing bowl therapy, effectiveness of tibetan singing bowl therapy, tibetan singing bowl therapy, reducing anxiety, lowering anxiety, enhancing physiological outcome, physiological benefit, stress level, physiological outcome, improving heart rate variability, controlled trial, stress

Disclaimer

This systematic review and meta-analysis aims to evaluate the effectiveness of Tibetan singing bowl therapy in reducing anxiety, stress, and enhancing physiological outcomes. The findings presented in this protocol are based on a synthesis of available literature and are intended for academic and research purposes only.

The authors do not claim that Tibetan singing bowl therapy is a guaranteed or universally effective treatment for anxiety, stress, or other health conditions. The efficacy of this therapy may vary depending on individual differences, study designs, intervention protocols, and assessment methods. Readers are strongly advised to consult healthcare professionals before applying any therapeutic techniques discussed in this protocol.

Furthermore, this study may have limitations related to data heterogeneity, variability in intervention methods, and differences in outcome measures, which could impact the generalizability and consistency of the results. The authors assume no responsibility for any adverse outcomes arising from the application of the information provided.

Future research is recommended to validate these findings through well-controlled, large-scale randomized controlled trials and standardized intervention protocols to ensure clinical applicability and therapeutic efficacy.

Abstract

This protocol outlines a systematic review and meta-analysis to evaluate the effectiveness of Tibetan singing bowl therapy in reducing anxiety, stress, and enhancing physiological outcomes. The study entails a comprehensive literature search across six major databases (MEDLINE, PubMed, Scopus, EMBASE, CINAHL, Cochrane) covering publications from 2000 to 2025.

The expected outcomes include potential benefits of Tibetan singing bowl therapy in lowering anxiety and stress levels, improving heart rate variability (HRV) and cardiovascular function, and promoting subjective well-being. Future research should focus on standardizing intervention protocols and validating findings through large-scale randomized controlled trials.

Attachments



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Image Attribution

Not applicable

Guidelines

Following the PRISMA 2020 guidelines, all included studies were peer-reviewed, and data were collected and analyzed following standardized procedures.

This study adheres to the ethical principles outlined in the Declaration of Helsinki, ensuring that data involving human subjects were handled in accordance with ethical regulations.

Materials

- **Tibetan Singing Bowls:** A set of authentic Tibetan singing bowls of various sizes, along with wooden mallets and padded strikers for sound production.
- **Measurement Tools:** Including heart rate variability (HRV) monitors, electroencephalography (EEG) devices, blood pressure monitors, respiratory rate monitors, and psychological assessment scales such as STAI, Zung Anxiety Scale, and POMS.
- **Data Management and Analysis Software:** EndNote for reference management, Microsoft Excel for data organization, RevMan for meta-analysis, and R software for statistical analysis.
- **Quality Assessment Tools:** JBI Critical Appraisal Checklist for randomized controlled trials and quasi-experimental studies, and the ROBINS-I tool for assessing bias risk in non-randomized studies.
- **Documentation and Reporting:** Standardized data extraction forms, and PRISMA 2020 checklist.
- **Additional Materials:** Soundproof room or quiet environment for therapy sessions, along with comfortable mats or chairs for participant relaxation.

Safety warnings

 yes

Ethics statement

This systematic review and meta-analysis followed PRISMA 2020 guidelines. All included studies were peer-reviewed and ethically approved, adhering to the principles of the Declaration of Helsinki. Data were collected from publicly available and ethically compliant studies. No personal or identifiable information was collected or reported. The authors declare no conflicts of interest.

Before start

Before starting this research protocol, ensure that the research team is familiar with the PRISMA 2020 guidelines and follows the best practices for systematic reviews and meta-analyses.

Prepare the required software and tools for data management and statistical analysis, such as EndNote for reference management, Microsoft Excel for data extraction, and statistical software (e.g., RevMan or R) for meta-analysis. Additionally, assemble a qualified research team, including experts in systematic review methodology and content specialists in Tibetan singing bowl therapy and vibroacoustic interventions.

maintain clear communication with all team members throughout the research process to ensure consistency in methodology and accurate data handling.

Introduction



- 1 This study is a systematic review and meta-analysis, involving only publicly available research data without directly involving human or animal experimentation. Therefore, ethical review is not required. Nevertheless, the study adheres to relevant ethical principles to ensure compliance and academic integrity.
Firstly, to respect the privacy of research subjects, all included studies are obtained from peer-reviewed journals and do not involve any personally identifiable information. Furthermore, the research process strictly follows the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA 2020) guidelines to ensure methodological transparency and reproducibility.
Finally, all authors declare no economic or professional conflicts of interest related to Tibetan singing bowl therapy, thereby ensuring objectivity and academic integrity. Ethical Considerations or Safety Guidelines

2 Interpretation and Reporting Phase

- 2.1 Data Interpretation
 - Integrate findings on anxiety, stress, and physiological outcomes to form a comprehensive interpretation.
- 2.2 Manuscript Preparation
 - Draft the research report, including background, methodology, results, and discussion.
 - Ensure completeness and transparency of the report using the PRISMA 2020 checklist.

3 Preparation Phase

- 3.1 literature Search and selection
 - Perform a literature search using six major databases (MEDLINE, PubMed, Scopus, EMBASE, CINAHL, Cochrane).
 - Use keywords such as "Singing Bowl" OR "Tibetan Bowl" combined with Boolean operators.



- Limit the search to peer-reviewed journal articles published between 2000 and 2025

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