



Investigating the Frequency Variable in the Imagery Dose-Response Relationship

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The use of imagery in therapeutic interventions has gained significant attention in recent years due to its potential to enhance various psychological and physical health outcomes. However, there is a lack of consensus regarding the optimal frequency at which imagery interventions should be administered to achieve maximum effectiveness. This study aimed to investigate the frequency variable in the imagery dose-response relationship and determine the impact of different imagery intervention frequencies on therapeutic outcomes. A comprehensive review of the existing literature was conducted to identify relevant studies that explored the frequency variable in imagery interventions. The identified studies were analyzed to extract information related to the frequency of imagery interventions, the targeted population, the outcome measures used, and the observed effects. The findings revealed a wide range of frequencies used in imagery interventions across various populations and outcomes. While some studies reported positive effects with low-frequency interventions (e.g., weekly sessions), others demonstrated greater benefits with high-frequency interventions (e.g., daily sessions). Additionally, there were studies that suggested a non-linear relationship between frequency and therapeutic outcomes, indicating an optimal frequency range for maximum effectiveness.

C o n f l i c t o f I n t e r e s t

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