

## Pilot Investigative Survey: Uses and effects of BUBBLE via science-based survey (April 2021)

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Benefit and use of the BUBBLE from the company Centropix was investigated in terms of further development of effective quality through a questionnaire. This survey was based on a voluntary basis. Users could answer set questions as well as add their own notes and comments. The users each wore a BUBBLE daily.

This survey primarily focused on the intended use, the specific effects experienced, and the ease of use. In addition, the users were able to enter their opinion and any unusual comments in a free text. 146 users participated. Of these, 14 questionnaires could not be evaluated for every question or for several questions.

## Evaluation

### 1. Purpose of use

(multiple responses possible)

Of the 132 evaluable users

- a) 127 used the BUBBLE to achieve an overall improvement in physical and mental health.
- b) 53 participants used it to improve sleep quality.

- c) 39 desired an optimization of digestion.
- d) the improvement of mobility/mobility (locomotor system) was a reason for 25 people to test the BUBBLE.
- e) the desire for mental strengthening (anti-stress effects) was desired by 99 of the persons.
- f) an improved recreation was for 42 persons the choice for the BUBBLE.

Purpose of use (n=132)	Totally	Relative (%)
general improvement of physical/mental Health	127	96.21
Sleep optimization	53	40.15
Digestion improvement	39	29.55
improvement of mobility/joints/vitality	25	18.94
mental strengthening (anti-stress)	99	75.00
better recreation	42	31.82

## 2. Duration until the setting of possible effects

Of the n=142 questionnaires evaluable for this question, users indicated an effect after a duration of onset. With "immediate" to "few hours" an effect was indicated by 25 persons.

39 people noticed an effect after half a day; and 74 users reported a noticeable effect after a few days. In total, 132 people (97.18%) described a noticeable or visible effect. 14 persons (2.82%) could not perceive any effect.

Positive effects (n=142)	Hours	1/2 Day	A few days	TOTAL	in %
	25	39	74	138	97,18

## 3. Data on user-friendliness

Of the 138 questionnaires that could be evaluated, 134 people (97.1%) stated that the BUBBLE was easy to use. 4 people (2.9%) described the handling as rather difficult.

#### 4. Effects in the context of the intended use

When the results from the desired use are considered in context to the effectively described user response, the following results emerge:

- a) The perceptible feeling, or signs in the context of a general improvement of physical and mental health/performance could be reported by 92.13% of the respondents.
- b) An improved sleep situation (sleep optimization) was testified by 45.28%,
- c) 20.51% of the participants could observe an improvement of the digestive situation after a few days.

- d) A significant improvement, or positive change towards better musculoskeletal mobility was testified by 92% of the people who ordered the BUBBLE for this purpose.
- e) The definition of mental strengthening (anti-stress) was described by significantly more people than the number of those who ordered the BUBBLE for this purpose. This is 135.35%.
- f) Better recreation (better so-called healing after deviation of health condition) has been stated by 76.19% of the respondents.
- g) On the average - in the context of intended use and noticeable specific benefit in each case - 76.91% confirmed positive results.

Purpose of use	Absolute	Relative (%)		Positive effects	in %
general improvement of physical/mental health	127	96.21	→	117	92.13
sleep optimization	53	40.15	→	24	45.28
Digestion improvement	39	29.55	→	8	20.51
improvement of mobility/joints/vitality	25	18.94	→	23	92.00
mental strengthening (anti-stress)	99	75.00	→	134	135.35
better recreation	42	31.82	→	32	76.19
				Average value	76.91

### 5. Other/additional effects

In addition to the effects that have already been included in the above data, the following were observed

a) 5 users noticed a significant improvement/freer breathing.

b) 3 persons noticed an improvement in vision and discussion

c) 4 users noticed a strong relief of their chronic pain.

d) One person noticed increased fatigue,

e) 2 people felt no effect.

f) 2 persons feel clearly

"more protected" from external influences.

These scientifically relevant, although subjective statements, represent observations felt by the user and no so-called objective measurement methods are the basis for the statements, the numbers are clear. These numbers are clear values known in science.

The benefits of the BUBBLE seem to more than clearly correspond to the wishes and demands of the users.

Further research in the context of discrete support and promotion of health by means of biological and psychological health parameters would be useful and desirable.

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Description BUBBLE: see User Manual

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