

Published Research

There has been a substantial volume of research investigating the value of NET as a diagnostic tool and therapy for a wide range of health complaints. Dr. Bablis PhD is one of the most prolific investigators in this field. His published papers are cited below along with a short summary of their findings. It must be remembered that research is an ongoing process in which new findings continually refine our understanding. The findings outlined below have formed the basis of our treatment approach and validates our goals in patient care. For complete publication downloads you can visit:-
https://www.researchgate.net/profile/Peter_Bablis/publications

Spinal disorders and other mechanical health issues

Pollard H, Lakay B, Tucker F, Watson B, **Bablis P**
Inter-examiner Reliability of the Deltoid and Psoas **Muscle Test**. J Manipulative Physiol Ther 2005; 28:52-56
<http://www.ncbi.nlm.nih.gov/pubmed/15726035>
Muscle testing is a fundamental tool in the NET diagnostic protocol. This tells us that NET testing is reliable.

Pollard H, **Bablis P**, Bonello R
Can the **Ileocecal Valve Point** Predict Low Back Pain Using Manual Muscle Testing? Chiropractic Journal of Australia 36(2):58-62, 2006
<http://www.onefoundation.org/mindbody-research/published-research/6-can-the-ileocecal-valve-point-predict-low-back-pain-using-manual-muscle-testing/>
The study found that the majority of patients with low back pain reported positive ileocecal valve testing. The application of ileocecal valve testing as a diagnostic measure of low back pain was found to have excellent sensitivity, specificity and diagnostic competency. This study confirms that the use of this test is reliably associated with the presence of low back pain.

Pollard H, **Bablis P**, Bonello R
The **Ileocecal Valve Point** and Muscle Testing: A Possible Mechanism of Action. Chiropractic Journal of Australia 36(4):122-126, 2006
<http://search.informit.com.au/documentSummary;dn=499563887827486;res=IELHEA>
This article hypothesises the probable mode of action of the ICV test commonly used by NET practitioners.

Bablis P, Pollard H, Bonello R
Neuro Emotional Technique for the treatment of trigger point sensitivity in **chronic neck pain** sufferers: A controlled clinical trial. Chiropractic & Osteopathy, 2008 16:4, 21 May 2008
http://www.researchgate.net/publication/5255472_Neuro_Emotional_Technique_for_the_treatment_of_trigger_point_sensitivity_in_chronic_neck_pain_sufferers_A_controlled_clinical_trial
After a short course of NET treatment, pain recordings of trigger points were significantly improved when compared to a control group which received a sham treatment.

Bablis P, Pollard H, Bonello R (014)
A Randomised Controlled Pilot Study of Neuro Emotional Technique For **Chronic Low-Back Pain** [Conference Abstract] The Journal of Alternative and Complementary Medicine, March 2008 14(1): S-1-S-109
<http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2008.ISCMR.1> (see page S-4)
The improvements in this study demonstrated a large effect size due to the NET treatment and provided justification for a larger scale clinical trial for NET for chronic low back pain.

Bablis P, Pollard H
FEASIBILITY STUDY OF THE SHORT TERM EFFECTS OF NEURO EMOTIONAL TECHNIQUE FOR **CHRONIC LOW BACK PAIN**
Chiropractic Journal of Australia, Volume 44, Number 4, 266-282, 2016
<http://www.cjaonline.com.au/index.php/cja/article/view/116>
Changes in VAS and ODI scores ($P < 0.001$) provide preliminary evidence for changes in pain, and activities of daily living after sufferers of chronic low back pain (CLBP) received a short course of Neuro Emotional Technique. Progress to a full trial on the possible role of NET in reducing pain and disability in a low-back population is feasible.

The Chronic Low Back Pain PhD thesis listed below was ranked in the top 5% internationally.

Bablis P
The effect of Neuro Emotional Technique on **Chronic Low Back pain**
Australasian Digital Theses; Sydney, Australia: Macquarie University Publisher©2014
<http://hdl.handle.net/1959.14/357474>
A significant statistical difference between the NET and sham groups was detected in paper based and blood measures assessed in this RCT. The Oswestry, the QVAS and the SF-36 all attained statistical and clinical significance ($P < 0.001$). Blood inflammatory markers also showed positive changes: C-reactive protein decreased and TNF decreased. The findings of this RCT study suggest that NET therapy is effective in the short term (one month) and medium-long term (six months) for reducing CLBP.

Emotional health conditions

Walker S, **Bablis P**, Pollard H, McHardy A
Practitioner perception of **emotions associated with pain**.
A survey
J Chiropractic Medicine 2005; 4:11-18
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647028/>
This study found that a 80–90% of chiropractors surveyed believe that emotional factors influence pain syndromes.

Bablis P, Pollard H, Bonello R
Anxiety and Depression Profile of 188 Consecutive New Patients Presenting to a Neuro Emotional Technique Practitioner. The Journal of Alternative and Complementary Medicine Volume 15, Number 2, 2009, pp. 121–127
<http://www.ncbi.nlm.nih.gov/pubmed/19236170>
This study investigated changes in the psychometric test “Distress and Risk Assessment Method” (DRAM) after a 3-month course of NET. Many patients were at risk of depression and anxiety, or were clinically depressed and anxious, according to the DRAM test. The DRAM status of patients significantly improved after NET treatment.

Other conditions - Women’s Health

Bablis P, Pollard H
Hypothyroidism: A new model for Conservative Management in two cases. Chiropractic Journal of Australia. 34(1):11-18, 2004 <http://search.informit.com.au/documentSummary;dn=617566494805667;res=IELHEA>
This paper presented a NET therapy protocol that produced objective pre-post improved changes to two cases of persons suffering with low thyroid function.

Bablis P, Pollard H
An Acupuncture Based Mind- Body Therapy: A New Model for Management of **Hypothyroidism**. WFAS 2004 6th World Conference on Acupuncture
http://www.acupuncture.org.au/Events_and_Conferences/Past_Conferences/WFAS_2004.aspx
This publication reviewed **NET** treatment for individuals suffering with abnormally low thyroid function, from an acupuncture perspective.

Bablis P, Pollard H
A mind body treatment for hypothyroid dysfunction: a report of 2 cases. Complimentary Therapies in Clinical Practice 2009 May; 15(2): 67-71
<http://www.ncbi.nlm.nih.gov/pubmed/19341982>
This paper describes the management of two individuals with abnormally low thyroid function using a mind-body treatment -neuro-emotional technique (NET).

Bablis P, Pollard H, McHardy A
Two reports of resolution of polycystic ovary syndrome-induced an ovulation in Females receiving Neuro Emotional Technique. Chiropractic Journal of Australia 36(1):2-8, 2006
<http://search.informit.com.au/documentSummary;dn=530420088231066;res=IELHEA>
This study showed the successful management by Neuro Emotional Technique of two cases of women who were unable to fall pregnant due to a failure to ovulate.

Bablis P, Pollard H, Monti D
Resolution of anovulation infertility using Neuro emotional technique: a report of 3 cases. Journal of Chiropractic Medicine 5 (1):13-21, 2006
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2647053/>
The aim of this study was to present a number of case studies on how the stress- reducing technique of Neuro Emotional Technique (NET) successfully aided the fertility of a number of female patients by resolving anovulation/menstrual irregularity.

Bablis P, Pollard H, Bonello R
A Retrospective Analysis of 761 Consecutive New Patients Presenting to a NET Chiropractic Clinic [Conference Abstract] The Journal of Alternative and Complementary Medicine, March 2008 14(1): S-1-S-109
<http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2008.ISCMR.1> (see page S-4)
This is a published abstract from a presentation Dr Bablis made to the Third International Congress on Complementary Medicine Research 2008.

Bablis P, Pollard H
A retrospective analysis of 761 consecutive new patients presenting to a NET chiropractic clinic. Complimentary Therapies in Clinical Practice 2009 Aug;
<http://www.ncbi.nlm.nih.gov/pubmed/19595419>
This retrospective analysis was the first comprehensive description of the scope of NET patients and their presenting complaints.

Pollard H, **Bablis P**, Walker S
The **BVM Model:** Chiropractic “PHILOSOPHY” Back To The Future. [ConferenceAbstract] The Journal of Alternative and Complimentary Medicine, March 2008, 14(1): S-1-S-109
<http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2008.ISCMR.1> (see page S-70)
The new model promotes the interrelationship of the Brain, Viscera (organs) and Musculoskeletal structures and is referred to the BVM model.