

**Spanish researchers tested a vest that stops the stereotypes and prevent aggressive behaviour, reducing medication in people with autism, disability and hyperactivity**

*These are the first findings of the research study led by psychiatrist Ramon Novell, in collaboration with the company Handycat. Protac's MyFit vest is specially designed to make a profound proprioceptive stimulation and has been successfully tested in 25 patients with varying degrees of disabilities and behavioral disorders.*

**Barcelona, July 3, 2013.** - A team of researchers specializing in psychiatry and psychology of Intellectual Disability Health Care Institute of Girona, led by Dr. Ramon Novell, and in collaboration with the company Handycat, have studied the effect of deep proprioceptive stimulation (EPP) in people with intellectual disabilities, autism spectrum disorders (ASD) and hyperactivity disorder (ADHD). The materials used have been specifically designed, in this case the Protac's MyFit vest. It is a special vest stuffed with balls of different weights. It has been tested on 25 patients with different disorders and levels of disability and early results, in the words of Dr. Novell, "have been very positive, as they demonstrate a high degree of effectiveness of these elements in the deep proprioceptive stimulation being and quality of life of these people and especially in some profiles, even to reduce the amount of drugs that were administered."

The major benefits which have been observed are the large calming effect (no sedation) produced by the vest, which reduces medication dose and the number of different drugs to be taken by the patient. It also improves attention and reduces stereotypes (motor and phonic tics). In the case of reducing repetitive behaviours stereotypes the effect of the vest is immediate.

Currently, Dr. Novell explains that "we are defining in which profiles is more effective to place the vest. We are designing the 'pill' and the treatment and we plan to extend the study to more people with different disorders. The aim is to prescribe the vest as a therapeutic tool that allows us to improve the quality of life of our patients and their families. Moreover, if this allows in some cases to reduce the amount of benzodiazepines and other medications administered, with adverse effects they cause, certainly we will improve the quality of the treatment." And said that "so far we've found that the vest is especially beneficial to reduce significantly and immediately stereotypes and tics. Moreover, attention increases 50% and improves the sense of calm. Regarding times of severe agitation, aggressive behaviour and hyperactivity we are observing that the effect occurs once after 20 minutes. Now we are starting to place this special vest preventively, in situations that we know the person is going to be altered to avoid these episodes".

For more information about the vest:

[http://handycat.com/docs/web/productes/fitxes/ESP\\_MYFIT\\_b.pdf](http://handycat.com/docs/web/productes/fitxes/ESP_MYFIT_b.pdf)

For further information contact:

Ana Jimenez

media@handycat.com

Cel. +34 607 77 90 86