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## **Hitting the right nerve: effects of transcutaneous vagus nerve stimulation on symptoms of anxiety**

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# Hitting the Right Nerve

Effects of Transcutaneous Vagus Nerve  
Stimulation on Symptoms of Anxiety

*Andreas Burger*

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# Hitting the Right Nerve

## Effects of Transcutaneous Vagus Nerve Stimulation on Symptoms of Anxiety

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# List of Commonly Used Abbreviations

AB	Attentional Blink
ABVN	Auricular Branch of the Vagus Nerve
BFT	Breathing Focus Task
CS	Conditioned Stimulus
EMG	Electromyography
FPS	Fear-Potentiated Startle
HRV	Heart Rate Variability
LC	Locus Coeruleus
NA/NE	Noradrenaline/Norepinephrine
NTS	Nucleus of the Solitary Tract
SCR	Skin Conductance Response
tVNS	transcutaneous Vagus Nerve Stimulation
RMSSD	Root Mean Square of Successive Differences of heart beats
US	Unconditioned Stimulus
VNS	Vagus Nerve Stimulation