

Identify individual brain and mental conditions by biological signal

Maumgyeol Basic

bv/ave 비웨이브



Date 20261019

No. BA264256

Name test

Sex M

Age 28

Inspection Results

Maumgyeol is a test that recognizes an individual's unique mental state through biometric signals.

Date	20261019	No.	BA264256	Name	test	Sex	M	Age	28
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What is Maumgyeol ?

It is a test that examines brain health and mental health by analyzing biometric data obtained from brain waves and pulse waves. If both indicators are less than 70 points, or at least one score is less than 60 points, consult an expert.

Brain health Score



* Data quality : **High**

* Indicates the amount of effective data used in the analysis after noise removal.

Mind health Score



* Data quality : **High**

* Indicates the amount of effective data used in the analysis after noise removal.

above 80 : **Healthy**

Healthy.
Try to keep this condition.

70 ~ 80 : **Moderate**

It is normal.
Keep the current state well.

60 ~ 70 : **Poor**

Need to meet a
mental health professional.

under 60 : **Severe**

Need to meet a
mental health professional.

Brain health Score



Brain activity Index



Poor

Brain flexibility Index



Moderate

Brain brightness Index



Excellent

Activity balance Index



Good

Mind health Score



ANS activity Index



Moderate

ANS balance Index



Poor

Stress & Resistance Index



Severe

Subjective psychological State



Excellent

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Brain health Score



* Data quality : High

Why measure EEG?

Cognition and emotion is deeply correlated with neurotransmitters and hormones. An example of that would be dopamine and endorphin secretions being correlated to feelings of happiness. Similarly, by analyzing the brain, a person's cognitive and emotional state can be known. Maumgyeol works by finding and measuring the minute electrical signals produced by a working brain, and analyzes it to find out the current state of the brain.

How is EEG interpreted?

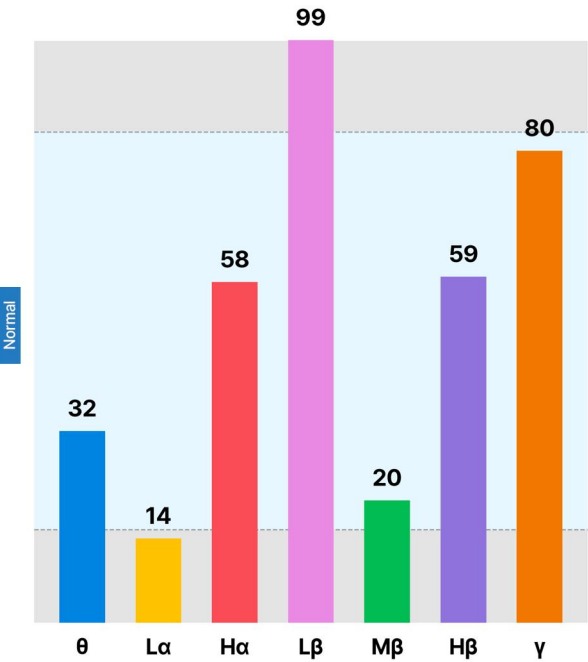
Brainwaves are categorized into various waves such as delta, theta, alpha, beta, and gamma waves based on their frequency. The Maumgyeol test measures brain healthiness based on various statistics proved in scientific papers, such as the activity of certain frequencies or the connectivity between two regions of the brain.

Brain activity Index



Poor

With excessive high-frequency activities, it is suspected to be with disturbance of brain function such as anxiety, nervousness, hypervigilance, worry, etc.



Theta	θ	A state of non-consciousness, hypnosis or deep meditation, and light sleep. A decline in brain functions or extremely inward focus and immersion with an increase.
Low-Alpha	Lα	Deeply relaxed or in a meditative state. Relaxation and inner-awareness of self with an increase
High-Alpha	Hα	Associated with relaxed awareness or wakefulness.
Low-Beta	Lβ	Associated with an awareness of surrounding environments. Tension with an increase and lethargy with an decrease.
Middle-Beta	Mβ	Associated with task engagement with active thinking and focused attention. Hyper-vigilance states with an increase and decreased concentration with an decrease.
High-Beta	Hβ	Engaged in high alertness and emotional states. Excessive anxiety and stress with an increase and an decreased attention and lethargy with an decrease.
Gamma	γ	Associated with perception and wakefulness. Excessive perceptual load with an increase and severe brain stress with an decrease.

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Brain flexibility Index



Moderate
Brain activity is high variable and high flexible.

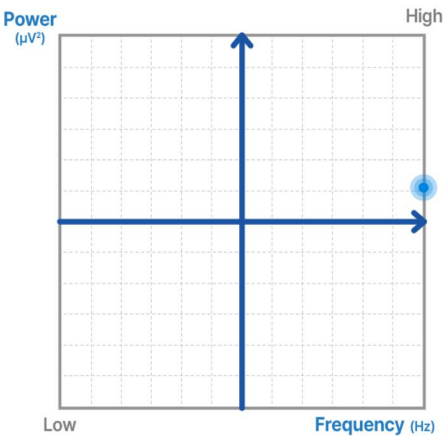


This index indicates how flexible and plastic the neurons are. If within normal standards, understanding and adapting to new stimulus, environments, and concepts will be easy. If lacking, it indicates that the cognitive function of the brain is stiff, stubborn, and monotonous. If excessive, it could indicate unreasonable and illogical cognitive functions.

Brain brightness Index



Excellent
Excellent ability to coordinate and control brain function.

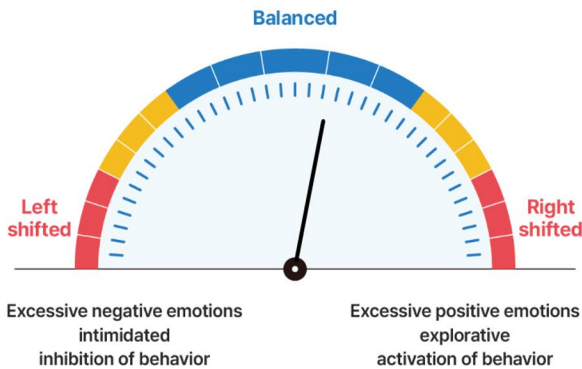


The figure depicts the highest point in the alpha wave. Studies indicate higher and larger peaks correlate to more functional clarity of the brain.

Activity balance Index



Good
A balanced tendency of activation between right and left brain.



The figure depicts the balance between the left and right hemispheres in the frontal lobe. If the needle points to the center, it indicates that the brain is well balanced. If the needle points off to the side, it indicates that the brain is unbalanced.

Mind Health Results

Maumgyeol is a test that recognizes an individual's unique mental state through biometric signals.

Date 20261019 No. BA264256 Name test Sex M Age 28

Mind health Score



* Data quality : **High**
* bpm : 70

Why measure Heart Rate Variability?

The heart is a major organ controlled by the autonomic nervous system. Analyzing the heart rate variability can reveal the healthiness of the autonomic nervous system. Too much variability could indicate arrhythmia, but some variability indicates a healthy autonomic nervous system.

What does the autonomic nervous system have to do with mind health?

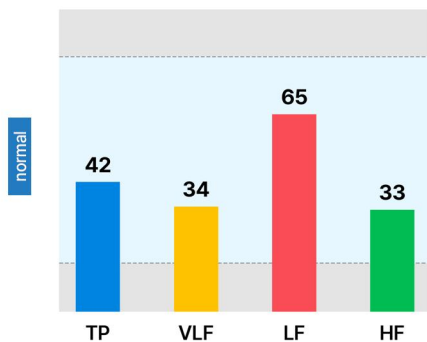
The autonomic nervous system is the first to react to outside stimulus. It is responsible for reactions such as your heartbeat increasing in response to nervousness or goosebumps from watching a horror movie. By analyzing the activity and balance of the autonomic nervous system, it is possible to know stress levels and mind healthiness.

ANS activity Index (ANS=autonomic nerve system)



Moderate

The autonomic nervous system is normal.



*Results may vary from menstruation cycles.

Total power

Reflects autonomic nervous system control ability. If less than normal standards, could indicate weaker immunity and less efficiency in dealing with stress.

Very low frequency

Secondary indicator for sympathetic nervous system. Related to vasomotor and hormone activities.

Low frequency

Primary indicator for sympathetic nervous system. If less than normal standards, could come with acute stress, fatigue, or insomnia.

High frequency

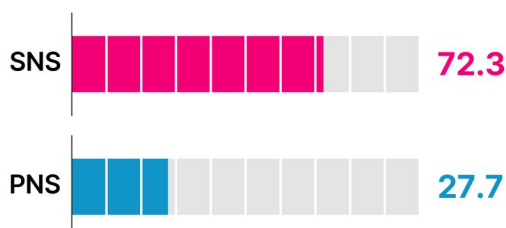
Indicator for parasympathetic nervous system. If less than normal standards, could come with anxiety, fear, or stress

ANS balance Index



Poor

The SNS is more active relative to the PNS, indicating tension, unease, and stress.



nervousness anxiety/panic
/sleep problems/excitation
tremor/constipation
headache

depression, apathy
/dizziness/low heart rate
/low blood pressure
/diarrhea edema

This figure represents the balance between the sympathetic and parasympathetic nervous system. A healthy subject usually displays a ratio between 4:6 and 6:4. If one side is higher than the other, it could come with symptoms at the sides of the figure.

Mind Health Results

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Age 28

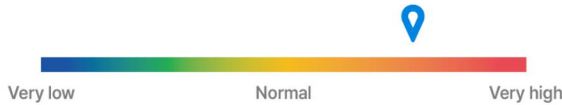
Stress & Resistance Index



Severe

Dangerous and highly susceptible to stress with high levels of stress and low stress resistance.

Stress Index



Indicates the amount of stress being applied. As the arrow goes right, fatigue increases. Could lead to symptoms such as head aches, insomnia, and muscle pains.

Resistance Index



Indicates if the body is able to appropriately adapt to environmental changes or stress to maintain a stable state

Subjective psychological State



Excellent

Overall health with no depression or anxiety.

Depression | 0.0



The result of the Depression questionnaire (PHQ-9).
If the arrow is placed at moderate or above, an appointment with an appropriate professional is recommended.

Anxiety | 0.0



The result of the Anxiety questionnaire (GAD-7).
If the arrow is placed at moderate or above, an appointment with an appropriate professional is recommended.

Self-understanding



Severe

You do not understand your physical condition at all, and you need intensive attention and management.



The index shows the level of self-perceived mind health status, based on comparison results between two assessments—results from HRV measures and mental health questionnaires.

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Statistics by group

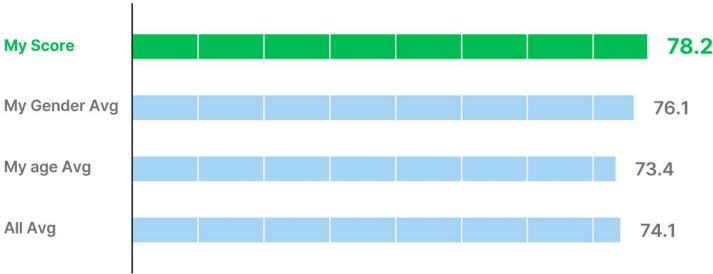
Brain health Score



The distribution of brain health score for the 20's group



Comparison of brain health Scores



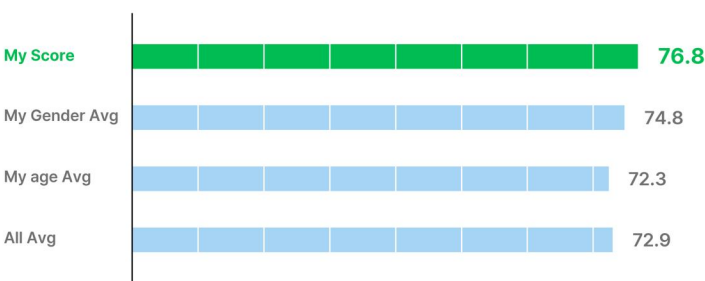
Mind health Score



The distribution of mind health score for the 20's group



Comparison of mind health Scores



The above is the statistical comparisons and normal distribution graph for the brain and mind health scores. It shows where you are among the whole group collected by Bwave.

AI Depression Diagnostic Test



Date 20261019

No. BA264256

Name test

Sex M

Age 28

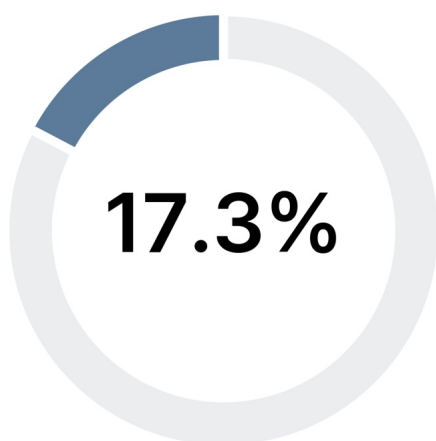
What is the AI Depression Diagnostic Test?

Based on the results of the Maumgyeol test, AI analysis quantifies the clinical risk of depression and provides the probability of currently having depression and the probability of falling within the normal range as supplementary indicators for medical judgment.

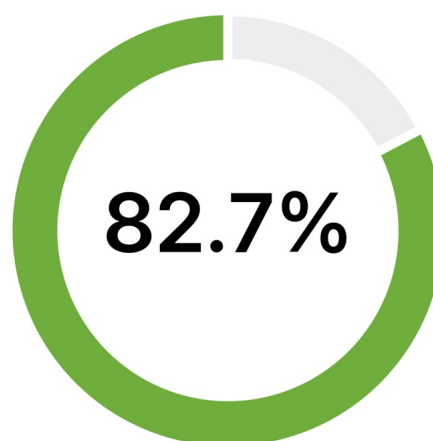
Diagnostic Probability Analysis

AI Analysis Result

Depression Probability



Normal Probability



Overall Assessment · Depression probability was calculated at 17.3% , and normal probability at 82.7%.

The current likelihood of depression is assessed as **low**.

Service Information

- This test is designed not to miss depression, so the depression probability may come out somewhat high even for people without depression. Please use the figure as a reference, not an absolute standard.
- This model classifies a depression probability of 50% or higher as depression. Please keep this in mind.
- EEG/PPG signals can vary with sleep, fatigue, stress, and other conditions at the time of measurement, so results may differ across sessions for the same person.
- Final diagnosis and treatment decisions must always be made by a qualified physician.

AI mental Health Symptom Similarity Test

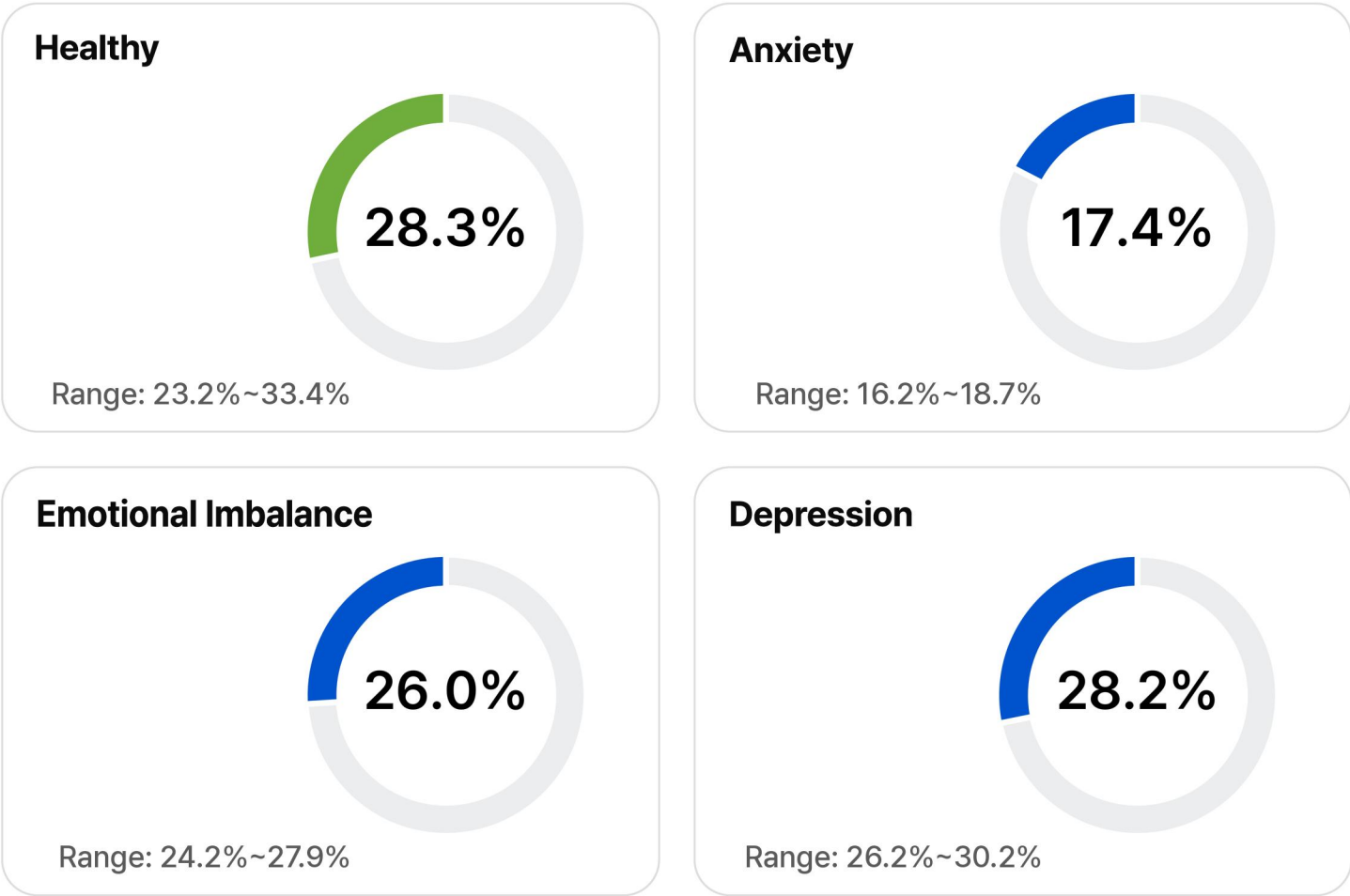
bwave

This test identifies the degree of similarity between your iMindwave Basic results and those of individuals with specific mental health symptoms.

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What is the iMindwave Basic AI Mental Health Symptom Similarity Test?

Based on the accumulated results of the iMindwave Basic assessment, this AI-powered analysis estimates the degree of similarity between the participant's profile and representative mental health-related symptoms commonly experienced today (such as depression, anxiety, and emotional imbalance).



Type  Healthy	Description Overall health-related stability appears strong at 28.3%, although indicators of depression 28.2% were also observed. Early emotional changes may benefit from preventive attention.
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Important Notes

- The similarity results above are generated by the iMindwave Basic AI algorithm. Each score (probability) is a reference indicator that shows the degree of similarity compared to biosignal data collected from individuals who exhibit the corresponding symptoms.
- These indicators do not represent the probability of an actual medical diagnosis.
- This test is not intended for medical use and does not replace a doctor's diagnosis.

Identify individual brain and mental conditions by biological signal

Maumgyeol Basic

EBSI

bv/ave 비웨이브



Date 20261019

No. BA264256

Name test

Sex M

Age 28

EBSI Inspection Results

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Date 20261019

No. BA264256

Name test

Sex M

Age 28

What is EBSI ?



EBSI (EEG & PPG based Bwave State Inventory)

EBSI is an artificial intelligence-based biosignal test that analyzes an individual's brain health type and mental health type by measuring brain waves and pulse waves for about 5 minutes. Each individual is classified into one of six brain health types and six mental health types according to the test results, and customized life management TIPs suitable for each type will be provided.

EBSI Type Keywords

A. Brain health type

- **Foggy**
attentional disturbance, absent mindedness, a sense of incompetence, dementia
- **Mindful**
Meditation, mindfulness, self-control, control, sleepiness.
- **Talented**
Concentration, intelligence, and smartness.
- **Tense**
Burden, nervousness, compulsion, insomnia.
- **Foggy-tense**
Burden, nervousness, difficulty concentrating, forgetfulness.
- **Stable**
Stability, balance, health.

B. Mind health type

- **Mind weak**
Heart palpitations, shortness of breath, depression, sweating, indigestion, headache
- **Weak-depressive**
Losing energy, lethargy. Stress, indigestion, headache.
- **Weak-anxious**
excessive anxiety, tension, and impulse
- **Anxious**
Anxiety, nervousness
- **Depressive**
depression, lethargy
- **Stable**
stability, balanced, health

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Date20261019

No.BA264256

Nametest

SexM

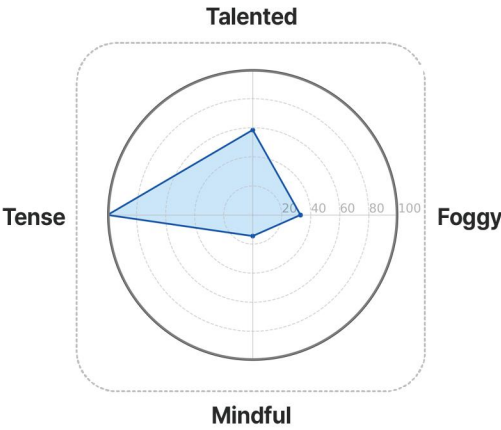
Age28

Tense type



Due to its significantly high brain wave activity, it is excessively aroused as if cognitive and mental activities were overworked and reacted sensitively to various stimuli.

GRAPH



KEYWORD

- Burden
- Nervousness
- Compulsion
- Insomnia

Suggestion contents

Mindfulness training, relaxation, spacing out (fishing, blazing, swimming, sea watching), gradual muscle relaxation training, cognitive behavioral therapy, and walking lightly (more than 30 minutes once a week 3 times or more)



Spacing out

Spacing out is a good way to give your brain a break. When the brain is inactive, the particular area of the brain, the Default Mode Network (DMN), is activated, and the activity of other unnecessary brain regions is unactivated. It can help improve concentration and creativity.



Meditation

Meditation can reduce anxiety and stress, and improve brain function. Meditation can help strengthen the brain network connectivity between the areas of the brain that regulate emotions and cognition, which can help improve anxiety and stress.



Walking lightly

Walking lightly is good for cerebrovascular and cardiovascular health. A regular 30-minute walk, It can amplify alpha waves in the frontal lobe to help improve cognitive ability, improve memory, and develop the brain's structural reforming.

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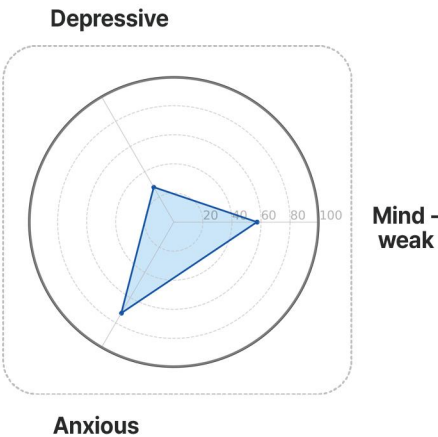
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Stable type



The autonomic nervous system is physiologically stable and well balanced. So even if exposed to stressful events, you can control and respond them properly and appropriately.

GRAPH



KEYWORD

- Stability
- Balanced
- Health
- Controlled
- Resistance

Suggestion contents

Regular eating habits, sleep, and proper rest.



Sleeping

Sleep helps the release of various hormones and allows you to get enough rest. It is recommended to sleep for more than seven hours while maintaining a regular sleep pattern. It is very important to keep your wake-up time constantly. Fine and deep sleep helps stabilize sympathetic nerves and balance autonomic nerves.



Rest

Adequate rest strengthens resilience and gets body and mind ready to cope outside stress. Also, adequate rest can help improve memory by enhancing mental performance and learning abilities.



Regular eating habits

Do not skip breakfast. Regular eating habits are important to maintain the current state. By supplying necessary energy to body through regular eating habits you can effectively cope with stress, and improve life satisfaction and quality.

A Personalized Care Option, Just for **test**
Tailored by iMindwave Basic's EBSI Type



iMindwave EBSI

Brain Health



Tense(T)

Burden, nervousness, compul-sion, insomnia.

Care
Option



iMindwave EBSI

Mind Health



Stable(S)

Stable, balanced, healthy

Care
Option



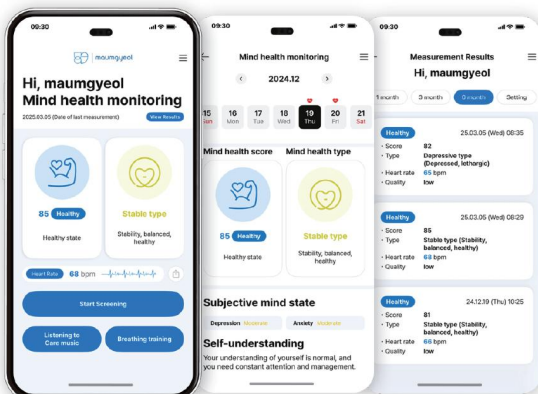
Care Option
Link Access Guide



- 🔗 YouTube links may not work in some PDF viewers.
- ✅ Please use the "Open with another app" option and open the file in 'Google Drive' or a 'web browser' for best results.

iMindwave Mini (app)

Take just 90 seconds a day
to check in on your mental well-being — that's all it takes.



Meet your personal mindcare mentor: iMindwave Mini.
Instantly check your stress levels, anytime, anywhere.

Discover care options customized for you and
build a daily routine that brings balance to your mind.



Download



Curious to learn more
about iMindwave?



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www.bwaveeeg.com/en

