

Anxiety

Burnett, K.M., Solterbeck, L.A., & Strapp, C.M. (2004). Scent and mood state following an anxiety-provoking task. *Psychological Reports, 95*, 707-22.

METHOD: The purpose of this study was to assess the effects of water, lavender, or rosemary scent on physiology and mood state following an anxiety-provoking task. Measures of external temperature and heart rate were taken prior to introduction of an anxiety-eliciting task and exposure to lavender, rosemary, or water scents. Following the task, participants completed the Profile of Mood States to assess mood, and temperature and heart rate were reassessed. Participants rated the pleasantness of the scent received. **RESULTS:** When pleasantness ratings of scent were covaried, physiological changes in temperature and heart rate did not differ based on scent exposure, but mood ratings differed by scent condition. Participants in the rosemary condition scored higher on measures of tension-anxiety and confusion-bewilderment relative to the lavender and control conditions. The lavender and control conditions showed higher mean vigor-activity ratings relative to the rosemary group, while both rosemary and lavender scents were associated with lower mean ratings on the fatigue-inertia subscale, relative to the control group.

Rho, K., Han, S., Kim, K. & Lee, M. (2006). Effects of aromatherapy massage on anxiety and self-esteem in Korean elderly women: a pilot study. *International Journal of Neuroscience, 116*, 1447-55.

METHOD: This study investigated the effects of aromatherapy massage on the anxiety and self-esteem experienced by Korean elderly women. A quasi-experimental, control group, pretest-posttest design was used. The subjects comprised 36 elderly females: 16 in the experimental group and 20 in the control group. Aromatherapy massage using lavender, chamomile, rosemary, and lemon was given to the experimental group only. Each massage session lasted 20 min, and was performed 3 times per week for two 3-week periods with an intervening 1-week break. **RESULTS:** The intervention produced significantly lower anxiety and higher self-esteem.