

A 12-week study of OULA was conducted for women with depression in women. The study involved a screening assessment to determine the presence of major depressive disorder or persistent depressive disorder, as well as to measure the severity of depression at baseline. After screening, the women attend 12-weeks of OULA, at a frequency of at least once per week. After the 12-weeks, the women abstained from OULA for one week. Then the women were offered an optional 3-month OULA extension. The researchers found a reduction in depression severity, measured by the Hamilton Depression Rating Scale, scores over the course of the initial 12-week period, an increase during the week of abstinence and a decrease over the course of the 3-month extension (see Figure 1).

Figure 1. Change in Hamilton Depression Rating Scale (HAM-D) in a Study of OULA for Women with Depression

As secondary outcome measures, anxiety and happiness were examined. The researchers found a reduction in anxiety severity, measured by the Beck Anxiety Inventory, scores over the course of the initial 12-week period, an increase during the week of abstinence and a decrease over the course of the 3-month extension (see Figure 2). Finally, compared to baseline, an increase in happiness, measured by the Subjective Happiness Scale, was noted throughout the course of the study, with some fluctuation in happiness during the 12-week period, and a small decrease in happiness during the week of OULA abstinence (see Figure 3).

Figure 2. Change in Beck Anxiety Inventory (BAI) in a Study of OULA for Women with Depression

Figure 3. Change in Subjective Happiness Scale (SHS) in a Study of OULA for Women with Depression