

From November 2016 – January 2018, Dr. Tracy Hellem and colleagues conducted a study that evaluated OULA as an intervention for women with moderate levels of depression. The women attended OULA at least once per week for 12 weeks, and then abstained from OULA for one week. Depression and anxiety severity were measured weekly using the Hamilton Depression Rating Scale (HAM-D) and Beck Anxiety Index (BAI), respectively. Further, happiness was measured each week using Subjective Happiness Scores (SHS). After the initial 13-week study period, participants were offered three additional months of OULA for a total of 26 weeks of OULA.

The researchers found that over the course of the 26 weeks there was a statistically significant reduction in HAM-D scores ($p < .0001$) and BAI score ($p < .0001$) and an increase in SHS scores ($p < .0001$), see Figures 1 – 3 below. After controlling for baseline anxiety and frequency of attending OULA, the change in HAM-D and BAI scores remained significant, but not for SHS scores. Moreover, when women abstained from OULA after the completion of the 12 weeks, they noted an increase in HAM-D and BAI scores, see week 13 in Figures 1 & 2. While randomized controlled studies of OULA are warranted, these preliminary findings are promising.

We, at OULA Fitness, are very excited about these findings. In fact, the results from the aforementioned study are leading to further studies regarding OULA and its relationship to the treatment of depression and anxiety.

Figure 1: Change in Hamilton Depression Severity Scale Scores by Week

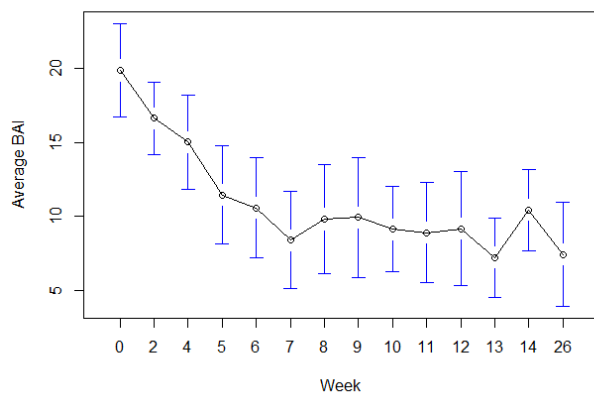


Figure 2: Change in Beck Anxiety Inventory Scores by Week

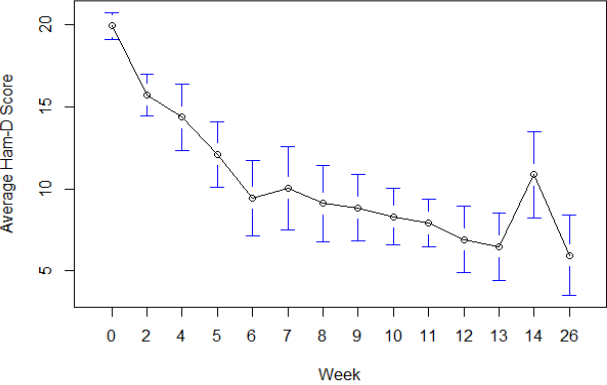


Figure 3: Change in Subjective Happiness Scale Scores by Week

