Supporting Evidence for Implementation # 2:

Aromatherapy positively affects mood, eeg patterns of alertness, and math computations

APA Reference:

Diego, M., Jones, N. A., Field, T., Hernandez-Reif, M., Schangerb, S., Kuhn, C., McAdam, V., Galamage, R., Galamage, M. (1998). Aromatherapy positively affects mood, eeg patterns of alertness, and math computations. *International Journal of Neuroscience, 96*, 217-224. doi: 10.3109/00207459808986469

Level of Evidence:

Level III: No control group

Summary:

Diego et al. summarizes the effects of aromatherapy on the emotional state, specifically on EEG activity, alertness, and mood in 40 individuals (1999, p 217). The two aromas used in the study were lavender and rosemary. Subjects participated in EEG activity probes, solving a simple math computation, and identifying self-reported mood, before and after 3 minutes of aromatherapy inhalation. The observed outcomes were that the lavender aroma increased levels of drowsiness, decreased depressive symptoms, increased self-reports of relaxed symptoms, and faster and more accurate computations (Diego et al., 1998, p 220-221). Participants in the rosemary group showed increased levels of alertness,

lowered anxiety levels, and more self-reports of feeling relaxed (Diego et al., 1998, p 220-221). Results of this group on the math computations showed that their speed was increased however accuracy was lower than the lavender group (Diego et al., 1998, p 220-221).

This evidence supports the use of lavender aroma which was used during the second session protocol pertaining to leisure and continued education on stress management and education. During the session implementation of making weighted neck pillows we included lavender aromas to drip into the rise for sustained fragrance. During the session we educated members on the use of aromatherapy inhalation as a quick method to reduce stress symptoms which was a great blended attempt in incorporating last week's protocol on stress management with the topic of leisure. The women's support group identified stress as a concern that they would enjoy learning more about and therefore our efforts in implementing methods and tools to use was a focus.