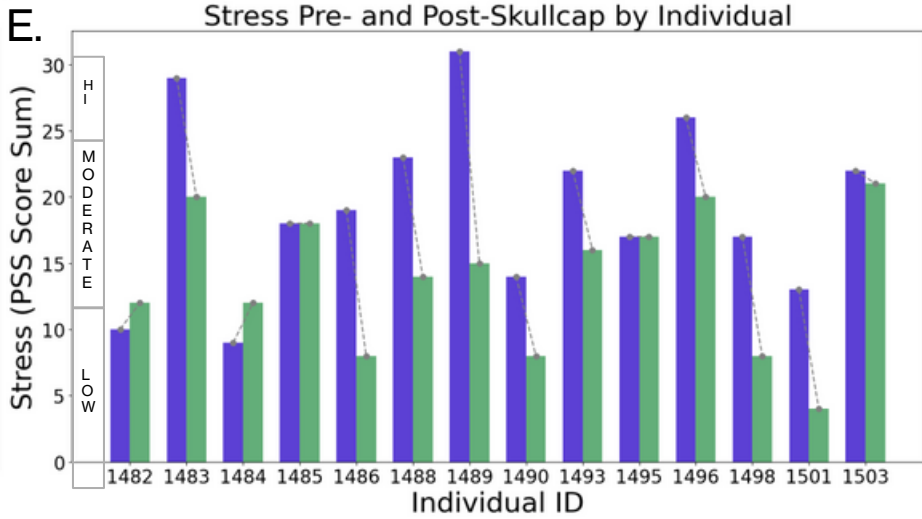
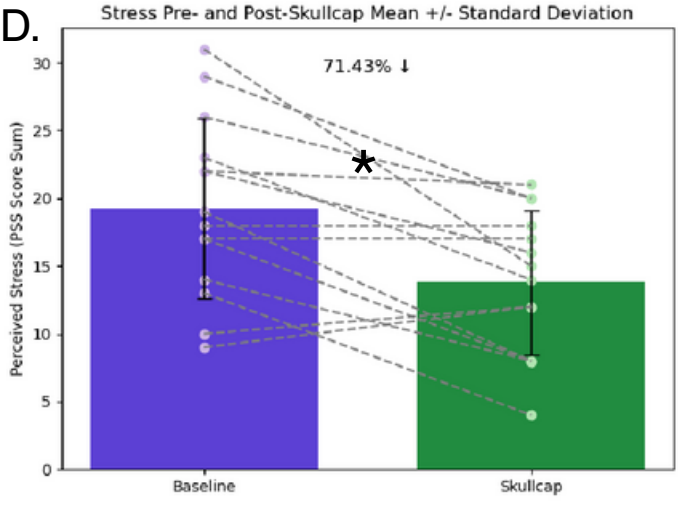
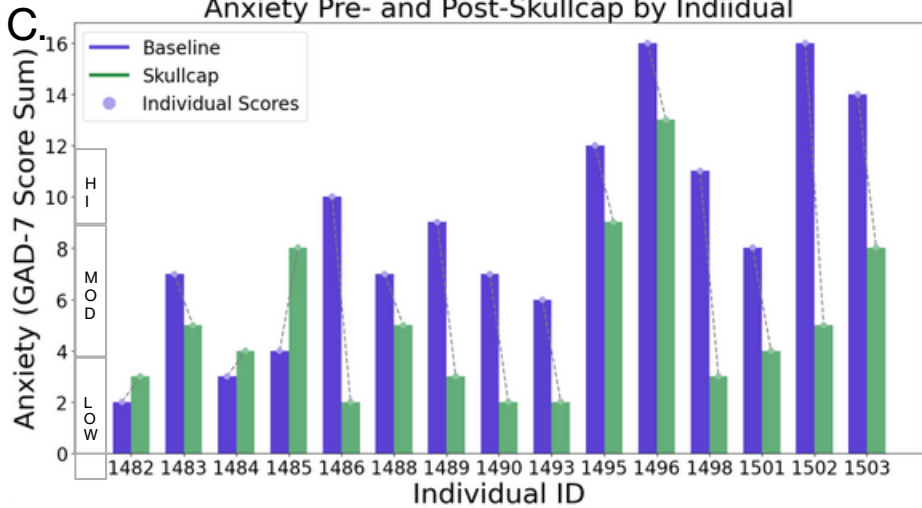
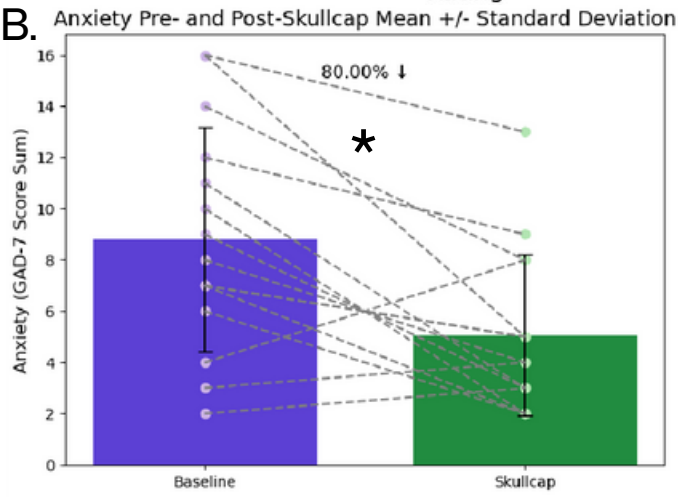


Skullcap Summary

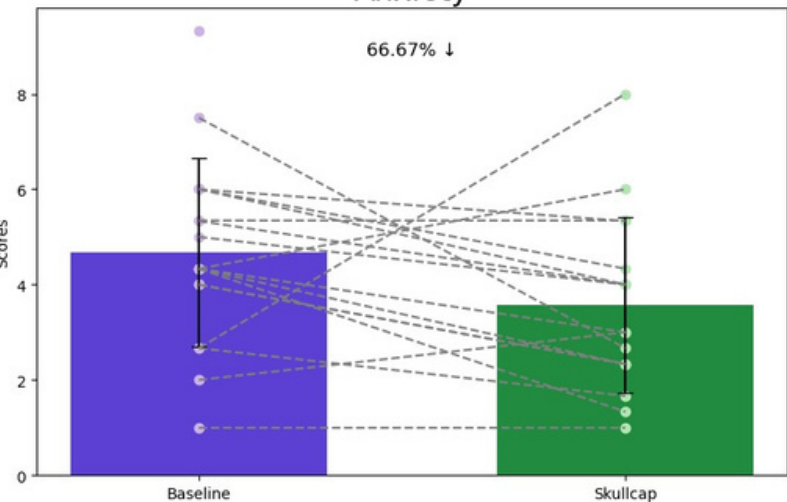
- A. 87% of students felt a little better, or better with skullcap
- B. Anxiety decreased statistically ($p=0.02$)
- C. Stress decreased from high- moderate \rightarrow low moderate ($p=0.03$)



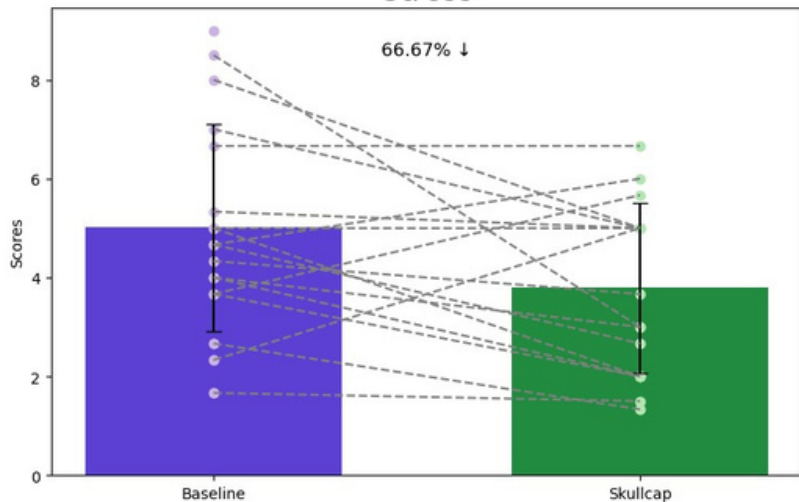
Figures. A) 20% of participants felt solidly better with skullcap, while 67% felt a little better. 6.7% Felt no change and a little worse, respectively. In each plot, blue indicates prior to skullcap and green indicates after skullcap use. B). Group mean \pm standard deviations for the general anxiety disorder (GAD-7) survey before and after skullcap use. C) Individuals' GAD-7 anxiety scores before and after skullcap use. D) Group mean \pm standard deviations for perceived stress scale (PSS) scores before and after skullcap use. E) Individuals' PSS scores before and after skullcap use. 80% and 71% of students with full data reported drops in anxiety and stress, respectively. Together, Skullcap appears to have a mild but positive impact on most students! We'll have to throw in a placebo next round! Read on to see daily trends, and individual students' reports. * Indicates statistical difference. Gray vertical boxes in C and E indicate low, moderate, and high score thresholds for anxiety (GAD-7) and stress (PSS) scales. Lines connect individuals'

How Does Skullcap Impact *Daily* Measures of Anxiety, Stress, and Overall Health?

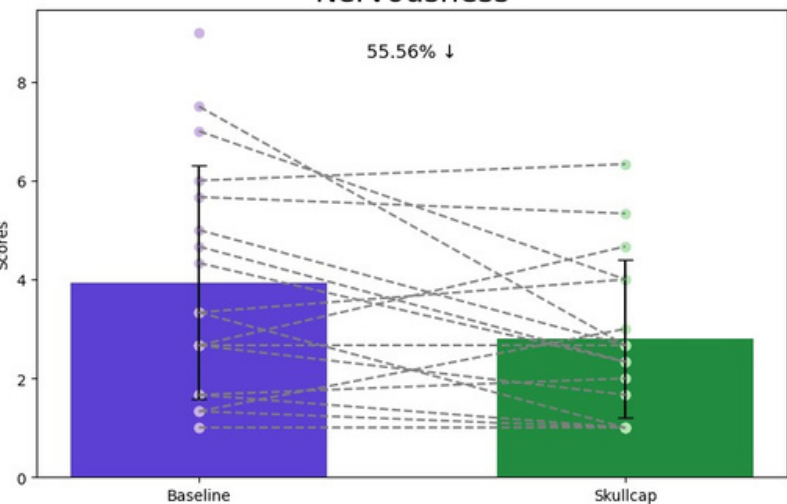
Anxiety



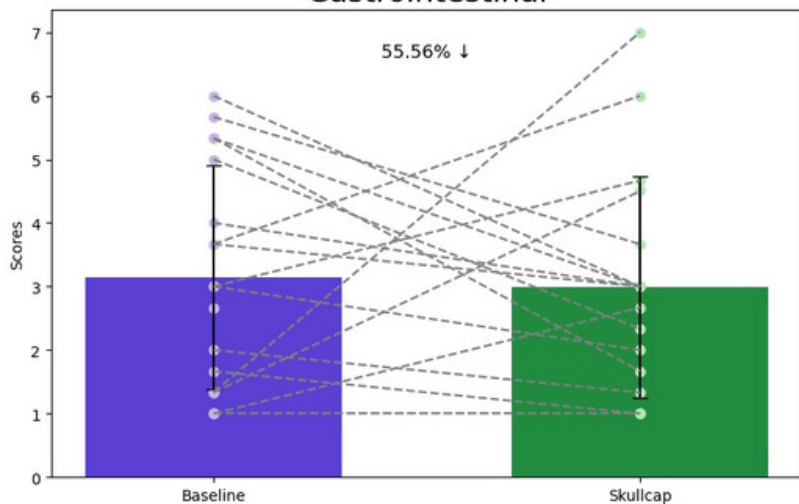
Stress



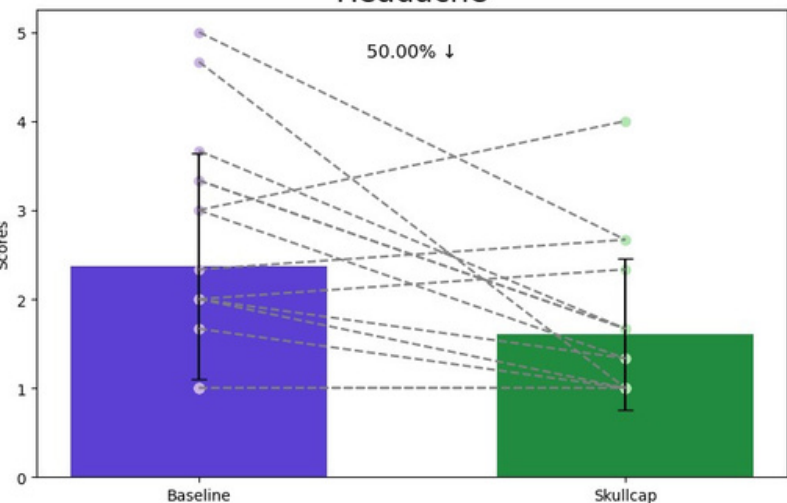
Nervousness



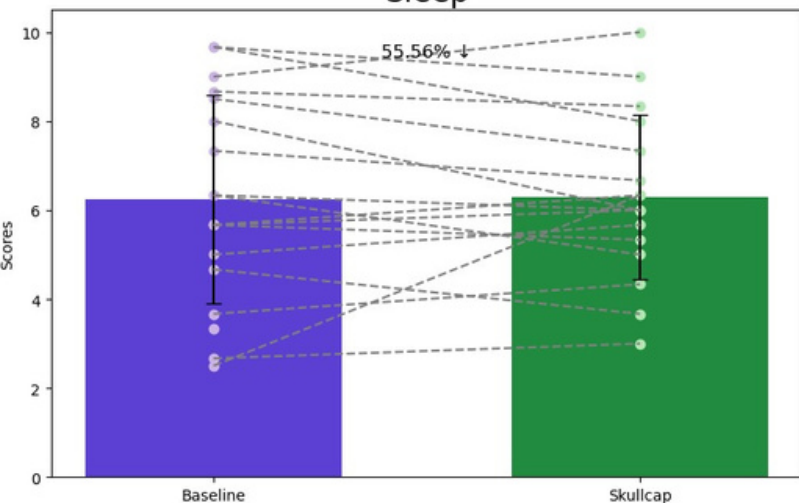
Gastrointestinal



Headache



Sleep



The impact of skullcap on daily 0-10 ratings of anxiety, stress, nervousness, GI distress, headache, and sleep was more variable. Although group trends weren't statistically significant at this resolution, you can note a trend toward lower anxiety, stress, nervousness, and headache in the skullcap condition. Make sure to check out your individual profile to see how you felt while taking skullcap!

For more about crafting herbal medicine
research and education resources,
connect with our Founder Laura Ash!

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