

## Popular scientific project description for project funded by Ekhagastiftelsen

Popular scientific project description is to be submitted within 2 months of project grant.

Application number:	2021-75
Project title:	Dietary counselling in the treatment of generalized anxiety disorder: A randomized wait-list controlled pilot trial
Receiver of grant (name, address):	Monique Aucoin Canadian College of Naturopathic Medicine 1255 Sheppard Ave E Toronto ON, M2K 1E2 Canada
Contact / project manager:	Monique Aucoin
Project start (yyyy-mm-dd): *	2021-11-15
Project end (yyyy-mm-dd): *	2023-11-01
By Ekhagastiftelsen granted sum:	822,800 SEK

Project description: (max 150 words)

Anxiety disorders are common and disabling and many patients do not get relief from available treatments. New research suggests that improving diet habits can improve symptoms of depression but less is known about the effects of diet change on anxiety disorders. This project will recruit 50 women with generalized anxiety disorder. Twenty-five participants will complete a 12-weeks of diet counselling and taking a fish oil supplement. The other participants will complete a 12-week waiting period and then complete the program. We are interested to know if women are willing to take part in the study and if they will make changes to their diet habits. We are also interested to know if their anxiety symptoms will improve during the program compared with during the waiting period. The results of this research will help to design additional studies on the role of nutrition in the treatment of anxiety disorders.

\* Dates for project start and end should be the dates for which the grant is received (Not dates for total project if longer than period for which grant is received)