

OHIO STATE NISONGER CENTER RESEARCH OPPORTUNITY

ESSENTIAL OILS FOR ENHANCING QUALITY OF LIFE IN AUTISM SPECTRUM DISORDER

This is a 7- month research study examining the use of essential oils for enhancing quality of life by improving sleep and relaxation in children with an Autism Spectrum Disorder. All evaluations and treatments are provided free to participants. In addition, families who participate receive some reimbursement for travel, parking, and time, and children receive a small prize at each visit.

Who is Eligible to Participate?

Children between the ages of 3 to 9 years who:

- Meet the diagnostic criteria for an Autism Spectrum Disorder,
- Have no plans to change the dose of medication, supplements, or other complementary medical treatments,
- Are able to discontinue medications and supplements specifically given for insomnia,
- Are able to tolerate blood work (3 times throughout the study),
- Have not had a substantial trial of essential oil use within the past 6 months (i.e., consistent use for 6 weeks),
- Do not have allergies to essential oils, nuts, or vanilla,
- Do not have a seizure disorder/epilepsy.

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