The Institute for Mental and Physical Health and Clinical Translation (IMPACT)

The STOP Trial

New PTSD Treatment

Do you suffer from Posttraumatic Stress Disorder (PTSD)?

You may be eligible for an exciting clinical trial investigating a potential new treatment for PTSD

The STOP trial is investigating whether lavender oil is an effective treatment for PTSD.

Lavender oil is already used to treat anxiety conditions, including Generalized Anxiety Disorder. It is a safe treatment with no known serious side effects.

Participants will take lavender oil or placebo daily for 12 weeks. The lavender oil is taken orally in the form of capsules. Participants can continue their usual medications and talking therapy during the trial.

Participants' PTSD symptoms will be measured during seven study visits. Participants can attend these visits online via Zoom, with the medication mailed out to them. They will receive $50 for each of the seven visits.

The STOP trial is a collaboration between Deakin University, Phoenix Australia, Austin Health and Ramsay Health.

Inclusion criteria

- Aged 18 years or over.
- Meets diagnostic criteria for PTSD.

Exclusion criteria

- Currently serving in the Australian Defence Force (ADF).
- History of psychotic disorder, bipolar disorder or borderline personality disorder.
- Acute or unstable medical illness.
- Pregnancy or breastfeeding.
- Moderate or severe alcohol or substance abuse.

Please note that there are additional eligibility criteria that will be assessed during the trial intake process.

If you are interested in participating in the STOP trial, please contact our intake team.

Email: stop-trial@unimelb.edu.au

Phone: 1800 292 969

Website:

IMPACT INSTITUTE FOR MENTAL AND PHYSICAL HEALTH AND CLINICAL TRANSLATION

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