



Are you currently taking an antidepressant, but still experience worry and ongoing symptoms?

Marked by excessive feelings of apprehension, worry, nervousness and stress, anxiety is the most common mental health condition in Australia. In any one year over 2 million Australian adults have anxiety.ⁱ

An amino acid present in green and black tea, L-theanine, is believed to relieve stress and anxiety. NICM researchers are seeking participants for a 10-week clinical trial investigating L-theanine for generalised anxiety disorder.

This study is part of a wider collaboration between researchers from NICM, Western Sydney University, The Melbourne Clinic, The University of Melbourne and The University of Queensland.

Recruitment is now underway in Sydney, NSW.

Who can join?

- Men and women aged 18-70 years.
- Are currently taking an antidepressant for anxiety.
- Are not pregnant, breastfeeding or trying to conceive.
- Are able to participate in all scheduled visits, treatment plans, tests and other trial procedures.
- Are fluent in spoken and written English.

Human Research Ethics Committee Approval: This clinical trial has been approved by Western Sydney University Human Research Ethics Committee (Approval Number: H12268), The Melbourne Clinic Research Ethics Committee (Approval Number: 273) and The University of Queensland Human Research Ethics Committee (Approval Number: 2016000774).

ACTRN12616000759493

ⁱ Australian Bureau of Statistics. (2008). National Survey of Mental Health and Wellbeing: Summary of Results, 2007. Cat. no. (4326.0). Canberra: ABS.



What's involved?

- A short screening questionnaire and interview.
- Two to four tablets morning and night during the 10-week study.
- Fortnightly appointments to monitor health and wellbeing at the study centre at Western Sydney University, Campbelltown, NSW.

What are the benefits of participating?

- You will receive a complimentary sample of L-theanine at the end of the study.
- You will be reimbursed up to \$60 in gift cards for your travel expenses.
- You will be helping to advance medical research, which could assist in the development of effective treatments in the future for people with anxiety.

For more information please contact

NICM Research Assistant, Diana Karamacoska
p. (02) 4620 3695
e. d.karamacoska@westernsydney.edu.au