

The Effects of *Rhodiola rosea* L. Extract on Anxiety, Stress, Cognition and Other Mood Symptoms.

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Abstract

This trial evaluated the impact of a *Rhodiola rosea* L. extract on self-reported anxiety, stress, cognition, and other mood symptoms. Eighty mildly anxious participants were randomized into two different groups of either *Rhodiola rosea* L (2 × 200 mg dose Vitano®, 1 tablet taken before breakfast and 1 tablet before lunch) or a control condition (no treatment). Self-report measures and cognitive tests were completed at four testing sessions over a period of 14 days. Relative to the controls, the experimental group demonstrated a significant reduction in self-reported, anxiety, stress, anger, confusion and depression at 14 days and a significant improvements in total mood. No relevant differences in cognitive performance between the groups were observed. *Rhodiola rosea* L (Vitano®) presented a favourable safety tolerability profile. Although this was a non-placebo controlled trial, it is unlikely that the findings were the result of placebo effects as changes appeared gradual and were specific to certain psychological measures. However, we cannot determine a causal relationship; further investigations are recommended to support the effects of *Rhodiola rosea* L. extract on stress related symptoms.

KEYWORDS: Anxiety; *Rhodiola rosea* L; Stress