

A novel yerba mate supplement improves objective outcomes indicative of happiness

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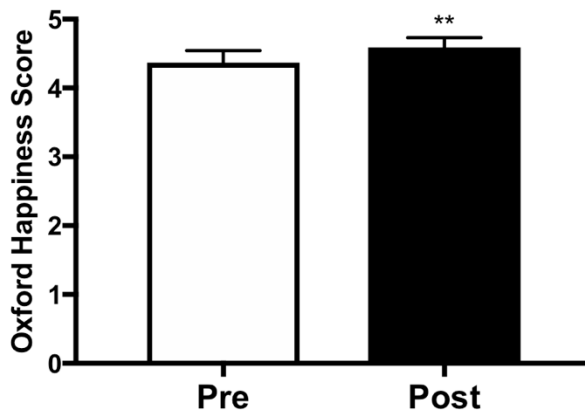
Introduction

Over the years, psychologists have sought to determine the best method to measure human happiness. The most rigorously tested method is the Oxford Happiness Questionnaire, a series of questions that touches on multiple aspects of emotional wellbeing. The purpose of this study was to determine the degree to which a novel yerba mate supplement acutely alters individual self-perception and wellbeing.

Methods

20 adults were recruited to participate in this study. Subjects initially completed the Oxford Happiness Questionnaire. After completing the assessment, subjects were instructed to consume one packet of Unimate, a novel yerba mate blend, and re-take the assessment within 60 minutes.

Results



Subjects reported a generally favorable effect of Unimate on wellbeing, evident in the statistically significant, albeit slight, increase in Oxford Happiness score. The score, which changed within the 4-5 range, increased from the low 4s to the high 4s, indicative of a change from “somewhat happy” to “rather happy”.
**P<0.005

Discussion

This study aimed to understand the effect of a novel yerba mate supplement on a respected, oft-utilized assessment of wellbeing, namely the Oxford Happiness Questionnaire. In general, the effect was slightly significantly positive, though this ranged across the subjects, with some subjects reporting a substantial improvement (i.e., from 3 to 5). Variability across subjects could be explained by numerous factors, most especially baseline score; higher scores tended to change very little following supplementation. Ultimately, these results suggest that Unimate elicits a positive effect on happiness as determined by a rigorously validated metric of emotional wellbeing.