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## Abstract

Earthing (grounding) refers to bringing the body in contact with the Earth. Health benefits were previously reported, but no study exists about mood. This study was conducted to assess if Earthing improves mood. 40 adult participants were either grounded or sham-grounded (no grounding) for 1 hr. while relaxing in a comfortable recliner chair equipped with a conductive pillow, mat, and patches connecting them to the ground. This pilot project was double-blinded and the Brief Mood Introspection Scale (comprising 4 mood scales) was used. Pleasant and positive moods statistically significantly improved among grounded—but not sham-grounded—participants. It is concluded that the 1-hr. contact with the Earth improved mood more than expected by relaxation alone. More extensive studies are, therefore, warranted.



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