

Now Recruiting: Research Study on Ketogenic and Psycho-therapy for PTSD

Study Purpose: To test whether a personalized ketogenic program in combination with cognitive processing therapy can improve symptoms of post-traumatic stress disorder (PTSD).

What is a Ketogenic Program?

Ketones are chemicals that are an energy alternative to glucose, a type of sugar. They are naturally produced by your liver cells when your body breaks down fat for energy. A ketogenic program uses diet change to transition your brain and body to using more ketones for energy than typical diets.

Participation Involves:

- 11 weeks of personalized ketogenic program guided by a dietician
- 10 sessions of cognitive processing therapy
- Wearing sensors to track your stress, sleep, glucose, and ketones
- Interviews and questionnaires

You May Qualify If:

1. Meet diagnosis criteria for PTSD
2. Are 18 years or older

Participants will be compensated up to \$238, receive a Fitbit fitness tracker, and have some food items provided to support a personalized ketogenic plan.

This study is led by Dr. Jacek Kolacz at the Ohio State University. For more information, please contact us at menaz.bettes@osumc.edu

Scan the QR code to complete our screening survey:

