Too small too short trial period

Reduce sample size

Stress level

Reported anxiety

No control group

Chocolate

More larger sample

Placebo

Metabolic changes

Blind trial

1.a

1/termite mount

2/beetle

3/boxfish

4/mosquito

5/snail shell

6/plant

1.b

A3

B2

C3

D1

E2

Modifying – to change