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| Concluding my research and development of the Placebo Effect and mental wellness I believe that in a larger laboratory environment with the cooperation of clinical physicians. The experimentation itself has a fatal flaw of multivariable that I myself cannot control. Homework levels, teenage saga, and general household problems could contribute to the high margin of error in my research. But the overwhelming background research and case studies were included as backing to show that my data was on the correct path. My hypothesis is still wavering as is my prediction. Trusting the results I received could be a hasty assumption since "Self-delusion is by its very nature difficult to guard against-almost impossible when fueled by unbridled ambition" (Valenstein).  In many ways though the study was a success. I was able to generate results after two failed trial runs where the demographics were not consistent. They key appears to be isolation of as many variables as possible, and a convincing show that Placebos can be an effective tool. Stress levels were reduced on a majority of the persons surveyed and a simple path was laid out for future research. 10% of Americans are afflicted with depression and 15% with anxiety and 48% of America will be afflicted with a mental illness(Novitt-Moreno, 1995), with this in hand a large number of persons could benefit greatly from further research. Quite possibly the link between wellness and sleep could be further established using sleep as a way to affect mental health by using the Placebo Effect to change sleep patterns.  In the future I hope that I can pursue further research as part of the biological research group at University of California Santa Cruz and I plan to send letters to Pfizer concerning my research. Fouly tested medications and the rise of an inexpensive Placebo Effect could shake pharmaceutical industries, a task that will take many and benefit all. Until such firms allow extensive testing of their products, we will watch the monopolization of mental illness by overpriced drug firms.    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |