



# CALIFORNIA STATE SCIENCE FAIR 2005 PROJECT SUMMARY

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<b>Project Title</b> <b>The Effectiveness of Four Different Remedies on Motion Sickness</b>	
<b>Objectives/Goals</b> In my study I tested the effects of four different remedies on motion sickness, in order to find out if they were truly beneficial.	<b>Abstract</b> Four treatments were administered to subjects on four separate days. After each treatment, subjects were spun for varying amounts of time in a chair that could keep up a constant rotational rate. I measured the amount of time subjects needed to rest before being able to walk a 15 foot line, the amount of time it took subjects to walk the line and then return, the number of mistakes made, and how sick each subject felt on a scale of 1-5.
<b>Methods/Materials</b> Four treatments were administered to subjects on four separate days. After each treatment, subjects were spun for varying amounts of time in a chair that could keep up a constant rotational rate. I measured the amount of time subjects needed to rest before being able to walk a 15 foot line, the amount of time it took subjects to walk the line and then return, the number of mistakes made, and how sick each subject felt on a scale of 1-5.	<b>Results</b> I found that ginger tea and Dramamine were the most effective combatants of motion sickness, followed by 7-Up and finally pressure wristbands. Dramamine and ginger tea resulted in the shortest average amount of time required to walk down a 15-foot line and back, fewest average number of mistakes during the walks, and the lowest average level of self-reported nausea.
<b>Conclusions/Discussion</b> Dramamine and ginger tea showed to be effective motion sickness reduction remedies. In my opinion the ginger tea has a slight edge over the Dramamine, due to Dramamine causing subjects to become drowsy. Surprisingly the wrist bands appear to have had a negative effect on relieving motion sickness, consistently causing subjects to have increased times when it came to walking a 15-foot line.	
<b>Summary Statement</b> I investigated the effectiveness of Dramamine, pressure wrist bands, 7-Up, and ginger tea on the reduction of motion sickness.	
<b>Help Received</b> My parents proof-read and gave suggestions on my written work. My dad also helped me find an effective way to induce motion sickness.	