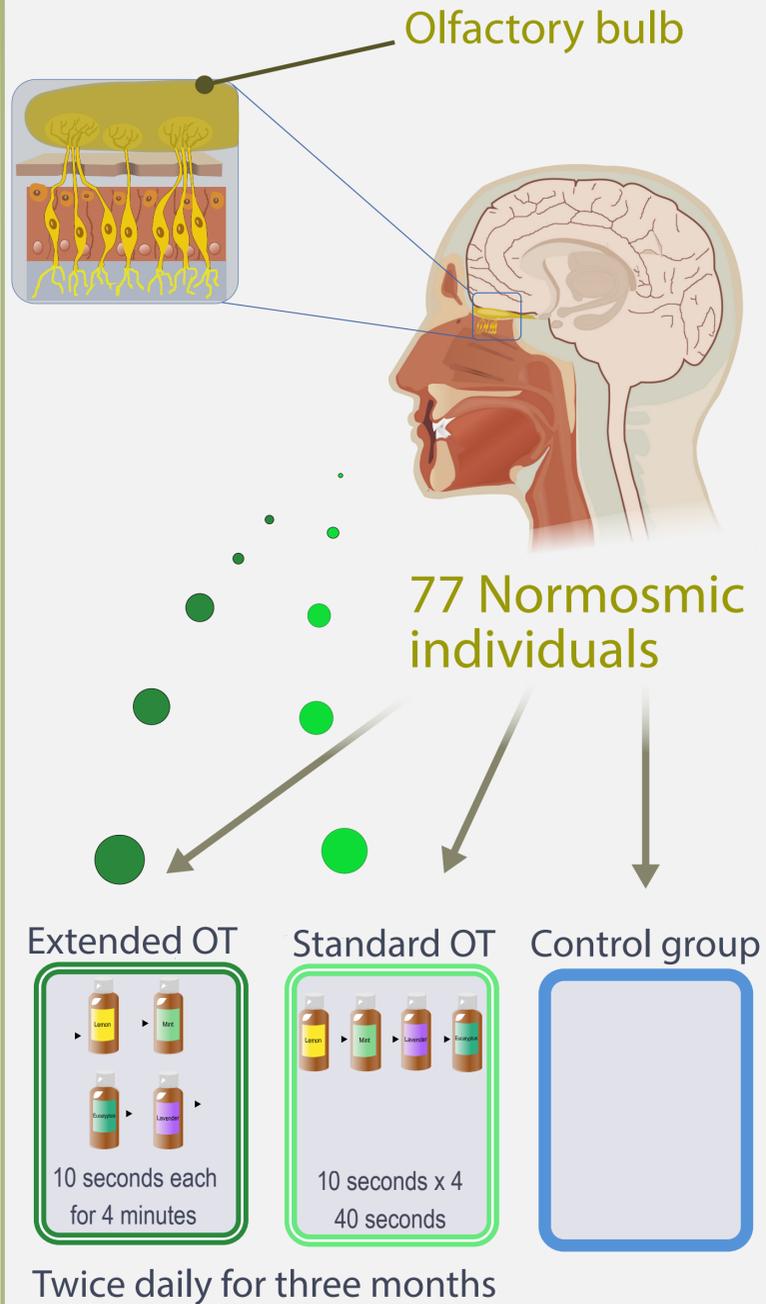


Olfactory bulb volume (OBV) changes following olfactory training (OT) in normosmic individuals

Participants, Randomisation and Intervention



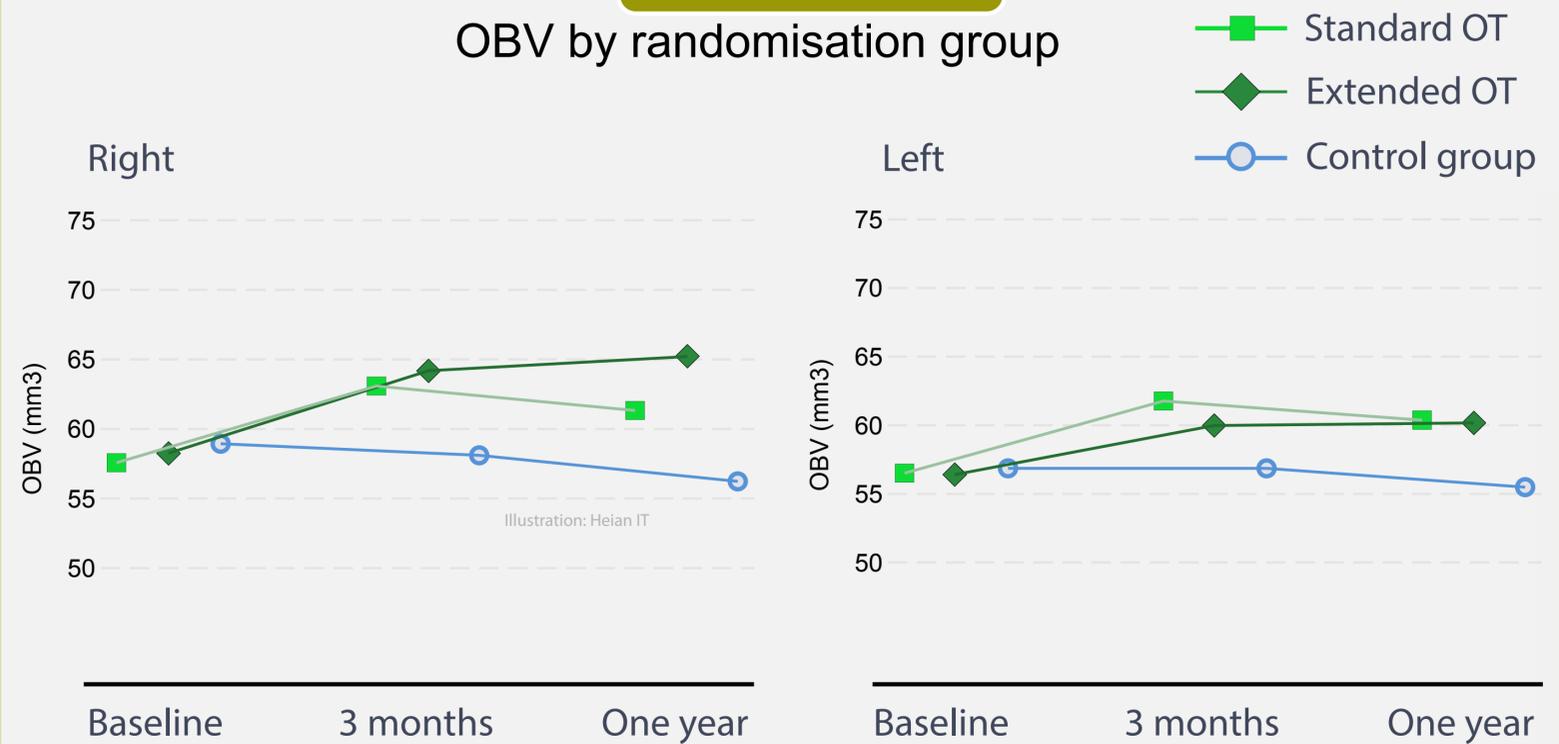
Assessments

- OBV (MRI)
- Olfactory function (Sniffin' Sticks TDI)



Results

OBV by randomisation group



Increased OBV in both OT groups post-intervention and at follow-up, no increase in the control group

Conclusion

- OT → rapid and sustained increase in OBV
- No difference between standard and extended OT
- No improvement in olfactory function