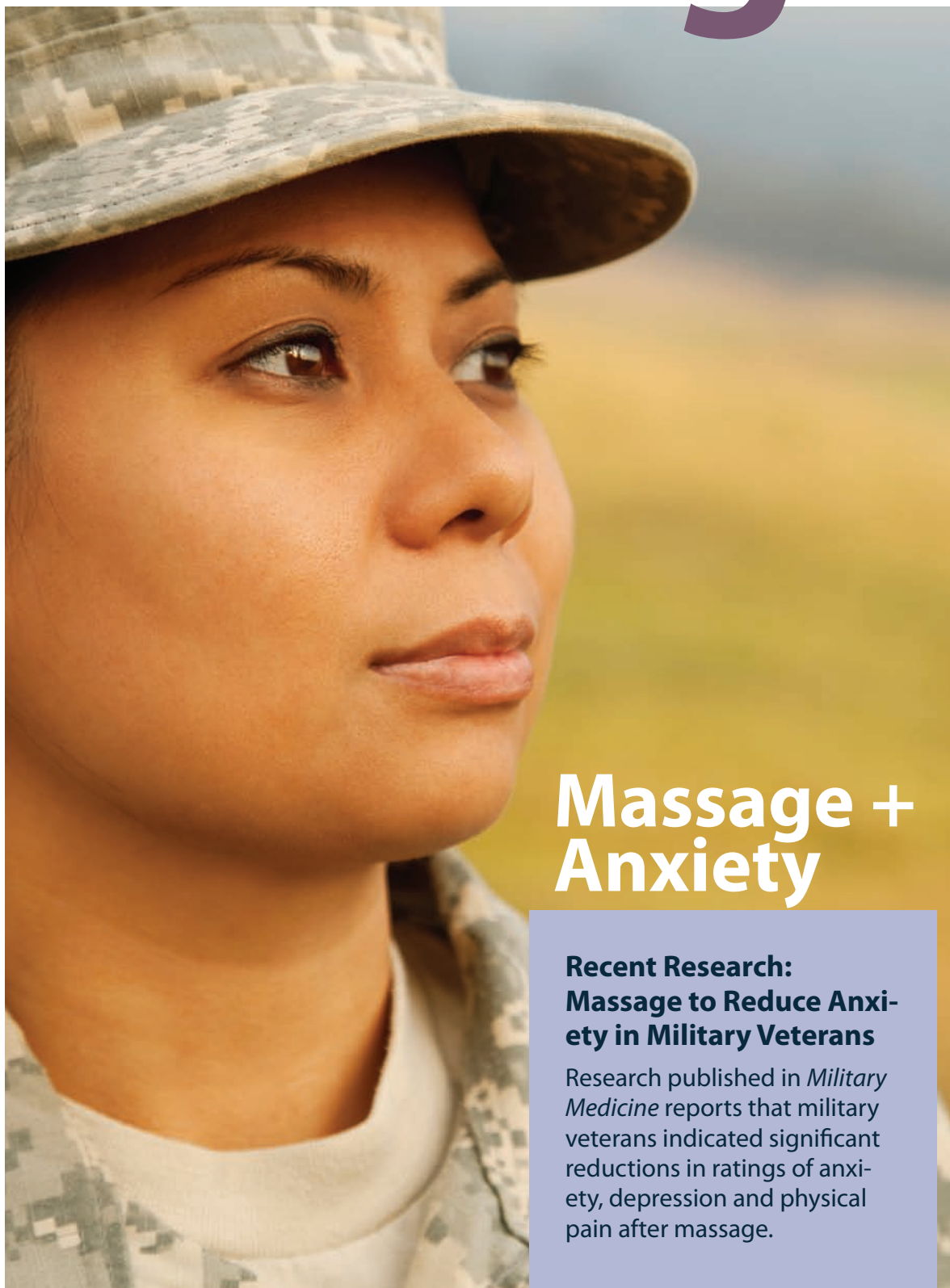




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Massage + Anxiety

Recent Research: Massage to Reduce Anxiety in Military Veterans

Research published in *Military Medicine* reports that military veterans indicated significant reductions in ratings of anxiety, depression and physical pain after massage.

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Study methods: In a study published in *Military Medicine*, 43 National Guard members returning from service in Iraq and Afghanistan and their significant others were given instructions for meditation and self-massage. Service members were measured weekly on their levels of anxiety, depression and self-compassion. Their partners were also assessed on their level of stress throughout the process.

Protocol: Participants were given instructional material concerning massage and meditation. A professionally produced DVD provided instructions for self-massage while an audio CD provided directions for meditation. Both methods were accompanied by written instructions. Subjects averaged more than 2.5 massages per week, and self-massage methods included light techniques for the head, face, neck, shoulders, feet and hands.

→ **Results:** Veterans reported significant reductions in their ratings of anxiety, depression and physical pain. Further analysis suggests declining baseline levels of tension and irritability as well.

Massage + Fibromyalgia

Recent Research: Massage to Reduce Anxiety in Fibromyalgia Patients

A recent meta-analysis of randomized controlled trials published in *PLOS ONE* suggests that massage therapy is beneficial for reducing anxiety, pain and depression in patients with fibromyalgia.

Study Methods and Protocol: Researchers analyzed nine randomized controlled trials involving 404 patients with a mean age of 47. Massage therapy time ranged from 25 to 90 minutes and the studies lasted from 1 to 24 weeks. The studies measured the effects of massage therapy on the levels of anxiety, pain, depression and sleep disturbance in patients with fibromyalgia.

Results: The studies indicated that massage therapy sessions lasting longer than 5 weeks significantly improved pain, anxiety and depression for fibromyalgia patients.

Massage + Fatigue

Recent Research: Massage to Reduce Anxiety in Cancer Patients Receiving Chemotherapy

A 2013 study published in *Applied Nursing Research* shows that back massage given during chemotherapy can significantly reduce anxiety and acute fatigue in cancer patients.

Study Methods and Protocol: 40 cancer patients undergoing chemotherapy were divided into two groups: an intervention group and a control group. Mean anxiety scores and fatigue levels for both groups were recorded before and after each session. The intervention group received a back massage from oncology nurses during the chemotherapy treatments, while the control group received no massage.

→ **Results:** Patients who received massage while undergoing chemotherapy recorded a significant reduction in the levels of fatigue and anxiety following their chemotherapy treatments.

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