

Massage Therapy for Mental Health

Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.

National Institute of Mental Health www.nimh.nih.gov

Patients With Chronic Disease Improve Self-Esteem, Body Image, Depression, Anxiety After Massages

Patients with Multiple Sclerosis who received 45-minute massages twice a week for 5 weeks had lower anxiety and less depressed mood immediately following the massage sessions and, by the end of the study, had improved self-esteem, better body image and image of disease progression and enhanced social functional status.

Journal of Bodywork and Movement Therapies 1998, 2(3), 168-174.

Massage Therapy Can Equal the Effects of Psychotherapy in Patients With Anxiety and Depression

In a meta-analysis of 37 studies, even single applications of massage therapy were found to **reduce state anxiety, blood pressure, and heart rate.**

Reductions of trait anxiety and depression were massage therapy's largest effects, with **a course of treatment providing benefits similar in magnitude to those of psychotherapy.**

Psychological Bulletin 2004 Jan;130(1):3-18.

Depression

In a meta-analysis of 17 randomized controlled trials including 786 people, **“Massage therapy is significantly associated with alleviated depressive symptoms.”**

Journal of Clinical Psychiatry 2010;71(7):894-901

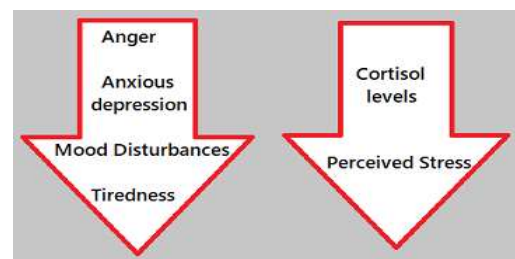
Veterans With PTSD Reduced Pain, Tension, Anxiety, Depression

After 8 weeks of massage therapy 1-2 times a week, National Guard “Veterans reported significant reductions in ratings of physical pain, physical tension, irritability, anxiety/worry, and depression.”

Military Medicine 2012 Dec; 177(12): 1477–1485.

Anger, Anxious Depression, and Tiredness

After a five-week course of twice-weekly 30-minute massages, perceived **stress and cortisol serum levels and mood disturbances** were significantly reduced in women with breast cancer.



Archive of Women's Mental Health. 2010 Apr;13(2):165-73.