

Subject:

Multiple Health Conditions: Depression, Stress Responses, Immune Functions

Study**Conducted:****Country:Institution:**

Korea

Department of Nursing, Inje University

Citation:

Lee YM., Effects of Self-Foot Reflexology Massage on Depression, Stress Responses and Immune Functions of Middle Aged Women." Taehan Kanho Hakhoe Chi, 2006 Feb; 36 (!):179-88.

Synopsis:

46 women, ages 40-64 yrs old, from the Community Health Center were trained for two weeks to do self-foot reflexology massage; after which, they did their own each day for 6 weeks- 2 days at the research center, then 5 days at home. They were tested at baseline, pre and post training and after the intervention. All data was accessed by using repeated measure ANOVE by the SPSS/WINN program. Results: there was a significant differ-ence in depression, stress, systolic blood pressure, natural killer cells and Ig G, but not in diastolic blood pressure, pulse or serum cortisol.

Conclusion:

Self-foot reflexology was found to be an effective nursing intervention to reduce depression, stress responses and strengthen immune systems in middle-aged women.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.