primary studies - published RCT

Children with cystic fibrosis benefit from massage therapy.

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Study design (if review, criteria of inclusion for studies)

Parallel RCT.

Participants

Children aged 5 - 12 years. 1 refused and 3 dropped out. Total sample n = 20 parent/child dyads. Intervention group: 9 mother, 1 father & 10 children. Control group: 10 mother & 10 children. Mean baseline scores on NIH clinical score: intervention group 82.2; control group 82.0. Population of interest N = 24, aged 5 - 18 years.

Interventions

1. Massage therapy (n = 10). 2. Bedtime reading control (n = 10). Every evening for 30 days.

Outcome measures

Assessment: pre- and post-Day 1; pre- and post-Day 30. Children: anxiety (STAIC); mood (POMS); peak flow (PEFR). Assessment at baseline (Day 1) & Day 30. Parents: anxiety (STAI).

Main results

Following the first and last massage session, children and parents reported reduced anxiety. Mood and peak air flow readings also improved for children in the massage therapy group.

Authors' conclusions

These findings suggest that parents may reduce anxiety levels by massaging their children with cystic fibrosis and their children may benefit from receiving massage by having less anxiety and improved mood, which in turn may facilitate breathing.

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See also

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Keywords

Child; non pharmacological intervention - psyco-soc-edu-org; non pharmacological intervention - devices OR physiotherapy; massage;