

Light pressure massage for patients with severe anxiety.

Posted At : May 22, 2009 3:42 PM | Posted By : [Tim Brunson, PhD](#)

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Generalised anxiety disorder (GAD) is common in the western world with a lifetime prevalence of 4.3 to 5.9% and is twice as common in women as in men. GAD can have a decisive impact on a patient's everyday life as it is surrounded by unfocused worries and the severe anxiety may interfere with normal social functions. The treatments include cognitive behavioural therapy and/or psychopharmacological drugs. In previous studies the positive effects of massage on anxiety have been shown. The present study described the experience of receiving massage for eight patients with GAD. Findings revealed that the patients were able to rediscover their own capacity during the massage period. This was illuminated by the experience of being relaxed in body and mind, the experience of unconditional attention, the experience of decreased anxiety and the experience of increased self-confidence. The paper ends with a discussion of clinical implications.

Complement Ther Clin Pract. 2009 May;15(2):96-101. Billhult A, Määttä S. FoU-enheten i Södra Alvsborg, Sven Eriksonsplatsen 4, S- 503 38 Borås, Sweden.
