



Scientific Evidence for Seated Acupressure Neck & Shoulder Massage (also known as Chair Massage)

- In 1996 Shulman, K.R. & Jones, G.E. in the *Journal of Applied Behavioural Science*, looked at the effectiveness of chair massage in reducing anxiety in an organisation. A chair massage program was provided to reduce anxiety levels of 18 employees in a downsizing organization. 15 in the control group participated in break therapy. Subjects' stress levels were measured with the State-Trait Anxiety Inventory, which was administered twice during pre-test, post-test, and delayed post-test to achieve stable measures. The study concluded that **significant reductions in anxiety levels were found for the massage group.**

KR Shulman and GE Jones, 1996, *The effectiveness of massage therapy intervention on reducing anxiety in the work place*, *Journal of Applied Behavioural Science* (32), p160 – 173

- In 1996 in the *International Journal of Neuroscience* concluded that chair massage therapy offers benefits **in not just alleviating the physiological effects of anxiety, but also in improving mental alertness. Including significantly reducing the time taken to solve mathematical problems and with fewer errors.**

Field T; Ironson G; Scafjdi F; Nawrocki T; Goncalves A; Burman I; Pickens J; Fox N; Schanberg S; Kuhn C, Sep 1996, *Massage Therapy Reduces Anxiety and Enhances EEG Pattern of Alertness and Math Computations*, *The International Journal of Neuroscience*, 86 (3-4) p197-205

- In 1997 Cady *et al.* in *Perceptual & Motor Skills* evaluated the effectiveness of a 15 minute chair massage on reducing stress as indicated by blood pressure. 52 employed participants' blood pressures were measured before and after a 15 minute massage at work. Analysis showed a significant reduction in participants' systolic and diastolic blood pressure after receiving the massage. **High Blood pressure is associated with anxiety and stress, this study supports the conclusion that chair massage is relaxing and reduces stress.**

Cady SH and Jones GE, Feb 1997, *Massage therapy as a workplace intervention for reduction of stress*, *Perceptual & Motor Skills*, (1) p157- 158