

EFFECT OF MASSAGE THERAPY ON MENOPAUSAL SYMPTOMS: A RANDOMIZED CLINICAL TRIAL STUDY

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Menopausal Symptoms may have negative effect on quality of life and could be prevent by complementary therapy.

Objectives: To determines effect of massage therapy on menopausal symptoms.

Materials and method: This Randomized Clinical Trial was conducted at menopausal clinic of one of the main referral gynecology hospital of Tehran University of Medical Sciences in Tehran (2011- 2012). Study population comprised 60 healthy volunteer Menopause women that were assigned to massage therapy and control group. Each subject in the massage therapy group received massage sessions, twice a week for 4 weeks with plane oil and no treatment was provided to subjects in the control group. The outcome measures in this study were psychological, somatic and urogenital symptoms of menopause as obtained through the Menopause Rating Scale. All outcomes were compared by using Paired- samples T Test for testing intra group change, and the Independent- samples T Test for between groups.

Results: There were no significant difference between pre and post application of psychological and somatic score in intervention groups ($p < 0.001$), whereas the urogenital score did not differ significantly. When the massage therapy and the control groups were compared, the participants' psychological and somatic score after 4 weeks of intervention in the massage therapy group were found to be significantly lower than the control group ($p < 0.01$), while urogenital score did not differ between groups significantly.

Conclusions: This study indicated that massage therapy was effective in reducing psychological and somatic symptoms during menopause. But, has no effect on urogenital symptoms.