Studies show that massage therapy can have a profound effect on mood, with anxiety reduction being one of the most well-established effects. Evidence for the effectiveness of massage in promoting mental health crosses multiple presenting conditions and populations.

**DEPRESSION**

According to a 2010 meta-analysis published in the Journal of Clinical Psychiatry, massage is associated with alleviated symptoms in depressed people.

**TRAIT ANXIETY AND DEPRESSION**

Reductions of trait anxiety and depression were identified as the largest effects of massage in a 2004 meta-analysis of massage therapy research. A course of treatment provided benefits similar in magnitude to those of psychotherapy, according to this study published in Psychological Bulletin.

**DEPRESSION IN CANCER PATIENTS**

There is a vast body of evidence showing the positive effects of massage in cancer palliation. According to a study published in Support Care in Cancer, massage therapy is an efficient treatment for reducing depression in breast cancer patients. A 2009 systematic review also suggested that massage can alleviate a wide range of symptoms including pain, nausea, anxiety, depression, anger, stress, and fatigue.

**MENOPAUSE**

A study of 87 women in Complementary Therapies in Medicine concluded that massage was effective in reducing the psychological symptoms of menopause.

**OCCUPATIONAL STRESS**

A 2015 study of intensive care nurses showed that massage was an effective, non-invasive way to reduce stress, promote mental health and prevent the decrease in quality of work life.

**ANOREXIA AND BULIMIA**

Massage, aerobic exercise and yoga may improve mental and physical quality of life in patients with an eating disorder, according to a 2014 systematic review of physical therapy interventions published in Disability and Rehabilitation.

**DEPRESSION IN CANCER PATIENTS**

There is a vast body of evidence showing the positive effects of massage in cancer palliation. According to a study published in Support Care in Cancer, massage therapy is an efficient treatment for reducing depression in breast cancer patients. A 2009 systematic review also suggested that massage can alleviate a wide range of symptoms including pain, nausea, anxiety, depression, anger, stress, and fatigue.

**ANOREXIA AND BULIMIA**

Massage, aerobic exercise and yoga may improve mental and physical quality of life in patients with an eating disorder, according to a 2014 systematic review of physical therapy interventions published in Disability and Rehabilitation.

According to the 2007 National Survey of Mental Health and Wellbeing

7.3 MILLION (OR 45%) of Australians aged 16-85 had a mental health issue at some point in their life.

ONE IN FIVE (20%, OR 3.2 MILLION) had a mental health issue lasting 12 months. There was also 4.1 MILLION PEOPLE who had experienced a mental health issue at some point in their life but did not have symptoms in the 12 months prior to the survey interview.

To find your local AMT-accredited massage therapist please visit: www.amt.org.au or call 02 9211 2441