

# AMT Media Release

## 17 May, 2024

### Association of Massage Therapists Launches Groundbreaking Research Resource

The Association of Massage Therapists (AMT) is proud to announce the launch of its newly updated Massage Therapy Research Database. This comprehensive resource, which employs the latest bibliographic tools and artificial intelligence, provides a critical appraisal and grading of massage therapy evidence.

AMT Chairperson, Kristy Baird, expressed excitement about the launch. "With AMT's graded research resource, massage therapists and Registered Training Organisations now have an invaluable tool at their fingertips. It will not only empower therapists to make informed, evidence-based decisions in their practices, but will also provide a solid platform for AMT's ongoing advocacy by clearly delineating the efficacy of massage therapy as a healthcare intervention."

The first stage of the grading project, completed in March 2024, focuses on systematic reviews and meta-analyses of massage therapy, which are the top tier forms of study in the evidence hierarchy. AMT plans to expand the gradings to encompass the other clinical studies in the resource.

The AMT research resource is accessible through a publicly available online library and as a downloadable spreadsheet containing links to studies and their abstracts.

AMT member, Youjung Suh, said that the resource is a godsend for those who may be new to research. "I am really interested in research but can get lost and overwhelmed quickly when trying to access it. The traffic light system used to grade studies simplifies the process of evaluating the quality of evidence. Being able to quickly reference and rely on the grading system helps me to navigate studies with more confidence and will inform my clinical practice in a more direct and tangible way."

AMT's commitment to research and evidence-based practice underlines its role as a leader in the massage therapy industry, advocating for high standards of practice, professional development and evidence-informed care.

For more information or to access the research resource, please visit

<https://www.amt.org.au/amt/classified-research-database.html>

or contact AMT via [info@amt.org.au](mailto:info@amt.org.au)

### About the Association of Massage Therapists (AMT)

The Association of Massage Therapists (AMT) is a not-for-profit membership association dedicated to the advancement of the massage therapy profession within Australia's healthcare system. Established in 1966, AMT promotes evidence-based practice standards and patient-centred care. Upholding the vision that Australians should have access to safe, ethical, and evidence-informed massage therapy, AMT works tirelessly to integrate massage therapy into the broader spectrum of health care services.



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