

18. Symptoms and Signs

Reference

Sato K, Ebata Y, Sayama S. A study of the relaxation effect of back massage in puerperants. *Bosei Eisei (Japanese Journal of Maternal Health)*. 2008; 49(3): 169 (in Japanese). Ichushi Web ID 2009035542

1. Objectives

To evaluate the effects of back massage on relaxation in puerperant women.

2. Design

Quasi-randomized controlled trial (Quasi-RCT).

3. Setting

Obstetrics clinic, Japan.

4. Participants

Fifty puerperant women on the first postpartum day (n=50, ages not described).

5. Intervention

Arm 1: Jojoba oil massage group (10 minutes, n=25).

Arm 2: Control group (10 minutes of rest lying down, n=25).

6. Main outcome measures

Blood pressure, pulse, salivary amylase activity, State-Trait Anxiety Inventory (STAI).

7. Main results

- 1) There was a significant between-group difference in STAI state anxiety score but not in blood pressure, pulse, salivary amylase activity, or STAI trait anxiety score.
- 2) Salivary amylase activity decreased in both groups.

8. Conclusions

Back oil massage decreases STAI state anxiety in puerperant women one day after delivery.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

The subject of this study is extraordinarily important. Yet, given that the authors indicate why puerperant women one day after delivery need relaxation and what relaxation methods are commonly used, they should have compared the target therapy to the commonly used methods and a control. Since the recruitment of 50 participants is a positive aspect of the study, this sample size could have been utilized in the study design. Since the study is an RCT, data from both groups should have been presented. The back oil massage techniques used in the study should be described. Furthermore, while the authors conclude that massage decreased state anxiety, the premises underlying the relation between relaxation and anxiety should be stated.

11. Abstractor and date

Tokutake T, 9 December 2011.