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Effect of Massage Therapy On Menopausal Symptoms Applied by Midwife and Trained Clients: a Randomized Clinical Therapy

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A wide range of complementary therapies can be used to relieve Short-term menopausal symptoms.

Aim: To compromise effect of massage therapy applied by midwife and trained clients on menopausal symptoms.

Method: This is the Randomized Controlled Clinical Trial, which was conducted at one of menopausal clinics of referral gynecology hospitals in Tehran (Year 2012). In this Study 90 healthy volunteer menopausal women were assigned to the group of massage therapy applied by midwife, applied by trained clients, and control group. Each subject in two intervention groups received 30- minutes massage sessions, twice a week for four weeks applied by professional midwife or study subjects, whom received two session training, and no treatment was provided to subjects in the control group. Study questioner had two main parts of Personal characteristics also Menopause Rating Scale (MRS). The results were analyzed by using SPSS version 14 software. All ethical points were considered.

Results: Significant difference was found between the participants' pre-application and post-application of MRS score in two intervention groups ($p < 0.05$), whereas the score in the control group did not differ significantly. Also massage therapy group applied by professional midwife have higher significant effect than massage therapy group, applied by study subjects ($p < 0.05$).

Conclusions: The results of the study have demonstrated that massage therapy were effective in reducing menopausal symptoms during menopause. But, the effectiveness of massage therapy applied by midwife had more significant effect than educated clients' apply.

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