
Barbara and Kevin Kunz website - no information - refers to (Medical Applications of Reflexology Findings in Research about Safety, Efficacy, Mechanism of Action and Cost-Effectiveness of Reflexology (Revised) Add credibility and validity to your work. Be knowledgeable about reflexology's research and effectiveness. Web Special \$9.95 E-book, available electronically:

Reflexology Use by Dentists **New Reflexology Use in a Mental Health Facility** **New Reflexology Use in Hospice Care**

CITATIONS FOR OVER THREE HUNDRED REFLEXOLOGY CASE & RESEARCH STUDIES FROM AROUND THE WORLD – Bill Flocco

www.reflexologyresearch.net/300StudiesCitations.shtml

Here is an example of what you will find in the citation for each study. Retrospective Analysis of 8096 Cases "An Exploration of the Clinical Indications of Foot Reflexology - A Retrospective Analysis of Its Clinical Application to 8096 Cases." 1996 China Reflexology Symposium Report, Beijing: China Reflexology Association, pages 140-143. Wang, L. **Please notice that this example shows you:**

Study Topic: Retrospective Analysis of 8096 Cases Title of the study: "An Exploration of the Clinical Indications of Foot Reflexology - A Retrospective Analysis of Its Clinical Application to 8096 Cases."

Year study was reported: 1996 Where study was reported: China Reflexology Symposium Report, Beijing: China Reflexology Association, Who conducted the study: Wang, L.

www.mentalhealth.org.uk/information/mental-health-a-z/complementary-therapies/?vAction=fntUp#Current

- Reflexology has been shown to aid relaxation, relieve stress and restore energy. It can help to reduce the side-effects of psychotropic medication and can moderate the highs and lows of mood swings.

'Some conclusions

It is clear that more research needs to be undertaken. Much of the existing research into the use of complementary therapies in mental health is in the form of case reports only, with few comprehensive clinical trials or research reviews having been carried out. Where research does exist, it is often difficult to access.

According to the Foundation for Integrated Medicine, most research on complementary therapies, whether into effectiveness, safety or mechanisms for action, has tended to be carried out as a collection of isolated studies, with no clear strategic framework. This, they argue, may be due to:

'lack of adequate infra-structures and funding for research, but also because of a paucity of research methods and a lack of input from 'professional researchers', who have hitherto mainly operated in more conventional therapeutic areas'

Research carried out by the Mental Health Foundation shows that mental health service users want greater access to complementary therapies and that where these are provided they are found to be well-received and helpful. However, given the current demand from the NHS Executive for evidence-based medicine, more investment is in good quality research, service development and training is needed if there is to be progress towards an integrated and holistic mental health service that provides real choice for service users.'

Kunz's website: (www.reflexology-research.com/updatedresearch)

1. Mental Health

A reflexologist and a counsellor worked with 74 people (49 receiving reflexology and 25 receiving counselling) between May 1996 and August 1997. Findings: (1) A reported increase in relaxation levels and decrease in anxiety levels (except for 2 reflexology participants). (2) Release of tension through being able to talk led to

greater relaxation, alleviating headaches and improving sleep. (3) Participants developed and increased awareness of tension and increased ability to change that state. (4) Improvement in emotional status, Fear, worry and despair were considered to have changed into more positive and fulfilling emotions. Greater progress when reflexology and counselling were offered together.

Peta Trousdell and Andrea Uphoff-Chmielnik, "Making connections: user perception of the effects of reflexology and counseling: an evaluation of a complementary health care project at Worthing Mind," September, 1997 (Copy of the report available from MIND Worthing, 8-10 Durrington Lane, Worthing, W. Sussex BN13 2QB, United Kingdom for 5 pounds)

2. Mental Health (See also Emotional Needs)

"It is clear by the end of the research period that a significant number of participants had experienced many positive effects from the reflexology treatments." The findings of a study of "those in need of emotional support" were reported by Mind Affiliated Local Association Worthing in a publication titled "Making Connections, User Perception of the Effects of Reflexology & Counselling: an evaluation of a complementary health care project at Worthing Mind." Mind Worthing is an affiliate of national charity Mind.

- The study was conducted at a day centre or a drop-in centre. "The people included in the study were all in need of emotional support." They ranged in age from 18 to 65. Forty-nine individuals participated in the reflexology project and twenty-five in the counselling project between May 1996 and August 1997. "Most of the reflexology sample received reflexology once a week for eight weeks, and each treatment lasted thirty minutes. Qualitative data collection included "Confidential profiles" (individual responses to questions) and "Focus group questions" (responses gathered in groups of four to eight individuals).
- Findings from participant responses included: Improvement in physical aspects, significant improvement in emotional state, improvement in ability to concentrate, increase in motivation for a significant number of participants, significant increase in confidence and self-esteem levels, improvement in communication and ability to articulate ideas more effectively and readily, "importance of being touched during treatment in a safe non-intrusive / abusive manner," and reduction of medication by several.
- Reports of benefits by the centre's staffs were noted: "Both services (reflexology and counselling), it was reported, have in addition (to positive feedback from members) helped to alleviate pressure on staff and avert crises because some members becoming more relaxed and at ease as a result of having had reflexology and/or counselling."
- Assessment of cost-effectiveness included questions related to the cost of not providing reflexology and/or counselling services. At issue were expenses related to the cost of typical interventions such as psychotropic medications or consultation with a GP or Psychiatrist. Adverse outcomes for individual were noted to potentially include "psychiatric breakdown, attempted suicide, physical / sexual abuse of children, and inappropriate health care seeking behaviors."

(Trousdale, Peta and Uphoff-Chmielnik, Andrea, "Making Connections, User Perception of the Effects of Reflexology & Counselling: an evaluation of a complementary health care project at Worthing Mind," September 1997