

Subject:

Menstruation, Dysmenorrhea

Study**Conducted:****Country:Institution:**

Korea

Department of Nursing, Sun
Cheon Cheong Am College

Citation:

Kim YH., Cho SH., "Effects of Foot Reflexology on Premenstrual Syndrome and Dysmenorrhea in Female College Students."
Korean J Women Health Nurs. 2002 Jun;8(2):212-221

Synopsis:

40 female college students were divided into 2 groups. An experimental group, consisting of 20 students, who were given 1 hour of foot reflexology 6 times over 60 days; and a control group, consisting of 20 students, who were not given reflexology. The premenstrual syndrome and dysmenorrhea were measured by Keele's VAS (Visual Analog Scale) and opening records. Data was accessed by percentage, mean, standard deviation, X(2) test, unpaired t-test, and repeated measure ANOVA, using SAS program.

Results: the premenstrual syndromes and dysmenorrhea symptoms after reflexology were relieved by 50% for fatigue, 40 % for insomnia, 35% for abdominal pain, 35% for lower abdominal pain, and 30 % for constipation. The mean score of 8.35 for premenstrual syndromes and dysmenorrhea before the reflexology session was lowered to 4.16 on the first menstruation and 3.25 on the second menstruation after the session for the experimental group.

Conclusion:

Foot Reflexology was shown to be effective in improving symptoms of female college students who have the premenstrual syndrome and dysmenorrhea.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.