

Subject:

Multiple Health Conditions: Lungs, Pneumonia, Depression, Anxiety

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

Korea

Department of Nursing, Kangwon
Tourism College

Citation:

Lee, YM., "Effects of Foot Reflexology on Depression and Anxiety in Coal Workers" Pnemoconiosis." Korean J Rehabil Nurs. 2005 Jun;8(1):31-37.

Synopsis:

59 coal workers, with pneumoconiosis, were divided into two groups. The experimental group, consisting of 29, was given 60 minutes of foot reflexology two times a week for 5 weeks. The control group, consisting of 30, were not given any reflexology. The scores of depression and anxiety were measured before and after in both groups. Data was accessed by Chi-square test, t-test, unpaired t-test, ANCOVA and repeated ANCOVA with the SAS program. Results: There was a significant difference of depression and anxiety between the two groups. Anxiety decreased in the experimental group, but not in the control group.

Conclusion:

Foot reflexology was shown to be an effective nursing intervention program for coal workers' pneumoconiosis.

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