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## **Reflexology Use in a Mental Health Facility**

“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 partici-