

Effects of Foot Reflexology Education Program on Bowel
Function, Anxiety, and Depression in Nursing Students

Conference Abstract

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purpose: The purpose of study was to probe the effect of foot reflexology education program on nursing students with constipation, anxiety and depression. This study was a quasi-experimental study of pre-test and posttest design on non-equivalent control group.

method: The data

of this study were collected from October 28, to December 14, 2002. The subjects consisted of 61 nursing students (experimental group: 31, control group: 30) with constipation, anxiety and depression. 31 out of them were divided into the experimental group and received foot reflexology education program that was authorized by the World Foot Reflexology Association and made to suit for the subjects by the author for 6 weeks composed of 2 weeks theory and of 4 weeks practical skill on the program. The effect of the program was measured by Bowel Function Assessment Form for constipation, State Anxiety Inventory, and Beck Depression Inventory. Data were analyzed by t-test, ANOVA-test, Repeated measures ANOVA, Bonferroni multiple comparison using SAS/PC 8.12 program.

result: After all

session of treatment, the score of bowel function assessment were significantly decreased in the experimental group compared to the control group. Outcomes of 6 and 7 weeks were significantly different from those of pre-experiment. After all session of treatment, anxiety states were significantly decreased in the experimental group compared to the control group. Outcomes of 7 weeks were significantly different from those of pre-experiment. After all session of treatment, depression states were significantly decreased in the experimental group compared to the control group. Outcomes of 6 and 7 weeks were significantly different from those of pre-experiment.

conclusion: The results

are suggested that the foot reflexology education program might improve the bowel function, anxiety and depression for the nursing students with constipation, anxiety and depression.

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