
Aim of the study: To investigate the effects of a self foot reflexology massage on depression, stress responses and the immune system of middle-aged women (40-64 years of age).

Subjects/method: 46 women were trained in self foot reflexology massage for 2 weeks, which they performed on their own every day for a 6-week period (2 days at a research centre and 5 days at home. Measures were taken at baseline, pre-training, post-training and after the intervention.

Results/conclusion: There was a significant difference in depression, perceived stress, systolic blood pressure and natural killer cells. There was no significant difference in diastolic blood pressure, pulse or serum cortisol.