

Massage Found to Reduce Job Stress and Improve Performance
Touch Research Institute, University of Miami School of Medicine

MIAMI, FLORIDA - Coffee breaks and lunch hours are traditional parts of a work day - wouldn't it be nice if massage sessions were too? Perhaps they should be, because at the University of Miami's Touch Research Institute, studies suggest that massage therapy reduces job stress.

The purpose of the Job Stress study was to determine whether massage might improve job performance. Twice a week, 26 adults were given 15 minute chair massages in their office, over a period of five weeks.

Immediately after the massage sessions, the subjects experienced:

- ** A change in brain waves in the direction of heightened alertness*
- ** Better performance on math problems (completed in less time with fewer errors)*

At the end of the five week period, subjects reported:

- ** Reduced job stress*
- ** Less depressed mood state*

These findings are significant in that the International Labour Organization stated in its 1993 World Labour Report that job stress costs the U.S. economy 200 billion annually through diminished productivity, compensation claims, absenteeism, health insurance, and direct medical expenses.

The Touch Research Institute was established at the University of Miami in 1992 under a start up grant from Johnson & Johnson. It was founded by Tiffany M. Field, Ph.D., professor of pediatrics, psychology, and psychiatry at the University of Miami School of Medicine, and is the first center in the world for basic and applied research on the sense of touch. For more information on this study or other studies, please contact the Touch Research Institute.

CORPORATE PIT STOP
OPTIMUM HEALTH FOR LIFE
301 317-9161