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**Title:** The Effect of Massage Therapy for Children with Asthma on Maternal Anxiety: A Randomized Controlled Trial

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**Abstract:**

**Introduction:** Previous research has shown that parent mental health is associated with asthma morbidity in children and parental anxiety may have an impact on parenting behaviors also transmission of parental anxiety to the child concerning health status is hypothesized to be a psychological risk for the child. Therefore, parents are looking for ways to reduce anxiety. Touching and/or massaging children may be having a positive effect on the psychological and physiological status of the mothers themselves.

**Objectives:** This study was designed to determine the effect of massage therapy on anxiety levels of mothers with asthmatic children.

**Materials and Methods:** This study is a clinical trial that was performed in asthma and allergy clinic of Tabriz University of Medical Sciences in 2012. Sixty children with asthma aged 6-14 years were divided into two groups randomly. Mothers in the massage group were instructed massage techniques, and they were asked to do massage therapy for their children 30 minutes every night at bedtime for one month in addition to standard treatment. The control group performed only standard asthma treatment. At the beginning and end of the study, the data were collected by Spielberger state-trait anxiety Inventory questionnaire. The data were analyzed by the SPSS 18 using independent t test, paired t test and ANCOVA, chi-square.

**Results:** The mean age of the mothers were 34/78(4/18) years. The scores of State and trait anxiety in both groups before the intervention, was not statistically different (0/05 <p). But there was statistically significant (0/05 > p, state anxiety m1=41/23(±11/65), m2=35/83(±6/88), trait anxiety m1=45(±12/31), m2=39/96(±8/07)) decreased levels of State and trait anxiety in the experimental group before and after intervention.

**Conclusion:** Maternal anxiety levels decrease following massage therapy. In deed the active role of the mothers in the care of their children can induce psychotic health and decrease anxiety levels.

**Key words:** Asthma, Anxiety, Children, Massage, Mother

**Presentation:** Poster