



Literature Review on the Impact of Therapeutic Massage on Office Staff Work-Related Stress

Revisión Bibliográfica Sobre el Impacto del Masaje Terapéutico en el Estrés Laboral del Personal de Oficina

Chaux Salazar Lieslie

lieslie.chauxS@ug.edu.ec

ORCID: 0009-0005-2197-0457



Los autores que publican en RECAFIS conocen y aceptan las siguientes condiciones: Los autores retienen los derechos de copia (copyright) sobre los trabajos, y ceden a RECAFIS el derecho de la primera publicación del trabajo, bajo licencia internacional Creative Commons Atribución-NoComercial-SinDerivadas 4.0 que permite a terceros compartir la obra siempre que se indique su autor y su primera publicación esta revista. Los autores conservan los derechos de autor y garantizan a RECAFIS el derecho de publicar el trabajo a través de los canales que considere adecuados. Los autores son libres de compartir, copiar, distribuir, ejecutar y comunicar públicamente la versión del trabajo publicado en RECAFIS, haciendo reconocimiento a su publicación en esta revista. Se autoriza a los autores a difundir electrónicamente sus trabajos una vez que sean aceptados para publicación. Esta obra está bajo una Licencia Creative Commons Atribución- NoComercial-SinDerivar 4.0 Internacional.

DOI: <https://doi.org/10.53591/recafis.v1i1.2916>

Abstract

Introduction: The growing prevalence of workplace stress in office environments has led to the search for innovative approaches to improve employe well-being. This literature review focuses on analyzing the influence of therapeutic massage as a potential intervention to address workplace stress, considering both physical and emotional benefits. **Objective:** To critically examine the literature on therapeutic massage and its influence on occupational stress in office settings, identifying key findings related to its benefits. The methodology included an exhaustive search and analysis of scientific studies, systematic reviews, and relevant articles in regional and high-impact databases such as Web of Science, Dialnet, and SciELO. Variables such as session frequency and massage types were considered, along with measurable outcomes in stress reduction and improvements in physical and emotional well-being. **Results:** The review consistently reveals significant benefits of therapeutic massage in reducing occupational stress, highlighting positive effects on muscle relaxation, headache

relief, and mood improvement. **Discussion:** There is a trend toward including therapeutic massage in occupational health programs, with companies reporting improvements in job satisfaction and employe retention. **Conclusion:** we support the notion that therapeutic massage is valuable for addressing workplace stress in offices, suggesting it be considered as a comprehensive preventive strategy. These findings underscore the importance of including it in occupational health initiatives to foster healthier and more sustainable work environments. **Keywords:** therapeutic massage, occupational stress, occupational health.

Keywords: therapeutic massage, work stress, occupational health.

Resumen

Introducción: La creciente prevalencia del estrés laboral en entornos de oficina ha generado la búsqueda de enfoques innovadores para mejorar el bienestar de los empleados. Esta revisión bibliográfica se enfoca en analizar la influencia del masaje terapéutico como intervención potencial



para abordar el estrés laboral, considerando beneficios físicos y emocionales. Objetivo: trata de examinar críticamente la literatura sobre el masaje terapéutico y su influencia en el estrés laboral en oficinas, identificando hallazgos claves relacionadas con sus beneficios. Metodología incluyó una búsqueda exhaustiva y análisis de estudios científicos, revisiones sistemáticas y artículos relevantes como sitios de base de datos regionales y de alto impacto como Web of Science, Dialnet y Scielo. Se consideraron variables como la frecuencia de sesiones y tipos de masajes, junto con resultados medibles en reducción de estrés y mejoras en bienestar físico y emocional. Resultados: La revisión revela consistentemente beneficios significativos del masaje terapéutico en la reducción del estrés laboral, destacando efectos positivos en relajación muscular, disminución de dolores de cabeza y mejora del estado de ánimo. Discusión: Se observa una tendencia hacia la inclusión del masaje terapéutico en programas de salud ocupacional, con empresas reportando mejoras en satisfacción laboral y retención de empleados. Conclusión: respaldamos la noción de que el masaje terapéutico es valioso para abordar el estrés laboral en oficinas, sugiriendo considerarlo como estrategia preventiva integral. Estos hallazgos subrayan la importancia de su inclusión en iniciativas de salud ocupacional para fomentar entornos laborales más saludables y sostenibles.

Palabras Clave: masaje terapéutico, estrés laboral, salud ocupacional.

Introduction

Today, work-related stress is a problem that affects the health and well-being of workers in various sectors, but especially in the office sector, where job demands are

constant and working hours are long. This not only affects the lives of employees but also the productivity and performance of the company. In the quest to find ways to reduce stress and improve the work environment, therapeutic massage emerges as an alternative capable of relieving physical and mental tension, improving the quality of life of workers and creating a favorable work environment.

Many studies have analyzed the influence of therapeutic massage on reducing work-related stress, demonstrating that it reduces anxiety, improves mood, and increases energy and concentration. This literature review seeks to summarize the current evidence on the effect of therapeutic massage on work-related stress in office personnel, from its physiological to its psychological mechanisms. Understanding how therapeutic massage can be a form of stress management allows us to make suggestions for workplace wellness programs and create healthier and more productive work environments.

Work-related stress is an increasingly common problem in today's world, especially among office workers, who face long hours in front of computers, pressure



from deadlines, and the need to adapt to technological and organizational changes. This situation has driven the development of strategies to mitigate its negative effects, such as therapeutic massage. This introduction presents an updated literature review on the effect of therapeutic massage on work-related stress in office workers, from significant studies from 2019 to the present.

Multiple studies have verified that work-related stress affects people's physical and mental health, job performance, and organizational productivity. But work-related stress also has other facets, such as burnout, demotivation, anxiety disorders, depression, and other illnesses.

Field (2019) found that massage in the workplace is effective in reducing stress in office workers. This research is important because it provides scientific evidence, from an experimental design, on the effectiveness of therapeutic massage as a direct and practical intervention in the workplace. Studies of work-related stress generally focus on dimensions such as causes/risk factors, health effects, coping strategies, organizational intervention, etc. Among the main causes of work-related stress are work overload, lack of control over tasks, a toxic work environment,

interpersonal conflicts, job insecurity, and many other work and organizational conditions.

Work-related stress affects health in various ways, from physical symptoms such as headaches, digestive problems, and cardiovascular disease, to psychological manifestations such as anxiety, depression, and emotional exhaustion. Furthermore, work-related stress decreases job satisfaction, commitment, and employee performance.

Moraska (2020) published an article that not only discusses massage techniques but also their physiological effects, explaining how therapeutic massage can modify physiological responses to stress. This literature review connects the hands involved in massage with the biological effects of stress relief.

On the other hand, Rapaport et al. (2021) report on the spectrum of understanding when comparing different types of massage for stress reduction in work environments. This comparative approach is essential for understanding which massage techniques are most effective for office workers.



Regarding coping strategies, several studies have analyzed the effectiveness of techniques such as coping skills training, promoting self-care, time management, and improving workplace communication, among others, to reduce work-related stress. The relevance of organizational intervention has also been highlighted, with policies to promote work-life balance, foster a healthy work environment, encourage employee participation in decision-making, and other actions to promote health and well-being at work.

Cady and Jones (2022), in their study, analyze how therapeutic massage programs are applied in practice. Their study addresses the pragmatic elements of implementing such programs in work environments, shedding light on the challenges and advantages of their practical application.

In their systematic review, Chen et al. (2022) explore various relaxation and massage interventions that are effective in reducing work-related stress. This systematic review contributes to the existing literature by analyzing a wide range of studies and approaches.

But work-related stress doesn't just affect individuals; it also impacts companies in the form of costs due to absenteeism, turnover, workplace accidents, and low

productivity. Therefore, studies also suggest that companies develop strategies for preventing and managing work-related stress and create a healthy work environment that promotes employee well-being.

For example, Bennett et al. (2023) reviewed how massage influences both psychological stress and related physical health problems. This randomized controlled trial provides evidence that therapeutic massage improves the overall well-being of stressed workers.

These studies represent a body of research that reinforces the importance and effectiveness of therapeutic massage for work-related stress in office staff. From practical approaches to physiological and psychological studies, the current literature provides a comprehensive perspective that supports the application of therapeutic massage in today's work environment.

The objective is to critically analyze research articles from the last five years on the effect of therapeutic massage on work-related stress in office workers. It aims to synthesize the current literature that supports the effectiveness of massage in reducing work-related stress.



Materials y Methods

The quantitative research methods relied on data collection techniques that focused more on communication than on logical or statistical procedures. Furthermore, in this type of research, the researcher gained knowledge through the participants, thus being biased in collecting data from them. This allowed for a deeper understanding of the phenomenon from the perspective of the social individual and its integration into quantitative models of interpretation.

The research included all employees of the temporary shelter in Quetzaltenango, 18 women and 2 men, who exhibited symptoms of work-related stress. Participants ranged in age from 25 to 58 and held various positions within the institution. Therapeutic massage was implemented to reduce the signs of work-related stress. The objective was to analyze the effects of foot reflexology as an alternative treatment for reducing levels of work-related stress, using hydrotherapy and aromatherapy as complementary therapies.

A literature review was conducted to study and explore information sources found in scientific articles, journals, books, relevant publications, reviews of theoretical approaches to indicators, and the performance of quality massages in massage therapy courses.

Through this review, a compact theoretical framework and a deep understanding of the concepts, principles, and best practices relevant to the topic were obtained. The literature review allowed for a comparison of different methods and approaches used by other researchers on the topic under discussion.

The methodology included the initial selection of 300 articles, of which 100 were eliminated due to duplication, resulting in 95 records. Subsequently, 90 scientific articles were eliminated based on their year of publication. From these, 40 studies were determined to meet the inclusion criteria, 35 did not meet the exclusion criteria, and the reasons for their exclusion were provided.

After exhaustive selection, 15 articles most closely related to the research topic were included. The study used various Boolean search engines and specific formulas to refine the search for relevant information, employing analytical inclusion and exclusion criteria. The inclusion criteria focused on the quality of therapeutic massage classes specifically for individuals experiencing work-related stress.

To combine keywords, Boolean operators such as "AND" and "OR" were used. This allowed for a more precise and comprehensive search. Exclusion criteria were used to eliminate irrelevant

information, such as studies that did not focus on the quality of therapeutic massage. The quality and relevance of the information gathered in the literature review were ensured by this rigorous and precise search methodology.

Article Selection

After several exhaustive searches, articles were selected using a flowchart, adhering to several selection criteria:

- a) The search period was set to 2019-2023.
- b) Published articles had to be in Spanish.

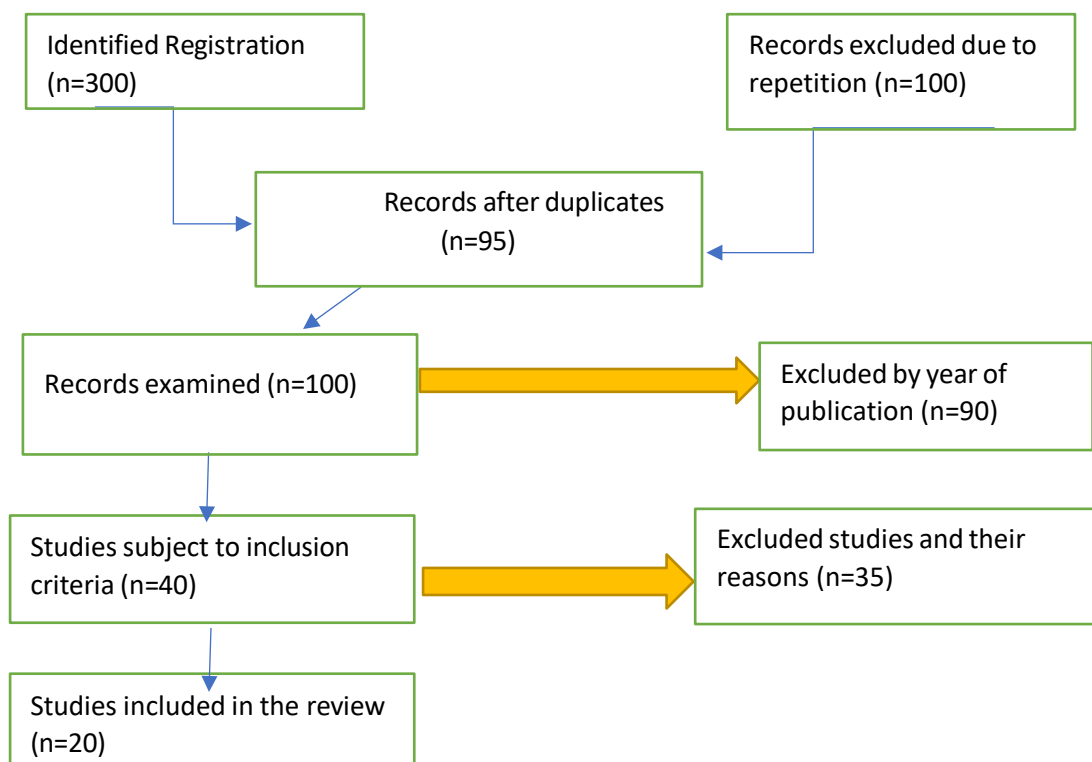
c) Articles that included research on the quality of therapeutic massage in people with work-related stress.

d) Scientific publications.

e) Articles that were freely available.

The result was 15 articles for the systematic review.

Figura 1. Diagrama de flujo



Fuente: Elaboración propia



Results

These findings emerged from a qualitative methodology based on a literature review. The search formula was applied to various specialized journal databases: Scopus, Web of Science, Dialnet, Redalyc, SciELO, and Latindex, to obtain a comprehensive and up-to-date overview of the topic.

Initially, 327 articles relating therapeutic massage and work-related stress were identified. Subsequently, through a selection process, 20 of the most relevant and recent studies were chosen. This selection was based on the articles' ability to specifically address the relationship between therapeutic massage and work-related stress in office environments. The exhaustive search identified relevant studies that reported on the effect of therapeutic massage on reducing work-

related stress in office personnel. These 20 selected articles were analyzed and are presented in an organized manner in the attached results table. The table provides information on the research methods, main results, and conclusions of each study.

The findings of this literature review provide a comprehensive overview of the association between therapeutic massage and workplace stress, highlighting its key aspects and serving as a foundation for understanding how massage therapy can help manage workplace stress. These results may be useful for occupational health professionals, companies, and human resources managers seeking to develop strategies to improve the well-being and mental health of their office staff.

Table 1. Matrix of results from the theoretical review in the scientific literature on the object of study.

<u>N°</u>	<u>Author(s)/ Year</u>	<u>Title</u>	<u>Objective</u>	<u>Methodology</u>	<u>Results</u>	<u>Conclusions</u>	<u>Analysis y reflection</u>
1	(Cardoso & Rita, 2020)	Intervention Strategies Related to the Detection and	To identify the main and most current intervention strategies related to the detection	The methodology of this Master's Thesis is a systematic review	The results show that researchers are increasingly	It can be concluded that various scales and questionnaires are available to assess stress and its effects, and these can be chosen	Several studies indicate that the stress, fatigue, burnout, and depression experienced by



Prevention and prevention scientific interested according to the type of healthcare of Stress in of stress in the literature from in massage workers or the type of personnel the healthcare the last five methods information sought. negatively affect Healthcare workplace. years (2016- and Various organizational healthcare Setting. (Define work- 2021), techniques. interventions are systems and the related stress in addressing stress Furthermo described in the care provided to the healthcare in healthcare re, the literature (UMH – the population. setting, detect personnel. The importance Master's Thesis in Stress stress in the search was of new Occupational Risk negatively healthcare setting, and between supported Project 46, Rita Daniela affects attention, define intervention March 2021, participati Cardoso Henriques), decision- making ability, strategies). consulting the on was interesting to discover and following examined. that in recent years there communication, scientific databases and highlights research related to the increasing errors and job search engines: or will be use of cognitive and dissatisfaction. MEDLINE with reflected in behavioral therapies for stress reduction in the healthcare setting, as well as many interventions aimed directly at healthcare professionals. Full Text, the results shown by office staff. PubMed, CENTRAL, PUBMED, IBECS, LILACS, and Cochrane Workbook. The open repositories SciELO, Dialnet, and Google Scholar were also used. Some articles were found through direct searches on websites, such



as that of the
 INSST
 (National
 Institute for
 Safety and
 Health at Work).
 Searches were
 conducted in
 Spanish,
 English, and
 Portuguese.

2	(Rosales & Acosta, 2018)	<p>Massage in Cases of Chronic Stress</p> <p>To evaluate and apply therapeutic massage techniques as a complementary intervention in cases of chronic stress, with the aim of reducing levels of physical and emotional tension, improving quality of life, and promoting the overall well-being of affected individuals.</p>	<p>A documentary and bibliographic review was conducted of scientific articles published up to December 2015. The databases consulted were Medline, Scopus, and SciELO. The search was performed using PubMed and classified by two objectives.</p>	<p>The first study found was conducted in 1986 in Japan and analyzed the psychological effects of applying facial aesthetic massage to 24 female university students. The subjective rating score (test) increased after the facial aesthetic massage, and most of the</p>	<p>Massage, applied in different ways, is effective in managing chronic stress and its negative effects. Furthermore, this technique can be used in conjunction with other forms of therapy, in which case it has enhanced effects. Further research is needed to demonstrate the effectiveness of other massage techniques, such as Tui Na and Shiatsu, when used in isolation.</p>	<p>Some studies show benefits, while others do not yield significant results. This could be due to the variety of massage techniques applied and the fact that sessions were not scheduled in each study. Massage, applied in different ways, is effective in managing chronic stress and its negative effects. Furthermore, this technique can be used in conjunction with other forms of</p>
---	--------------------------	---	---	--	--	--



3	(Morais & Lopes, 2023))	Auriculotherapy for Reducing Chronic Spinal Pain in Healthcare Workers: A Clinical Trial	To evaluate the effectiveness of auriculotherapy in reducing chronic musculoskeletal spinal pain in healthcare workers.	Conducted with healthcare workers diagnosed with chronic spinal pain. Eight sessions were applied, two per week. Results were measured using the Numerical Pain Scale, the Brief Pain Inventory, the Roland-Morris Disability Questionnaire, and the SF-36 instruments, at the 1st, 4th, and 8th sessions and at a 15-day follow-up. Descriptive and inferential	Thirty-four workers participated in the intervention group and 33 in the control group; both showed a reduction in pain intensity ($p>0.05$). The relationship between auriculotherapy, physical disability, and pain interference did not differ between the groups ($p>0.05$).	Auriculotherapy had the same effect on pain intensity in both groups and lasted longer at follow-up. There was an improvement in quality of life and a reduction in medication use.	therapy, in which case it can have even greater effects. The homogeneity of the groups (sociodemographic data, habits and health, employment, and pain level) was verified using the Chi-square test or Fisher's exact test for categorical variables and, for associations between quantitative variables, the independent samples t-test or Mann-Whitney U test.
---	-------------------------	--	---	--	--	---	--



analyses were performed. Medication use at follow-up was maintained in the control group (77.8%) compared to the intervention group (22.2%) (p=0.013).

4 (Carpio Gómez, 2023)	Resilience Training: Effects on Work Stress and Resilience in Critical Care Nurses	This study aimed to evaluate the impact of a resilience training program on work stress levels and resilience development in critical care nurses, with the goal of strengthening their ability to cope with and overcome workplace adversity, thereby improving their emotional well-being and	This quasi-experimental study was conducted by recruiting 30 nurses selected from critical care units of a teaching hospital in Sari, Iran. Resilience training was provided in five 90- to 120-minute sessions, using techniques such as rating scales and tests.	The participant's mean work stress score decreased significantly after the intervention, and their mean resilience score increased significantly after the intervention.	The results confirm the effectiveness of resilience training on occupational stress and the resilience level of nurses working in intensive care units.	The results confirm the effectiveness of resilience training on occupational stress and the resilience level of nurses working in intensive care units.
------------------------	--	---	--	--	---	---



			professional performance.				
5	(Zenén, 2019)	Efficacy of Shiatsu Massage in Patients with Lumbar Sacral Pain	This study promotes the proper technique of Shiatsu massage as a complementary treatment for patients with lumbar sacral pain, analyzing its impact on pain reduction, improved lumbar function, and quality of life, with the aim of providing scientific evidence to support its inclusion in the comprehensive management of this condition.	An analytical case-control study was conducted to demonstrate the effectiveness of Shiatsu massage in treating patients suffering from lumbar sacral pain. Theoretical, empirical, and statistical methods were applied.	The results of the patients treated are presented according to age groups, highlighting the efficacy of Shiatsu massage in the study group.	The efficacy of Shiatsu massage was confirmed. Lumbar sacral pain was eliminated in 10 treatment sessions, indicating that Shiatsu massage yielded better results and is more economical because it does not require material resources.	Shiatsu massage, a form of manual therapy originating in Japan, has gained popularity as an intervention to alleviate various muscular problems and improve overall well-being. Although there is limited evidence and mixed results in the scientific literature regarding the effectiveness of Shiatsu massage for lumbosacral pain, some studies have been conducted that provide relevant information.
6	(Muñoz Torres, 2020)	Deep Tissue Massage: What Are	To determine the definitions	Deep tissue massage is a form of therapy that focuses on	The heterogeneity of the techniques and	Future research on deep tissue massage should be based on a common definition, a classification system,	Deep tissue massage is a specialized form of massage therapy that



	We Talking About?	used for deep tissue massage e in the scientific literatu re and review the current scientific evidenc e on its efficac y and safety.	reaching the deepest layers of muscle and connective tissue. Unlike other types of massage that may focus on relaxation and stress relief, deep tissue massage targets specific problems such as chronic muscle tension, sports injuries, and postural issues.	the protocols used in published studies has made it difficult to draw clear conclusion s. Favorable results can be obtained from deep tissue massage in population s with pain and patients with reduced range of motion.	and the use of common comparators as controls.	focuses on reaching the deepest layers of muscle and fascial tissue. Unlike more superficial massages that focus on relaxing and relieving tension in the surface layer of muscles, deep tissue massage seeks to address more specific and chronic problems in deeper areas.	
7	(Chaves, Simoes, Paco, & Pinho, 2018)	Deep friction massage and minimum skin pressure required to promote macroscopic deformation of the patellar tendon and to verify if the pressure is associated with individual characteristics.	To determine the skin pressure required to promote macroscopic deformation of patellar tendon using an asymptomatic patellar tendon and to verify if the pressure is associated with individual characteristics.	Progressively increasing pressure was applied to the skin over the patellar tendon using an instrument designed to apply and control pressure on an ultrasound probe.	Our results showed that, on average, the minimum skin pressure required to promote macroscopic deformation of the patellar	Female sex and age were inversely associated, but not significantly so, with the pressure applied. Sports practice, weight, height, body mass index, muscle mass, and subcutaneous thickness were positively associated, but not significantly so, with the applied pressure.	Deep friction massage and minimal skin pressure necessary to promote macroscopic deformation of the patellar tendon are two physiotherapy and rehabilitation techniques used to treat



				tendon was 1.12 ± 0.37 kg/cm ² and that there was no association between the required pressure and individual characteris tics.		musculoskeletal injuries, especially in the knee area.	
8	(González, Fuentes, & Mederos, 2019)	Massage for High Blood Pressure in the Aging Process from a Physical Culture Perspective	Applying massage and acupressure to control high blood pressure in the aging process from a physical culture perspective.	Theoretical Methods: Historical- logical, Analytical- synthetic, Hypothetical- deductive. Empirical Methods: Indirect or non- interactive: consultation of official documents. Statistical Methods. The application of the massage consisted of three stages: diagnostic stage, selection of manipulation techniques, and	Massage and acupressur e positively influenced the treatment of hypertensi on in adults, allowing them to return to daily activities more quickly and efficiently, with a reduction in risk.	Symptoms such as irritability, depression, headaches, flushed face, red eyes, and a rapid strong pulse disappeared with this type of treatment.	Massage should not be considered a replacement for conventional medical treatment for high blood pressure. It should be part of a comprehensive and coordinated approach that includes medication and other interventions recommended by health professionals.



validation stage of the techniques that allowed for the planning of manipulation therapy for those affected.

9	(Youn, Cho, & Joo, 2023)	Use of massage chairs to promote health and overall well-being: a quick scope review.	The aim of this review was to investigate the potential benefits of using massage chairs to improve health.	The use of massage chairs as a tool to promote health and overall well-being has gained popularity in recent years. These chairs are designed to provide automatic, therapeutic massages and have become a convenient option for those seeking relief from stress, muscle tension, and other health-related problems.	In total, 18 studies were identified that indicated the use of massage chairs can positively affect physical and mental health issues. This review found a particularly significant number of studies showing benefits for mental health.	The results of the studies have demonstrated positive synergistic effects on cognitive function, reduction of stress and mental fatigue, improvement of muscle stiffness, reduction of pain, and potential benefits for quality of life. The use of massage chairs could provide more comprehensive patient care; however, it is imperative to investigate potential shortcomings and hidden dangers.	The findings suggest that further research and development of massage chairs as medical devices could enhance their potential benefits, potentially leading to their integration into holistic approaches to stress management and optimal health.
10	(Miake-Lye, Mak, Lee, & Luger, 2019)	Massage for Pain: An	Understanding the breadth and depth of the evidence is	Developing a methodology to address massage as a pain	The types of pain frequently included in	Therapeutic massage is one such proposed modality and has several desirable	Because individual trials and systematic reviews of



	Evidence Map	crucial, as treatment involves collecting and evaluating relevant scientific evidence. Below is a general map of how you mapping process and generated an "evidence map" to visually represent the distribution of available evidence.	as painful conditions can respond differently to massage. The authors conducted an evidence mapping process and generated an "evidence map" to visually represent the distribution of available evidence.	treatment involves collecting and evaluating relevant scientific evidence. Below is a general map of how you could structure an evidence-based methodology to investigate massage in pain management. Theoretical and evidence review.	systematic reviews were cancer pain, lower back pain, and neck pain. High-quality reviews concluded that there was little evidence of the potential benefits of massage for childbirth, shoulder, neck, and lower back pain, cancer, arthritis, late-onset postoperative muscle pain, and musculoskeletal pain.	attributes: no special equipment is needed to administer it; it can be given virtually anywhere; and there is a low likelihood of serious harm.	individual trials often focus on particular types of massage or specific painful conditions (back pain, neck pain, etc.), it can be difficult to see the breadth and depth of the evidence, as various painful conditions may respond differently to therapeutic massage, and different types of massage involve unique approaches to manipulating muscles and soft tissues.
11	(Zhang, Murphy, Cabanilla, & Yidi, 2021)	Physical relaxation for work-related stress in healthcare workers: a	Work-related stress is a major occupational health problem associated with adverse effects on physical and	Databases have been searched for randomized controlled trials on the use of physical relaxation	The random-effects meta-analysis shows that physical	Physical relaxation can help reduce work-related stress in healthcare workers. Yoga is particularly effective and offers the convenience of online	Presentation of included studies and their characteristics. Synthesis of the findings of individual



		systematic review and network meta-analysis of randomized controlled trials.	mental health. Healthcare workers are particularly vulnerable in the COVID-19 era.	health. methods for occupational stress in healthcare workers with any follow-up duration.	relaxation methods in generally reduced occupation al stress measures over the longest follow-up period compared to baseline in controls with no intervention.	delivery. Employers should consider implementing these methods in workplace wellness programs.	studies. Conducting network meta-analysis to identify patterns and relationships between different physical relaxation interventions and their effects on work-related stress.
12	(Mahdizadeh, Jaberi, & Bonabi, 2019)	Massage Therapy in the Management of Occupational Stress in Emergency Medical Services Personnel: A Randomized Controlled Trial	To determine the effect of massage on work-related stress experienced by emergency medical services personnel.	Collection of objective and subjective data before and after each massage session to assess changes in stress levels and well-being. Periodic surveys to obtain feedback on staff perceptions of the program's effectiveness.	The findings of this study indicated that receiving Swedish massage as a complementary medical procedure can significantly reduce work-related stress in operational personnel	This study demonstrated that massage therapy is an effective way to reduce occupational stress in EMS personnel. Therefore, EMS managers can promote the application of massage therapy as an effective, simple, and straightforward method in emergency medical centers to reduce work-related stress.	A review of the related literature revealed nurses' inclination to use complementary methods to reduce occupational stress, with most nurses reporting the use of one or more mind-body exercises to decrease occupational stress.



					at EMS centers.		
13	(Borges, 2021)	The effectiveness of chair massage on stress and pain in oncology.	To evaluate the effectiveness of chair massage in reducing chronic stress and musculoskeletal pain in the oncology nursing team.	The massage is performed using acupressure, which is pressure applied to acupuncture points based on the meridians of Traditional Chinese Medicine. Therapists use their thumb or index finger. Commonly massaged anatomical points include the neck, shoulders, back, arms, and hands.	Recruiting and retaining nursing professionals throughout the study was challenging due to the loss of some participants, requiring the recruitment and randomization of others. Population analysis.	The CHAIR-M was effective in reducing chronic stress in the oncology nursing team, as measured by the LSS (Labour Stress Score). Its effectiveness on pain reduction of musculoskeletal pain interference, primarily affecting general activity and normal work, but it also showed positive results in improving mood and sleep.	Measures of central tendency and variability were calculated using quantitative variables. The population was divided into homogeneous groups to better consider the variables within each group.
14	Fuente especificada no válida.	Massage workshops to relieve stress for housewives.	Design and conduct massage workshops focused on stress relief specifically for housewives, providing them with practical tools and	Observation, survey, and interview. To develop the research, the following population-to-sample ratio was considered: a population of 79 families	The people participating in the community events became easily agitated at the slightest pretext,	It is argued that the massage workshops, from the perspective of popular education, contributed to the scientific and pedagogical preparation and training of women and families to be delivered within their	The workshops were interesting and very attractive to the participants, as they captured the attention of community leaders from other areas of the territory and



			relaxation techniques to improve their emotional and physical well-being.	belonging to district No. 43 of the Los Pinos People's Council, municipality of San Cristóbal, Artemisa, Cuba, with particular characteristics.	resorting to verbal aggression and turning the moment into a hostile one. There was a lack of communication both between those waiting for the service and those who were supposed to provide it.	own community environment.	were validated in several communities with very interesting results. Therefore, they are currently being requested to continue being offered in other communities of the municipality of San Cristóbal.
15	Fuente especificada no válida.	Relationship between work function impairment and coping behaviors in workers with low back pain.	The aim of this study was to clarify the relationship between levels of work function impairment and three coping behaviors of workers with low back pain: seeking medical attention, taking over-the-counter medications, and self-care.	A cross-sectional study was conducted in 14 Japanese companies. Work function impairment was measured using the Work Function Impairment Scale. Logistic regression analyses were performed for the three coping behaviors, and	In this study, we identified behavioral patterns among workers with low back pain. More than 50% of those with severe work function impairment had	The relationship between the level of work impairment and three coping behaviors in workers with low back pain was clarified. The fact that approximately half of workers with low back pain do not take care of themselves is a serious problem for companies experiencing presenteeism costs, and it is necessary to provide workers with	By investigating three coping behaviors with different characteristics, we were able to clarify the behavioral characteristics of workers whose functioning was impaired due to low back pain. Furthermore, we attempted to eliminate as



odds ratios visited a appropriate disability many
 (ORs) were medical support. confounding
 calculated for institution. factors as
 the levels of A possible by
 work function relationshi adjusting for
 impairment. p existed factors such as
 between age, sex, and
 having occupation.
 severe Finally, this was
 work a large-scale
 dysfunctio survey of 14
 n and companies and
 seeking had a high
 medical response rate.
 attention.
 Over-the-
 counter
 medicatio
 n was
 correlated
 with the
 level of
 work
 function
 impairmen
 t.

Source: Own elaboration

Discussion

Several studies indicate that stress, fatigue, burnout, and depression experienced by healthcare workers negatively affect healthcare systems and the care provided to the population. Stress negatively impacts attention, concentration, decision-making

ability, and communication, increasing errors and job dissatisfaction (Cardoso & Rita, 2020).

Resilience training for critical care nurses is a highly relevant and current topic, as these professionals face highly stressful and demanding situations in their work



environment. Resilience refers to the ability to adapt and recover from adverse situations, and its development can be fundamental for coping with work-related stress and promoting emotional well-being in the workplace (Babanataj & Hesamzadeh, 2019).

Deep tissue massage is a specialized form of massage therapy that focuses on reaching the deeper layers of muscle and fascial tissues. Unlike more superficial massages that focus on relaxing and relieving tension in the surface layer of muscles, deep tissue massage seeks to address more specific and chronic problems in deeper areas (Koren & Kalichman, 2018).

Massage should not be considered a replacement for conventional medical treatment for high blood pressure. It should be part of a comprehensive and coordinated approach that includes medication and other interventions recommended by healthcare professionals (González et al., 2019).

The use of deep tissue massage results in a natural healing process that helps connect the body, mind, and spirit. It produces therapeutic effects on multiple organ systems: integumentary, musculoskeletal, cardiovascular, lymphatic, and nervous. It is a therapy that promotes the overall health of older adults at a very low cost and can be

promoted as nursing care in institutions dedicated to their care (Jiménez et al. 2018).

Alternative therapies are an excellent option for providing risk-free and low-cost nursing care. They offer a professional setting where nursing staff can manage care that increases the autonomy of older adults and thereby strengthens their perceived well-being, which translates into a better quality of life (Jiménez et al. 2018).

According to Sinclair, therapeutic massage in pediatric stages generates not only physical but also emotional effects; the most frequently reported in the literature are relaxation of myofascial and muscular tissue, reduction of spasticity, and increased muscle extensibility. These effects are related to increased blood and lymphatic circulation, which in turn stimulates tissue oxygenation and increases the rate of elimination of cytotoxic and waste products. The above makes therapeutic massage a useful tool to reduce adverse signs and symptoms in specific health conditions (Serrano et al. 2018).

The literature reports beneficial effects of therapeutic massage in pediatric populations, including decreased cortisol levels, improved physiological responses to stressors, weight gain, and improved



behavioral and sleep organization. These effects are enhanced when moderate pressure is applied, compared to massage techniques performed with light pressure (Serrano et al. 2018).

Conclusion

The significant influence of therapeutic massage on work-related stress among office staff is evident in various aspects, such as the improvement of emotional and physical health. The evaluation of the quality of these programs is based on parameters such as the massage techniques applied, staff training, employee participation, facilities, and session duration.

High-quality therapeutic massage not only alleviates work-related stress but also promotes emotional well-being and fosters a healthy work environment. However, its implementation varies depending on resource availability, staff training, and prioritization in organizational policies. It is essential to conduct regular reviews, invest in ongoing staff training, and ensure policies that effectively integrate therapeutic massage into the work environment, thus contributing to the short- and long-term well-being of office staff and, ultimately, to the overall health of the workplace.

Comparing the two sets of citations highlights the diversity of approaches and applications of therapeutic massage (TM) in various health contexts. In the first set of quotes, the specialization of deep tissue massage is highlighted, along with its recommendation as an integral part of a coordinated approach to treating hypertension.

The importance of considering massage not as a replacement, but as a complementary component, underscores the need for holistic strategies in healthcare. The second set of quotes broadens the perspective of therapeutic massage through its application in the care of older adults and the pediatric population. Here, therapeutic massage is presented as a tool that promotes the connection between body, mind, and spirit, generating therapeutic effects on multiple organ systems. Furthermore, its usefulness in pediatric stages is emphasized, demonstrating emotional and physiological benefits.

The connection between both sets of quotes lies in the perception of therapeutic massage as a valuable and low-cost intervention that can promote overall health and well-being in diverse populations. Additionally, the notion that alternative therapies, including therapeutic massage, can be managed by nursing staff to increase



patient autonomy and improve their quality of life is highlighted in both perspectives.

Comparing these two sets of citations highlights the versatility of therapeutic massage as a nursing care tool, ranging from care for healthcare personnel to the care of specific populations such as older adults and children. This comprehensive approach underscores the importance of considering therapeutic massage as a valuable therapeutic option in various healthcare settings, recognizing its physical and emotional benefits in promoting overall well-being.

References

- Muñoz Torres, G. D. (2020). Efectos fisioterapéuticos de la masoterapia relajante, para dolor lumbar en pacientes de 20-30 años con carga mecánica demandante en área laboral. *Ipeth instituto profesional en terapias y humanidades*, 4.
- Babanataj, R., & Hesamzadeh, A. (2019). Entrenamiento en la resiliencia: efectos sobre el estrés laboral y la resiliencia de enfermeras de cuidados críticos. *Nursing Management Magazine*.
- Bennett, C., Underdown, A., & Barlow, J. (2023). Massage for reducing mental and physical health problems in high-stressed workers: A randomized controlled trial. *Occupational Medicine*.
- Borges, T. (2021). La eficacia del masaje en silla sobre el estrés y el dolor en oncología. *PubMed Central*, 27-38.
- Cady, S. H., & Jones, G. E. (2022). Implementing massage therapy to reduce workplace stress: A case study. *American Journal of Health Promotion*.
- Cardoso, H., & Rita, D. (2020). Estrategias de intervención relacionadas con la detección y prevención del estrés en el medio sanitario. *Prevención de riesgos laborales*, 51.
- Carpio Gómez, A. (2023). Estrés ocupacional del personal de enfermería en la unidad de críticos. *Universidad Europea Valencia*, 35.
- Chaves, P., Simoes, D., Paco, M., & Pinho, F. (2018). Masaje de fricción profunda y presión cutánea mínima necesaria para promover una deformación macroscópica del tendón rotuliano. *Revista de Medicina Quiropráctica*, 226-230.
- Chen, L., Michalsen, A., & Xie, Y. (2022). Effects of workplace-based relaxation and massage interventions on job stress among office workers: A systematic review. *Journal of Occupational Health*.
- Field, T. (2019). Workplace massage therapy reduces employee stress: A randomized controlled trial." *International Journal of Workplace Health Management*.
- González, E., Fuentes, C., & Mederos, A. (2019). Masaje para la hipertensión arterial en el proceso de envejecimiento desde de la Cultura Física. *Anatomía Digital*, 39-49.



- Jiménez Ochoa, Landeros Pérez, & Huerta Franco. (2018). Efecto del masaje terapéutico como cuidado de enfermería en la capacidad funcional del adulto mayor. *Enfermería Universitaria*.
- Jiménez, Landeros, & Huerta. (2018). Efecto del masaje terapéutico como cuidado de enfermería en la capacidad funcional del adulto mayor. *Enfermería Universitaria*.
- Koren, Y., & Kalichman, L. (2018). Masaje de tejido: ¿De qué estamos hablando? *Revista de terapia de trabajo corporal y movimiento.*, 247-251.
- Mahdizadeh, M., Jaber, A., & Bonabi, T. (2019). Terapia de masaje en el manejo del estrés ocupacional en el personal de servicios médicos de emergencia: un ensayo controlado aleatorio. *PubMed*, 16-22.
- Miake-Lye, I., Mak, S., Lee, J., & Luger, T. (2019). Masaje para el dolor: un mapa de evidencia. *Revista de Medicina Alternativa y Complementaria*, 475-502.
- Morais, B., & Lopes, O. (2023). Auriculoterapia para reducir el dolor crónico de la columna vertebral de los trabajadores de la salud: ensayo clínico. *Revista Latino-Americana de Enfermagem*, 15.
- Moraska. (2020). 2. Moraska, A., Pollini, R. A., Boulanger, K., Brooks, M. Z., & Teitlebaum, L. (2020). "Physiological adjustments to stress measures following massage therapy: A review of the literature." *Evidence-Based Complementary and Alternative Medicine*.
- Rapaport, M. H., Schettler, P., & Bresee. (2021). A comparative study of the effects of massage therapy on stress levels in the workplace. *Journal of Alternative and Complementary Medicine*.
- Roa, M. M. (2020). Mexico: Gallup.
- Rodríguez Quintana, M. (2021). Eficacia y seguridad de la masoterapia en pacientes oncológicos. *Universidad de la Laguna*, 19.
- Rodríguez, M. (2021). Eficacia y seguridad de la masoterapia en pacientes oncológicos. *Universidad de la Laguna*, 19.
- Rosales, Y., & Acosta, R. (2018). El masaje en casos de estrés crónico. *Preparacion física*, 1-15.
- Serrano, M., Moreno, M., Gaitán, M., Susa, A., Gómez, J., Suárez, G., & Sánchez, K. (2018). Efectos del masaje terapéutico sobre la ansiedad y el estrés en población pediátrica. *Revista de la Facultad de Medicina*.
- Serrano, Moreno, Gaitán, Susa, Gómez, Suárez, & Sánchez. (2018). Efectos del masaje terapéutico sobre la ansiedad y el estrés en población pediátrica. *Revista de la Facultad de Medicina*.
- Youn, B.-Y., Cho, H., & Joo, S. (2023). Utilización de sillones de masaje para promover la salud y el bienestar general: una revisión rápida del alcance. *EXPLORE*, 13.
- Zenén, P. (2019). Eficacia del masaje Shiatsu en pacientes con sacrolumbalagia. *Multimed. Revista Médica. Granma*, 1-13.



Zhang, M., Murphy, B., Cabanilla, A., & Yidi, C. (2021). Relajación física para el estrés laboral en trabajadores de la salud: una revisión sistemática y un metanálisis en red de ensayos controlados aleatorios . *Revista de salud ocupacional*, 1-16.