

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
<p>Chase et al. (2013) USA RCT Crossover PEDro=6 N=40</p>	<p>Population: Mean age=40.24yr; Gender: males=33, females=7; Level of injury: paraplegia=7, quadriplegia=33; Severity of injury: incomplete=17, complete=23; Mean time post injury=69.35d; Depression status=symptoms. Intervention: Individuals with any form of pain received compression massage (BCM) and light contact touch (LCT) in a randomized sequence during six 20min sessions over 2wk. Outcomes were assessed pre and post each week. Outcome Measures: Patient Health Questionnaire-9 (PHQ-9).</p>	<p>1. PHQ-9 score was reduced significantly more in the LCT-BCM group than in the BCM-LCT group during wk1 (p=0.0085), but not during wk 2 (p=0.0747).</p>
<p>Diego et al. (2002) USA RCT PEDro=8 N=20</p>	<p>Population: Mean age=39 yr; Gender: males=15, females=5; Level of injury: tetraplegia; Time since injury=>1 yr. Intervention: One group received a 40 min massage 2x/wk for 5 wk by a massage therapist while the other was taught an exercise routine that they performed 2x/wk for 5 wk on their own. Outcome Measures: State Trait Anxiety Inventory (STAI), Center for Epidemiologic Studies Depression Scale (CES-D).</p>	<p>1. CES-D scores obtained on first day versus last day assessment by group. Repeated measures ANOVA showed a group by day interaction effect (p<0.05). 2. t-tests revealed greater decrease in CES-D depression scores for the massage therapy group (p<0.05).</p>