Table 10. Massage for Depression following SCI

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
Chase et al., (2013) USA RCT Crossover PEDro=6 N=40	**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).	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).
Diego et al., (2002) USA RCT PEDro=8 N=20	**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).	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).

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