

Research and Massage Therapy Home Study Course

6 CE Credit Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

*PO Box 117 • Elk Point, SD 57025
866-784-5940 • www.massagetherapyceu.com*

Table of Contents

INSTRUCTIONS 3
EXAM (for review before taking the online exam)..... 4

Center for Massage Therapy Continuing Education

© 2024, Center for Massage Therapy Continuing Education
PO Box 117
Elk Point, SD 57025
www.massagetherapyceu.com
Ph: 866-784-5940
info@massagetherapyceu.com

Published by the Center for Massage Therapy Continuing Education

The author grants permission to photocopy this outline for personal use only. Beyond this consent, no portion of this outline may be copied or reproduced in any form without written permission from the Center for Massage Therapy Continuing Education.

It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions.

Instructions for the Research and Massage Therapy home study course

Thank you for investing in the Research and Massage Therapy home study course, a 6 CE hour course designed to introduce you to the research base of massage therapy, and the application of these results in practice. This course presents a review of what is reliably known about the effects of touch in a variety of clinical conditions, especially in the areas of stress reduction, pain reduction, growth and development, immune function, and auto-immune disorders.

This guide will contain all of the instructions you will need to complete this course. This is a 6 CE hour course, so that means it should take you approximately 6 hours to read the text and complete the exam.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. This course uses the text *Massage Therapy Research*, by Tiffany Field, forward by Leon Chaitow. There are no trick questions on the exam. All of the answers are clearly found in the text. The exam is also included in this guide for review before taking the exam.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “certificate of achievement” for at least four years in case of audit. Thank you for taking our Research and Massage Therapy home study course.

Research and Massage Therapy Exam

Chapter 1

1. Published research on massage therapy dates back to:
 - A. 400B.C.
 - B. The 1850s
 - C. The 1930s
 - D. The 1970s
2. Which of the following is one of the best-known literature search programs on the internet for current medical/psychological research, including massage therapy research?
 - A. Wikipedia
 - B. Medline
 - C. The government
 - D. Holistic health
3. Because of the discovery that moderate pressure was necessary for massage therapy to be effective (Diego et al 2004, Field et al 2004), studies have been using _____ as a comparison group.
 - A. Light pressure massage therapy
 - B. Moderate pressure massage therapy
 - C. Deep pressure massage therapy
 - D. No pressure massage therapy
4. How are clinical gold-standard measures determined?
 - A. By collaborating people involved in the control group, based on expected results
 - B. By collaborating physicians, making an educated guess
 - C. By the head of the research project, based on what they determine relevant
 - D. By collaborating physicians, based on already-existing research literature
5. Which of the following is one of the most important aspects of the research procedure?
 - A. That the participants and the observers do not know the hypotheses of the study and the participant's group assignment
 - B. That the participants and the observers know the hypotheses of the study and the participant's group assignment
 - C. That the collaborators and the research conductor do not know the hypotheses of the study and the participant's group assignment
 - D. All of the above
6. Which of the following effects did labor massage have on a pregnant woman?
 - A. Shorter labors
 - B. Less need for labor medication
 - C. Shorter hospitalization
 - D. All of the above

7. Which of the following psychiatric conditions can be improved by massage therapy?
 - A. Depression
 - B. Eating disorders
 - C. Post-traumatic stress disorder (PTSD)
 - D. All of the above

8. All of the following self-report scales are used to assess the effects of massage therapy on pain syndromes EXCEPT:
 - A. Saliva collection
 - B. McGill pain questionnaire
 - C. Pain intensity scale
 - D. Visual analog scale

9. What is variability or variance?
 - A. The different treatment procedures received by individuals in a group
 - B. The distance of individuals' scores from the mean
 - C. The total number of participants in a research study
 - D. The total number of researchers or collaborators in a research study

Chapter 2

10. In chapter 2 study 1, what type of therapy did the comparison group receive?
 - A. Massage therapy
 - B. Progressive muscle relaxation
 - C. No therapy at all
 - D. Acupressure therapy

11. In chapter 2 study 1, which of the following was proven to be a longer-term effect for the massage therapy group?
 - A. Significant decrease in norepinephrine levels
 - B. An increase in dopamine levels
 - C. Fewer obstetric complications
 - D. All of the above

12. In chapter 2 study 2, all of the following pre-/post-treatment measures (immediate effects) were used to determine results EXCEPT:
 - A. State Anxiety Inventory (STAI)
 - B. Profile of Mood States Scale (POMS)
 - C. Pain Intensity Scale
 - D. VITAS Pain Scale

13. What was the purpose of chapter 2 study 3?
 - A. To determine if fetal activity increased following stimulation of the Mother's feet
 - B. To determine if premature birth can be prevented through occasional stimulation of the Mother's feet
 - C. To determine if a pregnant woman's physical activity increased after stimulation of her feet
 - D. All of the above

Chapter 3

14. About how many studies from around the world have established that preterm infants gain more weight after being given a period of massage therapy during their hospital stay?
 - A. At least 5
 - B. At least 10
 - C. At least 12
 - D. At least 20

15. In chapter 3 study 1, how many 15-minute massages were infants given each day?
 - A. 1
 - B. 2
 - C. 3
 - D. 4

16. In chapter 3 study 2, what did the 45-minute EGG recording assess?
 - A. Heart rate
 - B. Gastric activity
 - C. Brain activity
 - D. Growth rate

17. Studies have shown that moderate-pressure massage, in contrast to light-pressure stroking, has been shown to have significant psychological and physiological effects.
 - A. True
 - B. False

18. In chapter 3 study 4, what did the control group receive?
 - A. A 15-minute massage from a parent immediately prior to bedtime for 4 weeks
 - B. No treatment at all
 - C. A 15-minute bath from a parent immediately prior to bedtime for 4 weeks
 - D. Reading of a Dr. Seuss story by a parent for 15 minutes prior to bedtime for 4 weeks

Chapter 4

19. What nerve may be responsible for mediating the effects of massage therapy on attentiveness?
 - A. Optic nerve
 - B. Olfactory nerve
 - C. Vagus nerve
 - D. Trigeminal nerve

20. In chapter 4 study 2, what was assessed in the research study?
 - A. Massage effects on the cognitive performance of preschoolers
 - B. Massage effects on the cognitive performance of infants
 - C. Massage effects on the cognitive performance of adults
 - D. All of the above

21. In chapter 4 study 3, what assessments were made on the children in each of the groups?
 - A. Revised Conners Scales
 - B. Classroom and playground behavior observations
 - C. Sleep diaries
 - D. All of the above

22. What is the purpose of chapter 4 study 4?
- A. To determine if massage therapy is able to cure students with attention-deficit/hyperactivity disorder
 - B. To determine if massage therapy improves mood and behavior of students with attention-deficit/hyperactivity disorder
 - C. To determine if massage therapy improves focus and attentiveness of students with attention-deficit/hyperactivity disorder
 - D. To determine if massage therapy increases sleep time of students with attention-deficit/hyperactivity disorder
23. In chapter 4 study 5, the moderate-pressure massage group showed:
- A. No change in heart rate during and post-massage
 - B. An increase in heart rate post-massage
 - C. A decrease in heart rate during and post-massage
 - D. A significant increase in heart rate post-massage
24. All of the following assessment measures were used in chapter 4 study 6 EXCEPT:
- A. An EEG
 - B. Saliva samples
 - C. An EKG
 - D. Self-report measures such as the POMS depression scale

Chapter 5

25. In chapter 5 study 1, what were the infants of depressed and non-depressed mothers given during the EEG study?
- A. A 15-minute massage
 - B. A lavender or rosemary aroma treatment
 - C. Nothing
 - D. A combination of hot and cold therapy
26. In chapter 5 study 2, which group produced attenuation of frontal EEG asymmetry?
- A. Massage therapy group
 - B. Music therapy group
 - C. Both groups
 - D. Neither group
27. In chapter 5 study 3, massage and relaxation therapy were used on aggressive adolescents to determine their effects. How was the massage therapy group procedure performed?
- A. Participants received two 20-minute chair massage therapy sessions per week for 5 weeks
 - B. Participants were guided through two 20-minute progressive muscle relaxation sessions per week for 5 weeks
 - C. Participants received two 5-minute chair massage therapy sessions per week for 20 weeks
 - D. Participants received five 20-minute chair massage therapy sessions for 2 weeks

Chapter 6

28. The research studies on massage therapy in chapter 6 demonstrate:
- A. An increase in range of motion
 - B. An increase in strength
 - C. Improved neuromuscular function
 - D. All of the above
29. In chapter 6 study 1, range of motion for both groups was assessed using a goniometer on the first and last days of treatment. Which of the following groups was shown to have increased range of motion in shoulder abduction following the study?
- A. The relaxation group
 - B. The massage therapy group
 - C. Both groups
 - D. Neither group
30. In chapter 6 study 2, which of the following tests/scales was used to conclude short-term assessments?
- A. Manual muscle test
 - B. Range of motion
 - C. State Anxiety Inventory (STAI)
 - D. Center for Epidemiological Studies-Depression scale (CES-D)
31. In chapter 6 study 3, what was evaluated?
- A. Massage therapy (versus reading as an attention control group) for children with moderate to severe cerebral palsy for reducing spasticity, improving range of motion, facilitating motor functioning, and enhancing social interactions and development
 - B. Massage therapy (versus reading as an attention control group) for children with moderate to severe attention-deficit/hyperactivity disorder for reducing spasticity, improving range of motion, facilitating motor functioning, and enhancing social interactions and development
 - C. Massage therapy (versus reading as an attention control group) for children with moderate to severe Down's syndrome for reducing spasticity, improving range of motion, facilitating motor functioning, and enhancing social interactions and development
 - D. All of the above
32. In chapter 6 study 5, what did the massage therapy group receive?
- A. Two 30-minute massage sessions a week for 5 weeks by a trained massage therapist
 - B. Five 30-minute massage sessions a week for 5 weeks by a trained massage therapist
 - C. Two 30-minute massage sessions a week for 5 weeks by the participant's caregiver
 - D. One 60-minute massage session a week for 5 weeks by a trained massage therapist

Chapter 7

33. The studies in chapter 7 assess _____ for its effects on people with autism, ADHD, and fibromyalgia, as well as senior citizens.
- A. Massage therapy
 - B. Progressive relaxation therapy
 - C. Movement therapy
 - D. All of the above

34. In chapter 7 study 2, which of the following movement therapy modalities was utilized?
- A. Thai yoga
 - B. Tai Chi
 - C. Reflexology
 - D. Body rolling
35. In chapter 7 study 3, all of the following questionnaires and assessments were given pre- and post-sessions EXCEPT:
- A. The State Anxiety Inventory (STAI)
 - B. The profile of Mood States (POMS)
 - C. The Regional Pain Scale
 - D. The Center for Epidemiological Studies-Depression scale (CES-D)
36. In chapter 7 study 4, the senior citizens assigned to the movement therapy group were given:
- A. Five 50-minute movement therapy sessions over a 3-week period led by an activity director
 - B. Four 30-minute movement therapy sessions over a 2-week period led by a trained movement therapist
 - C. Four 50-minute movement therapy sessions over a 2-week period led by a trained movement therapist
 - D. Two 30-minute movement therapy sessions over a 2-week period led by an activity director

Chapter 8

37. Which of the following is a common mechanism used to explain massage therapy effects on pain syndromes?
- A. Gate theory
 - B. Pressure theory
 - C. Showman's theory
 - D. Stimulus theory
38. In chapter 8 study 1, twenty-four children admitted to a burn unit were enrolled in the study after consent. Which of the following groups were they assigned to?
- A. Either a massage therapy group or a progressive relaxation group
 - B. Either a massage therapy group or a standard care control group
 - C. Either a trauma therapy group or a standard care control group
 - D. Either a trauma therapy group or a progressive relaxation group
39. In chapter 8 study 1, immediately following the intervention (treatment given to each group), which of the following scales was used to code the children's distress behaviors prior to and during the dressing change?
- A. The Children's Hospital of New York Pain Scale (CHNYPS)
 - B. The Children's Hospital of Eastern Ontario Pain Scale (CHEOPS)
 - C. The United States Mayo Clinic Pain Scale (USMCPS)
 - D. The International Children's Hospital Pain Scale (ICHPS)

40. In chapter 8 study 2, where were massage techniques applied to participants in the massage therapy group?
- A. Back
 - B. Abdomen
 - C. Legs
 - D. All of the above
41. In chapter 8 study 3, how long did both massage therapy and progressive muscle relaxation therapy groups receive treatment?
- A. Three 30-minute sessions per week, lasting for 5 weeks
 - B. Two 30-minute sessions per week, lasting for 10 weeks
 - C. Two 30-minute sessions per week, lasting for 5 weeks
 - D. One 30-minute session per day, lasting for 4 weeks
42. In chapter 8 study 4, the diagnosis for carpal tunnel syndrome is typically based on:
- A. Clinical symptoms
 - B. Tinel sign results
 - C. Phalen sign results
 - D. All of the above
43. In chapter 8 study 4, all of the following results were noted in the massage therapy group EXCEPT:
- A. Greater carpal tunnel symptoms by the end of the treatment period
 - B. Improved Phalen test and nerve conduction velocity measures
 - C. Reduced pain and increased grip strength
 - D. Lower anxiety and depressed mood levels

Chapter 9

44. In chapter 9 study 1, how long did the research study last?
- A. 5 weeks
 - B. 8 weeks
 - C. 12 weeks
 - D. 16 weeks
45. In chapter 9 study 1, which of the following was a result found only in the massage therapy group?
- A. An increase in CD4 count
 - B. An increase in CD4/CD8 ratio
 - C. An increase in natural killer cell number
 - D. All of the above
46. In chapter 9 study 2, all of the following were used to assess results EXCEPT:
- A. The Profile of Mood States (POMS)
 - B. The regional pain scale
 - C. Center for Epidemiological Studies Depression Scale (CES-D)
 - D. Complete blood count (CBC)

47. In chapter 9 study 3, which of the following massage techniques were used in the study?
- A. Swedish massage
 - B. Trager work
 - C. Acupressure
 - D. All of the above
48. In chapter 9 study 3, which of the following were used to assess treatment effects for both groups?
- A. Anxiety and mood scales
 - B. Urine samples
 - C. Blood samples
 - D. All of the above
49. In chapter 9 study 4, fifty-eight women diagnosed within the past 3 years with early stage (I-III) breast cancer were recruited. All of the following treatment groups were used EXCEPT:
- A. Massage group
 - B. Relaxation group
 - C. Stretching group
 - D. Standard treatment control group
50. In chapter 9 study 4, which of the following was a pivotal finding for the women with breast cancer who received massage therapy?
- A. The increases in NK cells and lymphocytes
 - B. The increases in the depressive symptoms
 - C. The decreases in NK cells and lymphocytes
 - D. The decreases in dopamine and serotonin levels

This completes the Research and Massage Therapy exam.

Please continue to read through the appendix, which gives a brief outline of many more research studies on massage therapy.