

# The effect of foot reflexology on premenstrual syndrome

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## Abstract

Background and aim: Premenstrual syndrome is a set of physical, mental and behavioral symptoms with different severity that causes disorders in individual and social relationships. This syndrome occurs during luteal phase of menstrual cycle with complicated reasons. It is one of the most common disorders of childbearing ages. Because of unclear and complicated causes of this syndrome, different treatment methods have been presented. Reflexology is as a non-drug methods of prevention and treatment of premenstrual syndrome. It is an old, mild and non-invasive method that, there is not enough researches about it's effect on symptoms of premenstrual syndrome. This research was carried out in order to determine the effect of foot reflexology on symptoms of premenstrual syndrome in students of dormitories of Jahrom university in 2011. Method: This study was a single-blind controlled clinical trial of two groups in which, 90 students with premenstrual syndrome (who were resident in dormitory of Jahrom university) were include in two groups of foot reflexology and control. Intensity of premenstrual syndrome was recorded by subjects in two cycles: pre – intervention cycle and intervention cycle. The tools of data gathering consisted of data gathering form. Temporary diagnosis form of PMS, dialog record from and Beck depression test. Descriptive and inferential statistics were used in order to analyze data. Results: There was no significant statistical difference between under research variables in the respect of interventional variables. In comparison of pre and post intervention in reflexology significantly led to decrease of average of mental symptoms (25.12 %) and physical symptoms (19.34 %) ( $p < 0.0001$ ). In comparison with control group, there was signification difference between the average of physical and mental symptoms in reflexology group was signification less than control group ( $p < 0.0001$ ). Conclusion: It seems that, foot reflexology is effective in improvement of physical and mental symptoms of premenstrual syndrome. Therefore, it is possible to achieve a main midwifery aim which is to decrease the

symptoms intensity of premenstrual syndrome by training of this simple technique which doesn't need specialists in order to be done.