

Research Study

Massage Therapy Utilization for and Impact on Mental Health
and Emotional Well-Being: Qualitative Considerations of
Massage Therapy Clients

Recruiting Participants

Have you used massage therapy in support of your mood,
stress, anxiety, depression, or emotional wellbeing?

You may be able to participate in a research study!

Study Purpose: Learn more about

- Massage clients' experiences in massage therapy with relation to their mental health and emotional well-being.
- Massage clients' perceptions of how massage therapy addresses their mental and emotional well-being.
- Communication with relation to mental and emotional wellbeing.

Seeking:

- Current massage therapy clients for one year or more.
- Received at least 2-3 massage sessions with the same massage therapist in the past year.
- Sought massage treatment for or experienced impact on mental health and/or emotional well-being

What you'll do:

- 5-10 minute recruitment survey
- 20-40 minute virtual interview about your massage therapy experiences related to mental health and emotional well-being



For more information,
please contact
MassageNet at
info@massagenet.org
or Samantha Zabel at
sazabel@iu.edu

All interview
participants will
receive a \$20
Amazon gift card!

Start the survey here!



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