

Assessing an online Jing Method™ Advanced Clinical Massage Protocol to treat stress in unpaid carers of children or adults with disability

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"I certify that this work has not been accepted in substance for any degree, and is not concurrently being submitted for any degree other than that of the Diploma in Advanced Clinical Massage and Sports Massage being studied at Jing Advanced Massage Training. I also declare that this work is the result of my own investigations except where otherwise identified by references and that I have not plagiarised the work of others".

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Date: March 2024

Abstract

Objective:

This study aims to build on previous studies which have shown positive evidence that providing weekly online massage and self-care, following the principles of The Jing Method™ Advanced Clinical Protocol, has a positive effect on stress levels in unpaid carers of children or adults with disability.

Method

8 participants agreed to join the 16-week study, with initial levels for eligibility assessed using the Depression, Anxiety and Stress Scale 21 (DASS-21) questionnaire. They were recruited from the researcher's client base, social media, and through the Carers Centre Tower Hamlets.

Control period: Week 1-6 Participants completed the DASS-21 questionnaire without any treatment. These findings established the group's stress level as a baseline.

Intervention Period: Weeks 7–12 Using a modified Jing Method™ protocol, weekly guided self-treatment sessions were conducted using the Zoom platform. Every session addressed a distinct area of the body. Four sessions were scheduled over two days were conducted in small groups of no more than five people to allow for flexibility—as the position of carer can be unpredictable.

The DASS-21 questionnaire was used throughout the 14 week project. Weeks 1-6 to establish baseline stress levels and weeks 7-12 during the intervention period, a follow-up was sent at week 14 to assess whether longer-term results. Participants were also encouraged to complete a self-care routine in the intervening period between sessions and were sent a written feedback form to fill in a few weeks later.

Result

All participants showed a marked decreases in levels of depression, anxiety and stress with average decreases by 58.5%, 42% and 50% respectively. Overall DASS-21 scores decreased by 38.7% during the intervention phase.

Conclusion

This research study clearly demonstrates that the adaptation of the Jing Method™ principals to an online protocol has huge potential and that further investigation to establish optimum intervention levels could be helpful to improve efficiency and may have significant implications for the health and wellness field, including the future possibility of social prescription.