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Four-Week Self-Administered Acupressure Improves Depressive Mood

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ABSTRACT

Acupressure is a Chinese medical technique that involves application of pressure to acupuncture points on the body. This study aimed to examine whether a four-week self-administered acupressure course could reduce depressive mood. Sixteen male and nine female college students (33.2 ± 10.0 years) who majored in acupuncture and moxibustion medicine were randomly assigned to either a self-administered acupressure group or a control group. The participants in the self-administered acupressure group were instructed to conduct five acupressure sessions three times a day (morning, midday, and night). Each session included applying pressure on three points on the left and right side of the neck for five seconds. The controls were asked to continue their daily routine. Depressive mood levels were measured at baseline, two weeks later, and following intervention. Depressive mood levels were similar between both groups at baseline. It decreased two weeks later and remained constant until the end of the intervention. Depressive mood levels were significantly lower in the self-administered acupressure group than in the control group at two weeks from baseline and after intervention. These results provide initial evidence that self-administered acupressure may improve depressive mood.

KEYWORDS

Acupressure; Depressive Mood; Self-Management; College Students

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