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1. Lack of effect of 12 weeks of massage therapy on immune function and quality of life in HIV-infected persons.

 **AIDSLINE (U.S. Govt.)**. Objective: To assess the effects of massage therapy alone, or massage therapy combined with either exercise training or stress management counseling, on immune function and quality of life in HIV-infected persons. Methods: 42 HIV-infected persons were randomized to 1 of 4 groups: a) once weekly massage therapy; b) onc...

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Lack of effect of 12 weeks of massage therapy on immune function and quality of life in HIV-infected persons.

Int Conf AIDS. 1996 Jul 7-12;11(2):270 (abstract no. Th.B.4105). Unique Identifier : AIDSLINE MED/96924507

Birk TJ; MacArthur RD; McGrady A; Khuder S; Wayne State University, Detroit, Michigan. Fax: 313-745-9173. E-mail:; macarthur@oncgate.roc.wayne.edu.

Abstract: Objective: To assess the effects of massage therapy alone, or massage therapy combined with either exercise training or stress management counseling, on immune function and quality of life in HIV-infected persons. Methods: 42 HIV-infected persons were randomized to 1 of 4 groups: a) once weekly massage therapy; b) once weekly massage therapy and twice weekly aerobic exercise training; c) once weekly massage therapy and once weekly stress management counseling; d) no therapy (control group). Massage therapy and exercise training sessions lasted 45 minutes; stress management counseling sessions were 1 hour in length. CD4+ and CD8+ lymphocytes (number and percent), and NK cells (number and percent) were measured by flow cytometry at the beginning and end of the 12 week study. Quality of life measures were assessed by survey at the beginning and end of the study. All prescribed medications were continued throughout the study. Results: Mean CD4+ count at study entry was 355 cells/microliter (range = 60-1042 cells/microliter). The mean entry CD4+ count of the 31 persons completing the study was 437 cells/microliter compared to 169 cells/microliter for the 11 persons not completing the study (p is less than 0.005). The percentage of participants completing the study was the same across all groups. No significant differences were found among the groups on any measure comparing pre-study and post-study values. Conclusions: Short-term massage therapy alone or combined with either exercise training or stress management counseling did not have any significant effect on immune function or quality of life measures. These alternative therapies, while not harmful, should not be used as substitutes for more conventional therapies for HIV-infected persons.

Keywords: *HIV Infections/IMMUNOLOGY *HIV Infections/PHYSIOPATHOLOGY *HIV Infections/PSYCHOLOGY *Massage *Quality of Life

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