





# Research into Shiatsu

Information for members



## Research already conducted

- In the past the Shiatsu Society had a Research Committee and has contributed to research projects
- Notably: *Long, A.F. 2007. The Effects and Experience of Shiatsu: A Cross-European Study. Final Report. School of Healthcare, University of Leeds.* Funded by the European Shiatsu Federation.
- *Robinson, N. et al. 2011. The evidence for Shiatsu: A Systematic Review of Shiatsu and Acupressure. BMC Complementary and Alternative Medicine, 11:88.*
- *Boyd, Chantler 2016 Evaluating shiatsu treatment using the measure your medical outcome profile (MYMOP) outcome measure*
- For further research please see the SSUK website both Members' and public areas



## Why do we need research?

- To provide information for clinicians and others in the healthcare community, other complementary therapists and associations, and the public about the benefits and effects of Shiatsu
- To provide evidence of efficacy so that the Advertising Standards Authority will allow Shiatsu practitioners to say that Shiatsu can be used for specific health conditions



## Recent developments

- The Professional Standards Authority (which governs Accredited Registers including the CNHC) undertook a review of research conducted into the therapies practised by CNHC registrants (this includes Shiatsu). They rated the Shiatsu research evidence submitted as "moderate to strong". It is hoped that the PSA will now communicate with the ASA and accept research methods other than Randomised Controlled Trials.

# Research methods

- Research methodology is a large topic.
- There are resources on the Research Council for Complementary Medicine's website (see [www.rccm.org](http://www.rccm.org) )
- And the Shiatsu Research Network (<https://shiatsu-research-network.org/wpe/getting-deeper/> )
- The SRN suggests a simple way to start research is by writing a **case report** – this does not necessarily require ethical board approval
- **PROMS reports** (Patient Reported Outcome Measurement) can give information about patients' experiences around specific problems or health conditions. MYMOP (Measure Yourself Medical Outcomes Profile), MYCAW (Measure Yourself Concerns and Wellbeing), WEMWBS (Warwick-Edinburgh Mental Wellbeing Scale), Oswestry Low Back Disability Questionnaire, are examples of well-known PROMS tools.

# What's next?

- Look at a clear and focused strategy for research which aligns with the Society's Vision <https://www.shiatsusociety.org/shiatsu-society-vision>
- Foster a research culture within the Society and the Shiatsu community <https://www.shiatsusociety.org/research>
- Find out what our members want from research and their willingness to participate.
- Explore possible areas of research which members could easily engage in – member led projects.
- Provide a bursary or some project funding to assist members in undertaking research – member led projects.

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- Information compiled for Members' Support zoom meeting December 2022
- Elaine Liechti