



## Abstract

**Research Title** Effectiveness of Traditional Thai Massage with Patients stress in Smoking cessation clinics  
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This study aimed to evaluate the Effectiveness of Traditional Thai Massage (TTM) with Patients stress in Smoking cessation clinics. A randomized controlled trial was conducted. Sixty patients with Smoking cessation clinics were evenly divided into the treatment and control group. The treatment group received Smoking cessation and a 45-minute course of traditional Thai massage the control group was Smoking cessation. The results were evaluated in short-term after intervention, Tissue hardness and pressure pain threshold (PPT). Moreover, the PPT of the treatment group was significantly increased ( $P < 0.05$ ). It can therefore be concluded from the findings that TTM seems to be an effective therapy for stress-related variables and increased the PPT as well as reducing pain intensity for the stress.

Finally, the heart rate variability (HRV) of the treatment group was increased significantly ( $P < 0.05$ ) in terms of SDNN, RMS-SD, and LF. It can therefore be concluded from the findings that Patients stress in Smoking cessation clinics seems to be an effective therapy for enhancing the function of the parasympathetic nervous system and other stress-related variable as well as reducing . It is suggested that TTM should be an alternative therapy for Patients stress in Smoking cessation clinics

**Keywords:** Effectiveness , Traditional Thai Massage, Patients stress, Smoking cessation clinics