**Research Tools and Resources**

**Webinars**

[Importance of Research Literacy](http://www.ncbtmb.org/importance-of-research-literacy) with Ruth Werner and Dr. Leena Guptha  
[Basics of Research Literacy](http://massagetherapyfoundation.org/basics-research-literacy/)  
[Finding and Evaluating Research](http://massagetherapyfoundation.org/education/research-literacy-courses/)

**Research Article Databases**

* [Biomed Central](http://www.biomedcentral.com/)
* [MerckMedicus](http://www.merckmedicus.com/)
* [PubMed](http://www.ncbi.nlm.nih.gov/pubmed/)

**Government Agencies funding Complementary and Alternative Medicine Research**

* [National Center for Complementary and Alternative Medicine](http://nccam.nih.gov/)
* [White House Commission on Complementary & Alternative Medicine Policy (WHCCAMP)](https://ods.od.nih.gov/Health_Information/White_House_CAM_Commission.aspx)

**Organizations**

* [American Massage Therapy Association (AMTA)](http://www.amtamassage.org/index.html)
* [Associated Bodywork & Massage Professionals (ABMP)](http://www.abmp.com/home/)
* [Canadian Interdisciplinary Network for Complementary and Alternative Medicine Research (IN-CAM)](http://www.incamresearch.ca/index.php?home&lng=en)
* [Commission on Massage Therapy Accreditation (COMTA)](http://www.comta.org/)
* [Consortium of Academic Health Centers for Integrative Medicine](http://www.imconsortium.org/)
* [Fascia Research Congress](http://www.fasciacongress.org/)
* [International Spa Association](http://www.experienceispa.com/)
* [National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)](http://www.ncbtmb.com/)
* [Orthopedic Massage Education & Research Institute (OMERI)](http://www.omeri.com/)
* [Society for Integrative Oncology](http://www.integrativeonc.org/)
* [Touch Research Institute](http://www6.miami.edu/touch-research/index.html)

**Publications**

* [Alternative Therapies in Health and Medicine](http://www.alternative-therapies.com/)
* [Integrative Medicine, A Clinicians Journal](http://www.imjournal.com/) (IMCJ)
* [International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice (IJTMB)](http://www.ijtmb.org/)
* [Journal of Bodywork & Movement Therapies](http://www.journals.elsevier.com/journal-of-bodywork-and-movement-therapies/)
* [Massage and Bodywork Magazine](https://www.abmp.com/massage-and-bodywork-magazine)
* [Massage Magazine](http://www.massagemag.com/)
* [Manual Therapy](http://www.manualtherapyjournal.com/)
* [Massage Therapy Canada](http://www.massagetherapycanada.com/)
* [Massage Therapy Journal (MTJ)](http://www.amtamassage.org/articles/3/mtj/index.html?utm_source=%2fjournal%2fhome.html&utm_medium=web&utm_campaign=redirect)
* [Massage Today](http://www.massagetoday.com/mpacms/mt/home.php)

**Research Columns & Newsletters**

* MTF Research Articles on MassageToday.com – As part of our continuing goal to promote research literacy and capacity in the massage profession, we publish a monthly research project synopsis, with a reference to the original article, on [MassageToday.com](http://www.massagetoday.com/mpacms/mt/columnist_other_articles.php?id=3531). These synopses are authored by volunteers from our Writing Workgroup.
* [Somatic Research Column – Massage & Bodywork Magazine](http://www.massagetherapy.com/articles/index.php/article_id/1573/Structure-Of-A-Research-Article)
* [To Your Health newsletter from Massage Today](http://www.massagetoday.com/newsletter/TYH/newsletter.php)

**Links to Research and Professional Resources**

* [Glossary of Research Terms](http://mtf.amtamassage.org/wp-content/uploads/Hymel_Glossary-of-Massage-Terms.pdf) (an excerpt from G. Hymel: Research Methods for Massage and Holistic Therapies, ISBN 0-323-03292-3)
* [Methodological Issues in Investigations of Massage/Bodywork Therapy](http://mtf.amtamassage.org/wp-content/uploads/Cassidy_paper-1.pdf) – Claire M. Cassidy, PhD
* [The Integrator Blog](http://theintegratorblog.com/)
* [Association of Massage Therapists Classified Massage Therapy Research Update, January 2015](http://www.amt.org.au/downloads/practice-resources/AMT-Classified-Research-January-2015.pdf)

**Research Literature Syntheses**  
The MTF has commissioned the writing of two literature syntheses that have been published; one on massage for stress and the other on sports massage. Each is a comprehensive review of the literature on their respective subject areas and should be helpful to those seeking research on these specific topic areas.

**Massage and Stress Reduction**

* Moraska, A, Pollini, R, Boulanger, K, Brooks, M. Z., Teitlebaum, L. (2010) “[Physiological Adjustments to Stress Measures Following Massage Therapy: A Review of the Literature](http://www.hindawi.com/journals/ecam/2010/292069/abs/)”. Evidence-Based Complementary and Alternative Medicine: 7(4) doi:10.1093/ecam/nen029

**Sports Massage**

* Moraska, Albert (2005) “[Sports Massage: A Comprehensive Review](http://mtf.amtamassage.org/wp-content/uploads/Moraska-2005-Sports-massage.pdf).” The Journal of Sports Medicine and Physical Fitness: 45(3).



**www.massagetherapyfoundation.org**