

Special Issue on Mental Health and Manual Therapies

Call for Papers for a Special Issue
“Mental Health and Manual Therapies”
Submission deadline : December 31, 2024

Guest Editors: Dr Cynthia Price, PhD MA LMT and
Dr Sarah Fogarty, PhD, M. Acup, MT.

Massage therapy is an integrative treatment, which includes a variety of techniques to help the body manage both physical and emotional conditions. Emerging research is showing that massage may play a role in managing symptoms of mental health disorders and mood conditions, but more scientific evidence is needed to support its use. In addition, massage therapy and bodywork could serve as a valuable treatment to prevent adverse mental health reactions and contribute to optimal well-being. Therefore, this special issue on mental health and massage and bodywork will showcase the potential for massage to impact the management and care of mental health conditions as well as quality of life and wellness. Mental health conditions may include but are not limited to:

Depression
Anxiety
Stress
Sleep problems
Eating disorders
Dementia
Obsessive-compulsive disorder
Psychosis
Mental aspects of living with cancer
PTSD
Emotional distress
Postpartum depression
Mental health of remote and rural populations
Mental health of asylum seekers
Mental health of refugees
Grief/Bereavement

This special edition aims to showcase a full spectrum of evidence and applications that demonstrate the benefits of massage therapy and bodywork to address a contemporary raging issue: optimizing mental health in the post-pandemic era.

Cynthia Price, PhD MA LMT
Sarah Fogarty, PhD, M. Acup, MT
Guest Editors

The [*International Journal of Therapeutic Massage & Bodywork \(IJTMB\)*](#) is a quarterly open access, peer-reviewed publication intended to accommodate the diverse needs of the rapidly-expanding therapeutic massage and bodywork community.

Manuscript Submission Information

If you are interested in submitting a manuscript for the special edition please submit online via <https://ijtmb.org/index.php/ijtmb/about/submissions>. If you have not submitted a manuscript with IJTMB before you will need to register/create an account. Manuscripts can be submitted until the deadline (31st December 2024). All submissions that pass screening for the special addition are peer-reviewed. Accepted papers will be published in the special edition of the journal towards the end of 2025.

We encourage the submission of papers on:

- original research and clinical management exploring the effects and or mechanism of massage on mental health health disorders and mood conditions (either the condition itself or the symptoms of the mental health condition),
- case-studies or case series exploring the same,
- or reviews (either quantitative or qualitative) of massage and mental health health disorders and mood conditions.
- Educational research or commentaries on mental health health disorders and mood conditions
- Research or commentaries on the practices of massage therapists and bodyworkers and mental health health disorders and mood conditions
- Massage therapy and bodywork research study protocols for mental health health disorders and mood conditions

Submitted manuscripts should not have been published previously, nor be under consideration for publication elsewhere (except conference proceedings papers). All manuscripts are thoroughly refereed through an anonymous peer-review process. A guide for authors and other relevant information for submission of manuscripts is available on the [Information for Authors](#) page.

Reviewer Information

If you are interested in becoming a peer reviewer in general or for the special issue, please login to your profile and complete the “Role” section if you are already registered. Make sure that the “Reviewer” box is checked and please identify your reviewing interests. These should include areas of expertise (e.g. quantitative methods, case reports, manual lymphatic drainage, etc.). If you are interested in specifically reviewing manuscripts in the special edition please contact Amanda Baskwill, Executive Editor and Editor-in-Chief ExecEditor@ijtmb.org.