

EFFECT OF MASSAGING INFANTS ON MOOD STATUS OF THE MOTHERS

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The purpose of this study was to evaluate the effects of infant massage for 28 days after delivery on mothers' mood status. Study participants were mothers who delivered their Infants at a hospital in shahrekord,Iran, and were recruited at the time of the routine15-20 days postnatal visit to the pediatric office. 120 mothers were randomly assigned to experimental and control groups. 60 mothers in the experimental group were examined before the first day of the baby massage, and 2 months after delivery. The psychological measurements used were profile of mood states. The result revealed that significant differences in the POMS score were seen in depression and vigor between the two groups at 2 months. Infant massage was found to positively affect the mood status of the mothers. We propose that midwives and other health-care professionals should recommend mothers to do infant massage to improve their own mood status.