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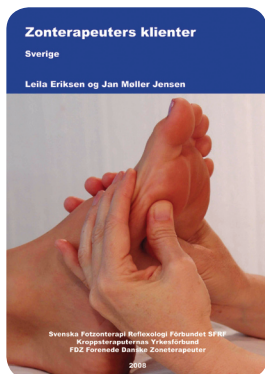
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Reflexology Clients in Sweden



A Nordic Survey - 690 clients / patients data.
Presented by: Leila Eriksen, Denmark



Background

The use of alternative medicine is more popular than ever before. A large proportion of the populations are active users who wish to make a conscious contribution towards their quality of life. A study conducted by the Stockholm County Council (Stockholm Läns Lands-ting) in 2000 shows that 20% of Swedish adults use alternative therapies/medicine. Reflexology is one of the most widely used therapies. However, there is little knowledge regarding which age group or health issues people turn to reflexology for. The focus of the project has therefore been to collect and disseminate factual information concerning reflexologists' clients/patients.

Method

427 organized Swedish reflexologists spread geographically throughout the country received questionnaires, of which 172 reflexologists completed the questionnaires with information about their clients and returned them. The responses were analyzed and published in a report comprised of data from 690 clients.

Results

77% of Swedish reflexology clients are women/girls. A relatively large number of clients are in the age between 40 to 64 years old. The majority of clients request treatment for muscle/joint pain (52%). Other health problems include, among others, stomach pain/digestive problems (22%), headache/migraine (18%), fatigue (27%), asthma/bronchitis/allergy (9%), and hormonal/menses problems (12%). 3 out of 4 clients with longstanding term health problems have had the problem for more than 1 year and every third client (37%) has had the problem for more than 5 years. In half of the cases (48%) the clients have received a medical diagnosis. Approximately 40% have been on sick leave due to their condition. Recommendation from family and friends is the most common reason for consulting reflexologists. Half of the clients (49%) come from this group. One in five clients (18%) chooses to have reflexology on their own initiative. 12% of Swedish reflexo-logists' clients receive a subsidy for reflexology treatment, often paid by their employers.

Conclusion

Considering the increasing use of reflexology, it would be beneficial to use the report's results to look more closely into which areas require further research, as well as which type of health-promoting interventions can be advantageously implemented into the established health care system.

References

The project was implemented in collaboration with 3 Nordic reflexology organizations and with support from Røslers Distribution ApS, Denmark.

The report "Reflexology clients – Sweden, by Leila Eriksen and Jan Møller Jensen" (Zoneterapeuters klienter - Sverige) can be downloaded for free from;

- www.kropsterapeuterna.se
- www.zoneterapi.nu
- www.fdz.dk
- www.carecam.dk

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(See also the abstract "Reflexology Clients in Denmark - 2368 clients data")

