

Special Issue on Massage Therapy and Mental Health

Amanda Baskwill, PhD^{1*}

¹Loyalist College, Belleville, ON, Canada

<https://doi.org/10.3822/ijtmb.v18i3.1307>

This special issue of the *International Journal of Therapeutic Massage & Bodywork* focuses on the intersection of massage therapy and mental health, highlighting the growing body of research exploring its role in psychological well-being. With contributions from leading researchers and practitioners, this issue examines the mechanisms, applications, and outcomes of massage therapy in supporting mental health across diverse populations. Through the collaborative efforts of authors, reviewers, and guest editors Dr. Cynthia Price and Dr. Sarah Fogarty, this collection of work aims to deepen our understanding of how massage therapy can be integrated into mental health care and broader health-care systems.

KEYWORDS: Massage therapy; mental health; integrative health care; psychological well-being

The September 2025 special issue of the *International Journal of Therapeutic Massage & Bodywork* explores the critical intersection of therapeutic massage and bodywork (TMB) and mental health, highlighting the growing body of research supporting its role in psychological well-being. TMB is increasingly recognized as a valuable component of integrative health care, contributing to the management of stress, anxiety, depression, trauma recovery, and overall emotional resilience. This special issue brings together diverse perspectives, from clinical research to practical applications, providing a comprehensive look at the ways in which massage therapy supports mental health.

This issue would not have been possible without the dedication of our esteemed guest editors, Dr. Cynthia Price and Dr. Sarah Fogarty. Their leadership, expertise, and commitment to advancing research in both TMB and mental health have guided this issue from its inception to publication.

We extend our deepest gratitude to them for their work in curating and guiding this collection.

We also recognize and thank the authors whose work appears in this issue. Their research and insights contribute to a growing body of evidence that informs clinical practice, education, and policy in therapeutic massage and bodywork. Their commitment to scholarly inquiry strengthens our profession and enhances the quality of care provided to patients. Additionally, we are deeply appreciative of our peer reviewers, whose thoughtful evaluations and constructive feedback have helped ensure the high quality of the articles included in this issue. Their work is integral to maintaining the integrity and rigor of the IJTMB.

The research presented in this issue reinforces the importance of interdisciplinary collaboration between TMB practitioners and mental health professionals. As we navigate a health-care landscape that increasingly prioritizes holistic and patient-centered care, the role of TMB in addressing psychological distress and promoting emotional well-being continues to evolve. We hope that readers find inspiration and practical insights in this special issue, sparking continued dialogue and innovation in this important area of practice.

Thank you to everyone who has contributed to this special issue—your work strengthens the profession and helps set the direction for the future of massage therapy.

CONFLICT OF INTEREST NOTIFICATION

The author declares there are no conflicts of interest.

FUNDING

This work did not receive any specific grant or funding from public, commercial, or not-for-profit funding agencies.

COPYRIGHT

Published under the [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 License](https://creativecommons.org/licenses/by-nc-nd/3.0/).

Corresponding author: Amanda Baskwill, Executive Editor/Editor-in-Chief, IJTMB, Loyalist College, Belleville, ON, Canada.

E-mail: ExecEditor@ijtmb.org