The Effects of Cranio-Sacral Therapy on Brain Function Quotient of Elderly with Long-term Care Insurance Service

Title & Authors

This study was performed to identify the effects of the improvement of mental function by CST on the elderly with the 2nd or 3rd grade of long-term care insurance service. A pretest-posttest design using a random subject control group was performed. A total of 61 individuals aged 60 years or older were randomly selected for the control group, and 60 individuals were randomly selected for the experimental group. The pretest was conducted on each subject for 30 minutes per session, once a week for 4 weeks, followed by an identical posttest. The Barthel score was measured before and after the CST, and the Pre-BD test was also used to measure mental status using a 2-Channel Neurofeedback System. The data were analyzed by SPSS (Version 18.0) program. After CST intervention, the attention quotient (AD) increased in the sensory front (ADF) and auditory front (ADF), attention quotient (AD) and reaction quotient (RQ) of the experimental group were significantly better than that of the control group. These results showed that the CST was effective in reducing the Brdol's fatigue by the AD, increasing the physical and psychological scores (by the ADF, and RQ), and reducing the stress level by the AF. Therefore, CST can be used as an effective intervention for improving the health and brain function of the elderly in long-term care facilities.

Keywords

Brain function quotient, Cranio-sacral therapy, Elderly, Long-term care insurance.

Language

Korean

References

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