

Gynecological Facilities in the City

recruit participants

- check eligibility and exclusion criteria
- introduce the coordinating office



Coordinating Office

(Tsukuba University of Technology)

- informed consent
- registration
- randomized allocation



Anma-massage therapy group

Measurement-A

First Anma-massage session

Measurement-B

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- 40-min Anma-massage session once weekly for 2 months
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Measurement-C

Last (8th) Anma-massage session

No Anma-massage group

Measurement-D

Relaxing chat session

Measurement-E

Measurement-F

Anma-massage session

Measurement-G