



BELGISCHE SHIATSU FEDERATIE  
FÉDÉRATION BELGE DE SHIATSU

- Internationale wetenschappelijke studies over het effect van Shiatsu op de ontvanger van Shiatsu. (alfabetische volgorde)
- Études scientifiques internationales sur l'effet du Shiatsu sur le récepteur du Shiatsu. (par ordre alphabétique)
- International scientific studies on the effect of Shiatsu on the receiver of Shiatsu. (alphabetical order)

A typology of negative responses: a case study of shiatsu

LONG ET AL. (2009), Leeds/UK

<https://www.ncbi.nlm.nih.gov/pubmed/19398071>

Delivering shiatsu in a primary care setting: benefits and challenges

PIRIE ET AL. (2011), Sheffield/UK

<https://www.ncbi.nlm.nih.gov/pubmed/22196572>

Die transkulturelle Integration außereuropäischer Konzepte in den zweiten deutschen Gesundheitsmarkt, dargestellt am Beispiel Shiatsu Forschungsstand und Endpunktanalyse klinischer Studien zur Wirksamkeit des heterodoxen Verfahrens Shiatsu

Kleinau (2016), Berlin/Germany

[https://www.researchgate.net/publication/309633452\\_Die\\_transkulturelle\\_Integration\\_aussereuropaischer\\_Konzepte\\_in\\_den\\_zweiten\\_deutschen\\_Gesundheitsmarkt\\_dargestellt\\_am\\_Beispiel\\_Shiatsu\\_Forschungsstand\\_und\\_Endpunktanalyse\\_klinischer\\_Studien\\_zur\\_Wirksam](https://www.researchgate.net/publication/309633452_Die_transkulturelle_Integration_aussereuropaischer_Konzepte_in_den_zweiten_deutschen_Gesundheitsmarkt_dargestellt_am_Beispiel_Shiatsu_Forschungsstand_und_Endpunktanalyse_klinischer_Studien_zur_Wirksam)

Effectiveness of hand self-shiatsu to improve sleep following sport-related concussion in young athletes: a proof-of-concept study.

Qin et al. (2019), Alberta/Canada

<https://www.sciencedirect.com/science/article/abs/pii/S209549641830116X>

Effects of passive hydrotherapy watsu (watershiatsu) in the third trimester of pregnancy: results of a controlled pilot study

SCHITTER ET AL. (2015), Bern/Switzerland

<https://www.hindawi.com/journals/ecam/2015/437650/>

Effects of shiatsu in the management of fibromyalgia symptoms: a controlled pilot study

YUAN ET AL. (2013), Sao Paulo/Brazil

<https://pubmed.ncbi.nlm.nih.gov/23830713/>

Effects of shiatsu on the health-related quality of life of a person with secondary progressive multiple sclerosis:

A mixed methods N-of-1 trial within a whole systems research case study

Tsiormpatzis (2019), London/UK

<https://www.sciencedirect.com/science/article/abs/pii/S1876382019308777>

Evaluation Effect of Shiatsu Technique on Labor Induction in Post-Term Pregnancy  
Teimoori et al. (2014), Zahedan/Iran  
<https://pubmed.ncbi.nlm.nih.gov/25948426/>

Exploring the value of shiatsu in palliative care day services  
CHEESMAN ET AL. (2001), Colchester/UK  
<https://www.ncbi.nlm.nih.gov/pubmed/12148974>

Forschungsstand zum Verfahren Shiatsu (Review) und Metaanalyse kontrollierter Studien zur Wirksamkeit von Shiatsu  
Kleinau et al. (2016), Berlin/Germany  
[https://www.shiatsu-institut.ch/files/forschungsstand\\_zur\\_wirksamkeit\\_des\\_verfahrens\\_shiatsu\\_deutsches\\_gesundheits\\_portrait\\_10.4.18.pdf](https://www.shiatsu-institut.ch/files/forschungsstand_zur_wirksamkeit_des_verfahrens_shiatsu_deutsches_gesundheits_portrait_10.4.18.pdf)

Hand self-Shiatsu for Sleep Problems in Persons With Chronic Pain: A Pilot Study

Cary et al. (2014), Toronto-Alberta/Canada  
<https://www.ncbi.nlm.nih.gov/pubmed/24666675>

Intérêt du shiatsu chez des patients cancéreux traités par chimiothérapie

Chevalier (2007), Genève/Suisse  
[https://www.researchgate.net/publication/237988359\\_Interet\\_du\\_shiatsu\\_chez\\_des\\_patients\\_cancereux\\_traites\\_par\\_chimiotherapie](https://www.researchgate.net/publication/237988359_Interet_du_shiatsu_chez_des_patients_cancereux_traites_par_chimiotherapie)

Management of work stress in health care providers at the haematology division using Shiatsu (alternative treatment approach)

Cohen et al. (2018), Italy  
<http://go.galegroup.com/ps/anonymous?id=GALE%7CA198170851&sid=googleScholar&v=2.1&it=r&linkaccess=fulltext&issn=02683369&p=AONE&sw=w&authCount=1&isAnonymousEntry=true>

Relieving pressure – an evaluation of shiatsu treatments for cancer and palliative care patients in an NHS setting

BROWNE ET AL. (2018), London/UK  
<https://www.sciencedirect.com/science/article/abs/pii/S1876382018303135>

Shiatsu as an adjuvant therapy for schizophrenia: an open-label pilot study

LICHTENBERG ET AL. (2009), Jerusalem/Israel  
<https://search.proquest.com/openview/13f9e2ee1567692b6cf2ea35eadf390e/1?pq-origsite=gscholar&cbl=32528>

Shiatsu as an adjuvant therapy for depression in patients with Alzheimer's disease: a pilot study

LANZA ET AL. (2018), Italy  
<https://www.sciencedirect.com/science/article/abs/pii/S096522991730941X?via%3Dihub>

Shiatsu for chronic lower back pain: Randomized controlled study

Kobayashi et al. (2019), Tokyo/Japan  
<https://www.sciencedirect.com/science/article/pii/S0965229919302778>

Single-blind, randomized, pilot study combining shiatsu and amitriptyline in refractory primary headaches.

Villani et al. (2017), Rome, Italy  
<https://europepmc.org/article/med/28283760>

The effects of shiatsu: findings from a two-country exploratory study

LONG ET AL. (2003), Salford/UK  
<https://pubmed.ncbi.nlm.nih.gov/14499030/>

The effects of shiatsu on lower back pain  
BRADY ET AL. (2001), Iowa/USA  
<http://journals.sagepub.com/doi/abs/10.1177/0898010101900106>

The effects of shiatsu on post-term pregnancy  
INGRAM ET AL. (2005), Bristol/UK  
<https://www.ncbi.nlm.nih.gov/pubmed/18935760>

The evidence for shiatsu: a systematic review of shiatsu and acupressure  
ROBINSON ET AL. (2011), London/UK  
<https://www.ncbi.nlm.nih.gov/pubmed/21982157>

The role of shiatsu in the treatment of the side-effects of chemotherapy  
CHEVALIER (2007), Saintes/France  
<https://www.scribd.com/document/20489268/The-Role-of-Shiatsu-in-the-Treatment-of-the-Side-Effects%22>

The potential of complementary and alternative medicine in promoting well-being and critical health literacy: a prospective, observational study of shiatsu  
LONG (2009), Leeds/UK  
<https://doi.org/10.1186/1472-6882-9-19>

Touching cancer: shiatsu as complementary treatment to support cancer patients  
ARGASH ET AL. (2008), Petach Tikva/Israel  
<https://www.ncbi.nlm.nih.gov/pubmed/18935760>

Zen Shiatsu: A Longitudinal Case Study Measuring Stress Reduction in a Child with Autism Spectrum Disorder  
Burke, Colorado/USA  
<http://www.ijtmb.org/index.php/ijtmb/article/view/246>

- Ken je nog een studie die niet op deze lijst staat? Stuur een mailtje met de link naar de studie naar [info@shiatsu.be](mailto:info@shiatsu.be)
- Connaissez-vous une autre étude qui ne figure pas sur cette liste ? Envoyez-nous un courriel avec le lien vers l'étude [info@shiatsu.be](mailto:info@shiatsu.be)
- Do you know another study that's not on this list? Send us an email with the link to the study [info@shiatsu.be](mailto:info@shiatsu.be)