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Title: Effect of self-administered foot reflexology for symptom management in healthy persons: A systematic review and meta-analysis

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1 **Highlights**

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- 3 ● This systematic review assessed the effectiveness of self-foot reflexology for
4 symptom management in healthy persons.
- 5 ● Three non-randomised trials and 3 before-and-after studies without comparison
6 showed that self-administered foot reflexology appeared to improve subjective
7 outcomes rather than objective health outcomes.
- 8 ● Owing to the small number of studies and methodological flaws, there was
9 insufficient evidence supporting the use of self-performed foot reflexology to
10 alleviate symptoms in healthy people.

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