

A Longitudinal Assessment of Chiropractic Care Using a Survey of Self-Rated Health Wellness & Quality of Life: A Preliminary Study

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This study evaluated changes in self-rated health status of patients receiving chiropractic care at the clinic of the New Zealand School of Chiropractic. The study was designed to assess chiropractic care in association with changes in patients' perceived health status. The Self-Rated Health/Wellness Survey (SRHW) was used to evaluate the health status on two occasions, "initial" and "follow-up." The instrument assessed health across four areas, Physical State, Emotional/Mental State, Stress and Life Enjoyment. Collectively, these four areas, assessed initially and after a follow-up period, constituted Combined Wellness, or a fifth area. Quality of Life was evaluated as a sixth area of the questionnaire. The study population included 89 subjects, evaluated over a five-month study period. The average interval between initial and follow-up surveys was 8 weeks, with an average number of visits of 9.

Subjects reported significant positive perceived changes in Physical State, Mental/Emotional State, and Combined Wellness.

The improvement in the Physical and Mental/Emotional State, and Combined Wellness suggests that chiropractic care provided through the NZ School of Chiropractic is associated with significant benefits in these areas. Study data suggested that health/wellness may occur with time under care.

A further study with a larger sample size and longer duration of care is proposed. This would more thoroughly investigate possible health benefits in the areas studied, as well as to confirm present findings.