

## **The Effect of Reflection Massage On Reducing Anxiety of Burning Patients: Literature Study**

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### **ABSTRACT**

This research is literature study. In the strategy to find the journal framework used is PICOT. The keywords used are "Burns AND massage OR Reflexology AND anxiety". The data source used is the data base e-resources of National Library, Pubmed and Google Scholar in the form of articles or journals. The inclusion criteria in this study were national and international journals from different databases and were related to research variables, namely anxiety, with reflexology intervention, as well as articles discussing the effect of reflexology on anxiety levels in burn patients and the deadline for the publication of articles in the last 5 years. (2016-2021). The exclusion criteria of this study were journals national and international from different databases and had no relation to the research variables, no intervention was given, there was no effect of reflexology on the level of anxiety in burn patients and the publication time of the article was more than 5 years.

In an article search using 3 databases, each of which was found from the National Library of 204 search results, PubMed 364 search results and Google Scholar 951 search results. After disqualification related to the year of publication, namely the last 5 years and the selection of duplicate articles, 485 articles were obtained, and in the end, 9 articles that matched the criteria were obtained. From 9 articles that have been reviewed and found, most of the patients who experienced burns experienced anxiety, but with different degrees of anxiety.

Based on the literature review from 9 research journals, it can be concluded that reflexology is very useful for reducing anxiety levels in patients with burns. Reflexology can be combined with several other interventions such as music therapy and aroma inhalation therapy.

**Keywords:** Reflection Massage, Anxiety, Burning Patients

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## BACKGROUND

Burns are one of the most traumatic events for patients. This condition not only causes physical problems, but also psychosocial and spiritual problems (Prasetyo et al., 2014). Therefore, loss of skin, especially in large portions, can put you at risk of hypovolemic shock, and sepsis and various other health consequences (Nahdarina & Margono, 2020). Several factors affect the patient's psychological condition, including previous psychological conditions to various problems that arise during burn treatment (Herndon, 2017). According to Ramachandran et al., (2017) that psychological problems were reported to occur in 28% to 75% of burn patients. Based on the WHO report, every year 300,000 people die worldwide as a result burns (WHO), (2018). According to a 2016 report from the *Agency for Healthcare Research and Quality*, the total cost for treatment of burns in 2010 was \$ 1.5 billion (Ameriburn.org, 2020). Based on the report on basic health research data in Indonesia (RIKESDA) states that the proportion of species 1.3% of injuries were burns (Research and Development Agency for Health Ministry of Health RI, 2018).

Exploration of various psychological reactions in patients is an important component in the management of burns. Mental disorders were reported to occur in 28% to 75% of burn patients (Ramachandran et al., 2017). Anxiety can affect the patient's health status because it can cause discomfort, increase hospitalization days and patients can injure themselves, others and the environment. (Directorate of Nursing Service Development, 2008). The prevalence of generalized anxiety disorder in adult burn patients one year after trauma is <20%. The factor associated with overall anxiety disorder is the coping mechanism (Walls et al., 2018). Reflexology therapy is a traditional touch therapy that can provide a relaxing effect and relaxes tense muscles, and is also beneficial for health (Ratna & Aswad, 2019). Massage improves blood circulation by providing a direct mechanical effect of rhythmic pressure and movement. thus causing stimulation of nerve receptors which also causes blood vessels to reflexively dilate so as to increase blood flow (Alviani, 2015). By giving reflexology, it can reduce muscle tension so that the patient is more relaxed so that anxiety decreases (Mohaddes Ardabili et al., 2015).

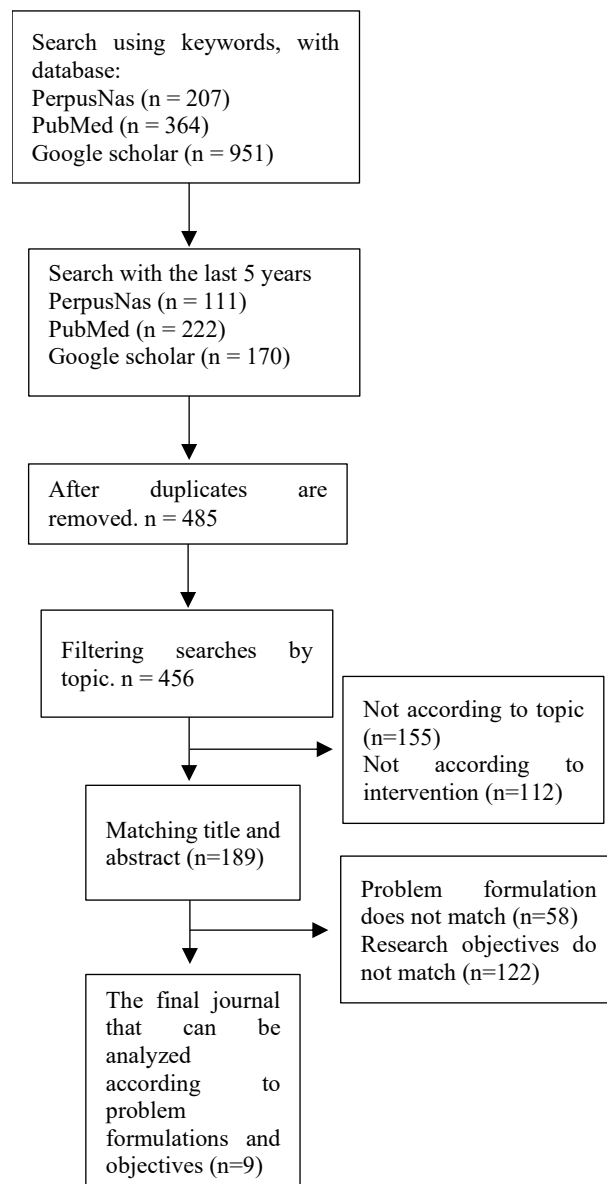
## METHODS

researchis literature study. In the strategy to find the journal *framework* used is PICOT. The keywords used are "*Burns AND massage OR Reflexology AND anxiety*". The data source used is the database *e-resources* of National Library, Pubmed and Google Scholar in the form of articles or journals. The inclusion criteria in this study were national and international journals from different databases and were related to research variables, namely anxiety, with reflexology intervention, as well as articles discussing the effect of reflexology on anxiety levels in burn patients and the deadline for the publication of articles in the last 5 years. (2016-2021). The exclusion criteria of this study were journals national and international from different databases and had no relation to the research variables, no intervention was given, there was no effect of reflexology on the level of anxiety in burn patients and the publication time of the article was more than 5 years.

## RESULTS

In article searches using 3 databases, each was found from the National Library of 204 search results, PubMed 364 search results and Google Scholar 951 search results. After disqualification related to the year of publication, namely the last 5 years and the selection of duplicate articles, 485 articles were obtained, and in the end, 9 articles that matched the criteria

were obtained. From 9 articles that have been reviewed and found, most of the patients who experienced burns experienced anxiety, but with different degrees of anxiety.



*Table 1: Article search process*

From 9 articles, it can be seen in the table 2, that the research conducted by Davodabady et al., (2021) used a randomized design, controlled trial, available sampling technique, foot reflexology research variables. Pain and anxiety severity in burn patients, using questionnaire and interview instruments, with quantitative analysis were analyzed using Chi-square, Mann Whitney, Fisher's exact tests, and paired t-test. qualitative variables were reported as frequency and percentage. The study conducted by Rafii et al., (2020) used a quasi-experimental study design, convenience sampling technique, and research variables were aromatherapy massage. e anxiety and sleep quality of the patients with burn injuries, the instrument used was a questionnaire, with descriptive analysis and inferential statistical tests. Alinia-najjar et al.,

(2020) conducted a study with a randomized clinical trial design, randomized sampling technique, using variable foot reflexology massage. Burn-specific pain anxiety and sleep condition of patients, with instruments using a questionnaire, and analyzed by independent t, Chi-square, Friedman, Mann. Research conducted by T Najafi Ghezeli et al., (2017) used a randomized controlled clinical trial design, convenience sampling technique, the variables were massage and music. pain intensity, anxiety intensity and relaxation level in burn patients, using questionnaires and interviews and analyzing quantitative and qualitative variables, one-way analysis of variance (ANOVA), Scheffe ad hoc test and Chi-square test were applied, respectively. Ghezeli & Ardebili, (2018) who conducted a study with a randomized controlled clinical trial design, convenience sampling technique, using music and Swedish massage variables. Pain anticipatory anxiety in burn patients, the instruments are Questionnaires and interviews, with Chi-square analysis and Fisher's Exact test for qualitative data and one-way analysis of variances (ANOVA) for quantitative data. The same research was also conducted by Seyyed-Rasooli et al., (2016) with a single-blind randomized clinical trial design, using a sampling technique. randomized sampling, with variables aromatherapy massage with inhalation aromatherapy. anxiety and pain in burn patients, using instruments The questionnaire and analyzed using data were summarized using mean SD and frequency (%) for quantitative and qualitative variables. Research conducted by Zahra et al., (2019) used a single-blind randomized clinical trial design, randomized sampling technique, the variables were Massage And Inhalation Aromatherapy On Vital Signs Of Burn using a questionnaire instrument and analysis with SPSS software, Chi-square. Research conducted by Najafi Ghezeli et al., (2017) used a quasi-experimental design, convenience sampling technique, variable Massage on Anticipatory Anxiety and Procedural Pain in Patients with Burn Injury, questionnaire instrument, with analysis *Chi-square and Fisher's Exact test*. The same research was also conducted (van Dijk et al., 2018) using a single-center 3-arm parallel randomized clinical trial design, a blinded assessment sampling technique of the primary outcome with the variable Massage, distress in children with burns, conducting an assessment with an assessment, Data analysis is Data are presented as mean (standard deviation) for normally distributed variables and as median (interquartile range) for continuous variables that are not normally distributed.

From 9 articles, it can be seen that each intervention was given, research conducted by Davodabady et al., (2021), which saw the effect of foot reflexology on pain and anxiety levels during dressing changes in burn patients, research by Rafii et al., (2020) ) to determine the effect of aromatherapy massage with lavender and chamomile oil on anxiety and sleep quality of burn patients, research by Alinia-najjar et al., (2020) to determine the effect of foot reflexology on the level of burns and burn pain and sleep quality of patients treated at Burns Intensive Unit Hospital, T Najafi Ghezeli et al., (2017) to determine the effect of massage and music on pain, anxiety and relaxation in burn patients, research Ghezeli & Ardebili, (2018) Comparing the effects of giving music that patients like and Swedish massage on anticipatory anxiety in patients with burn injuries, research Seyyed-Rasooli et al., (2016) Zahra et al., (2019) to compare the effect of aromatherapy massage and inhaled aromatherapy on vital signs in burn patients, research by Najafi Ghezeli et al., (2017) ) to determine the effect of massage on anticipatory anxiety, procedural pain intensity, vital signs and the level of relaxation of burn patients and research conducted (van Dijk et al., 2018) to determine the effect of massage therapy on anxiety and stress in children with injuries burn.

N o	Author	Year	Title	Method (Design, Sample, Variable, Instrument, Analysis)	Result
1	Fahimeh Davodabady , Vahid Naseri-Salahshour , Mahbobeh Sajadi, Abolfazl Mohtarami, Fateme Rafiei	2020	Randomized controlled trial of the foot reflexology on pain and anxiety severity during dressing change in burn patients	<b>D</b> : randomized, controlled trial <b>S</b> : available sampling <b>V</b> : foot reflexology. Pain and anxiety severity in burn patients <b>I</b> : Kuesioner and interview <b>A</b> : quantitative were analyzed using Chisquare, Mann Whitney, Fisher's exact tests, and paired t-test. qualitative variables were reported as frequency and percentage	Results showed foot reflexology is an appropriate and safe intervention for patients with burns, which can decreased the level of pain and anxiety. Reflexology is one of the interventions that does not require complex facilities, is practical and performed in a short time
2	Forough Rafii, Farzaneh Ameri, Hamid Haghani, Ali Ghobadi	2019	The effect of aromatherapy massage with lavender and chamomile oil on anxiety and sleep quality of patients with burns	<b>D</b> : quasi-experimental study <b>S</b> : convenience sampling <b>V</b> : aromatherapy massage. e anxiety and sleep quality of the patients with burn injuries <b>I</b> : kuesioner <b>A</b> : Descriptive and inferential statistical tests	Since the aromatherapy massage as a non-pharmacological and simple method can improve the anxiety and quality of sleep in patients with burns, it is suggested that nurses and burn medical care team apply it to reduce burn patients' anxiety and promote their sleep quality. Applying massage alone also reduces anxiety in burn survivors.
3	Reza Alinia-najjar, Masoumeh Bagheri-Nesami, Seyed Afshin Shorofi , Seyed Nouraddin Mousavinasab, Kiarash Saatchi	2020	The effect of foot reflexology massage on burn-specific pain anxiety and sleep quality and quantity of patients hospitalized in the burn intensive care unit (ICU)	<b>D</b> : a randomized clinical trial <b>S</b> : randomized sampling <b>V</b> : foot reflexology massage. Burn-specific pain anxiety and sleep condition of patients <b>I</b> : Kuesioner <b>A</b> : independent t, Chi-square, Friedman, Mann	In this research, foot reflexology massage significantly reduced burn-specific pain anxiety of patients hospitalized in burn ICUs and
4	T. Najafi Ghezljeh, F. Mohades Ardebili, F. Rafii	2017	The effects of massage and music on pain, anxiety and relaxation in burn patients: Randomized controlled clinical trial	<b>D</b> : randomized controlled clinical trial <b>S</b> : convenience sampling <b>V</b> : massage and music. pain intensity, anxiety intensity and relaxation level in burn patients <b>I</b> : Kuesioner and interview <b>A</b> : quantitative and qualitative variables, one-way analysis of variance (ANOVA), Scheffe ad hoc test and Chi-square test were applied, respectively.	Burn patients often have poor physical and emotional health. Our findings revealed that massage reduced pain and anxiety intensity and increased relaxation level in burn patients. Due to easy, low-cost and availability of the interventions applied, these complementary therapies are suggested for the burn patients. Furthermore, it is very important to manage and reduce pain and anxiety in burn patients; therefore, it is suggested that healthcare providers, patients, and family members are educated for application of these complementary therapies
5	Tahereh Najafi Ghezljeh, Fateme Mohaddes Ardebili	2018	Comparing the effect of patients preferred music and Swedish massage on anticipatory anxiety in patients with burn	<b>D</b> : randomized controlled clinical trial <b>S</b> : convenience sampling <b>V</b> : music and Swedish massage. Pain anticipatory anxiety in burn patients <b>I</b> : Kuesioner and interview	According to the results, Swedish massage was effective in reducing anticipatory anxiety in burn patients. Health care providers,

			injury: Randomized controlled clinical trial	A : Chi-square and Fisher's Exact test for qualitative data and one-way analysis of variances (ANOVA) for quantitative data	particularly, nurses can provide these noninvasive and economical interventions simultaneously and benefits the synergistic effect of them in burn patients.
6	Alehe Seyyed-Rasooli, Feridoon Salehi, Asghar Mohammadpoorasl, Sakineh Goljaryan, Zahra Seyyedi, Brian Thomson	2016	Comparing the effects of aromatherapy massage and inhalation aromatherapy on anxiety and pain in burn patients: A single-blind randomized clinical trial	D : single-blind randomized clinical trial S : randomized sampling V : aromatherapy massage with inhalation aromatherapy. anxiety and pain in burn patients I : Kuesioner A : Data were summarized using mean SD and frequency (%) for quantitative and qualitative variables	The study results showed positive effects of aromatherapy massage and inhalation aromatherapy compared with the control group on reducing anxiety and pain of burn patients. Therefore, both interventions, which are inexpensive and noninvasive nursing care, can be proposed for alleviating anxiety and pain of burn patients.
7	<u>Seyyedi Zahra, SEYYED RASOOLI ALEHE, Goljaryan Sakineh, Eskandari Maghsoud, ALIZA DEH SAMANEH</u>	2019	Comparing The Effect Of Massage And Inhalation Aromatherapy On Vital Signs Of Burn Patients: A Single-Blind Randomized Clinical Trial	D : single-blind randomized clinical trial S : randomized sampling V : Massage And Inhalation Aromatherapy On Vital Signs Of Burn I : Kuesioner A : SPSS software, Chi-square	The results of this study indicate that massage therapy can reduce systolic blood pressure, respiratory rate and heart rate in burn patients and inhalation aromatherapy can reduce systolic blood pressure in these patients. The use of these two methods can reduce changes in the vital signs of burn patients and ultimately reduce the anxiety of patients with burns.
8	Tahereh Najafi Ghezeljeh , Fatimah Mohades Ardebili *, Forough Rafii , Farzad Manaf	2017	The Effect of Massage on Anticipatory Anxiety and Procedural Pain in Patients with Burn Injury	D : quasi-experimental S : convenience sampling V : Massage on Anticipatory Anxiety and Procedural Pain in Patients with Burn Injury I : Kuesioner A : <i>Chi-square and Fisher's Exact test</i>	The results of a study that assessed massage at a level indicating the level of relaxation of the massage did not reduce the loss of procedural pain levels and patient vital signs. The research hypothesis is rejected. The data show that massage can not improve relaxation in the experimental group or the control group
9	Monique van Dijk, Linda Anne O'Flaherty, Tessa Hoedemaker a , Joost van Rosmalen, Heinz Rode	2017	Massage has no observable effect on distress in children with burns: A randomized, observer-blinded trial	D : single-center 3-arm parallel randomized clinical trial S : blinded assessment of the primary outcome. V : Massage, distress in children with burns I : . assesment A : Data are presented as mean (standard deviation) for normally distributed variables and as median (interquartile range) for continuous variables that are not normally distributed	Massage therapy with or without essential oils is not effective in reducing anxiety or decreased heart rate hospitalized children with burns. Evaluating effectiveness relaxing massage only by making proven observations difficult in young children who may not be stressed at the time of the intervention

Table 2: Search result articles



## DISCUSSION

Based on 9 journals that have been reviewed, it is found that reflexology can reduce the severity of pain and anxiety (Davodabady et al., 2021). In addition, according to (Rafii et al., 2020) that the effect of aromatherapy massage with lavender and chamomile oil on anxiety and sleep quality of patients can reduce anxiety in burns with massage techniques only on the foot area. The same thing was stated by (Alinia-najjar et al., 2020) that trained nurses can use foot reflexology for 10 minutes for each leg before each dressing to reduce pain anxiety and improve the quality of sleep specifically for burns. Due to its easy, inexpensive and availability of implemented interventions, this complementary therapy is recommended for burn patients. According to (T Najafi Ghezeljeh et al., 2017) that music, massage and a combination of the two interventions are effective in reducing pain intensity. and anxiety and increases the level of relaxation. In addition, (Tahereh Najafi Ghezeljeh & Ardebili, 2018) also suggests that reflexology and music therapy have a beneficial effect on anticipatory anxiety related to wound care in burn patients. The combination of the two methods has the most effect on anticipating anxiety compared to each method separately. This is also supported by (Seyyed-Rasooli et al., 2016) that the effect of aromatherapy massage and inhaled aromatherapy for anxiety and pain in burns patients. Comparing patients' anxiety and pain scores before and after the intervention showed that both interventions were effective for both anxiety and pain. In the study of Zahra et al., (2019) A randomized clinical trial was carried out on 90 patients who were treated in the burns ward of Sina Hospital in Tabriz, Iran. Patients were randomly divided into three groups: aromatherapy massage, inhaled aromatherapy and control. The results of this study indicate that massage therapy can reduce systolic blood pressure, respiratory rate and heart rate in burn patients and inhalation aromatherapy can reduce systolic blood pressure in these patients. The use of these two methods can reduce changes in the vital signs of burn patients and ultimately reduce the anxiety of burn patients.

However, in a study conducted by Najafi Ghezeljeh et al., (2017) regarding the effect of reflexology on burn patients, it was found that there was no relationship between massage. reflection with decreased anxiety in burn patients. In his article, it was explained that this happened because when giving reflexology interventions to children it was not optimal because some children were too active in carrying out movements, thus hampering the provision of intervention. The same thing was stated by van Dijk et al., (2018) who conducted research related to the effect of giving rfelksi massage on reducing anxiety in children. The results showed that there was no relationship between giving reflexology and reducing anxiety, this happened because of giving intervention to children. difficult to do and measuring anxiety by observation in children is still not effective.

Based on the foregoing, although some studies say that reflexology has no effect on reducing anxiety, in terms of the researchers' explanation, this occurs because of obstacles in giving interventions to children with an average age of respondents under 3 years. So it can be concluded that reflexology has an effect on reducing the level of anxiety in patients with burns if it is done properly. By affecting the parasympathetic nervous system through the hypothalamus, massage therapy reduces the patient's heart rate, blood pressure, respiratory rate, oxygen consumption, and metabolism. It helps to maintain relaxation, relieve pain, and reduce stress and anxiety.

## CONCLUSION

Based on the literature review from 9 research journals, it can be concluded that reflexology is very useful for reducing anxiety levels in patients with burns. Reflexology

can be combined with several other interventions such as music therapy and aroma inhalation therapy.

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