Abstract
Massage therapy is one of the oldest forms of complementary treatment. Today, though, for reduce stress, anxiety and depression drug methods are used, but this methods can be associated with other side effects. Although there are several studies in field of psychological effect but there is not much researches on athletes psychological mood especially in physical competitive sports like wrestling, so in this study we examined the effects of massage therapy on depression, anxiety and stress in teenager wrestlers. For this purpose and in order to conduct this study were considered 30 wrestler. In doing so, we control the effects of massage therapy on experimental and control groups by DASS Inventory. During 10 sessions of treatment the experimental groups were received 25 minutes sport massage for every session. Too by comparison of Depression, Anxiety, and Stress scores between experimental and control groups, indicated the significant different between scores of Depression, Anxiety, and Stress in experimental and control groups. The findings of this study indicate that massage therapy tangibly and significantly decreases the level of depression, anxiety and stress of wrestlers that this phenomenon can lead to mental health and thereby improve their performance.

Keywords: anxiety;DASS inventory;depression;Massage therapy;Sport massage;stress;wrestle