



Study Summary
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A Large-Scale Effectiveness Trial of Reiki for Physical and Psychological Health

Reference

Dyer, N. L., Baldwin, A. L., & Rand, W. L. (2019). A large-scale effectiveness trial of Reiki for physical and psychological health. *The Journal of Alternative and Complementary Medicine*, 25(12), 1156-1162.

Purpose of Study

The main purpose of the current study was to evaluate multiple measures of physical and psychological health using a single arm, pre–post design in a real-world, private practice setting. The secondary purpose was to assess the feasibility of conducting a large-scale multisite study remotely, including ease of recruitment, retention rate, and the clients' perception of data collection based on any informal qualitative feedback with the Reiki practitioners through email.

Objective/goals/hypotheses

The hypothesis was: A single Reiki session would significantly improve the majority of outcome measures, particularly pain, fatigue, depression, anxiety, and mood, and that it would be feasible to conduct a large-scale multisite study remotely

Methods

Participants were recruited by 99 Reiki practitioners who had an established practice in the United States and were on the Center for Reiki Research mailing list. The participants were asked to take the Positive and Negative Affect Schedule (Cronbach alpha = 0.89) to assess mood, and to complete a questionnaire evaluating a range of physical and psychological variables before and after receiving the 45-90 minute Reiki session.

Results

The final sample included 1411 participants. All of the outcome measures, such as positive mood, negative mood, pain, drowsiness, tiredness, nausea, appetite, shortness of breath, anxiety, depression, and overall well-being were positive and statistically significant ($p < 0.001$).

Strengths

The large sample size of this study helped to generate conclusions about the participant's psychological and physical state prior to receiving Reiki and after receiving Reiki. Also, the high retention rate and ease of recruitment allows for reproducibility and the knowledge base to conduct future research in this area.

Weaknesses

This study could be improved if the authors could have recruited an unbiased sample and incorporated a control group to make comparisons between groups.

Additional Comments

This study is groundbreaking in grasping how Reiki can be beneficial to physical and psychological health.