



Study Summary
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Reference

Utli, H., & Birgul, D.B. (2022). The Effect of Reiki on Anxiety, Stress, and Comfort Levels Before Gastrointestinal Endoscopy: A Randomized Sham-Controlled Trial. *Journal of PeriAnesthesia Nursing*, 00(00), 1-8. doi: <https://doi.org/10.1016/j.jopan.2022.08.010>

Purpose of Study

The aim of this study is to evaluate the effects of the application of Reiki and sham Reiki on anxiety, stress, and comfort levels in patients undergoing upper gastrointestinal (GI) endoscopy.

Objective/goals/hypotheses

Anxiety and stress are problems that are often seen in patients undergoing upper GI endoscopy and managing them is an important step in calming the patient and thereby reducing complications. Previous published studies show that Reiki can reduce stress and anxiety and increase comfort. For that reason, the effects of Reiki on stress, anxiety and comfort were tested in patients undergoing GI endoscopy.

Methods

Patients who met the inclusion criteria were separated by randomization into three groups: Reiki, sham Reiki, and control. A total of 159 patients participated in the study. In the intervention groups (Reiki and sham Reiki), Reiki and sham Reiki were applied once, in person with hands placed at various positions above the patient's body, for approximately 20 to 25 minutes before GI. Sham Reiki was given by a non-Reiki practitioner who focused in a neutral way on the sessions without the intention of healing.

Results

Reiki applied to patients before upper GI endoscopy was effective in reducing stress and anxiety and in increasing comfort. The sham Reiki and control groups had a statistically significant increase in stress and anxiety and decrease in comfort post-intervention. These findings suggest that Reiki has a positive effect on stress, anxiety, and comfort as compared to sham or control groups.

Strengths

This single-blind, randomized controlled trial is novel; it has a strong methodology and protocol, and randomization helped make the results generalizable.

Weaknesses

The study was only a single blinded to participants and not the researchers; the number of times the healer has worked on clients was not stated; it is not clear whether all the patients scheduled for the endoscopy were invited to participate or if there was a previous selection; and the environment was not conducive to healing due to the patients being held in a busy area.

Additional Comments

No previous studies were found examining the effect of Reiki on levels of anxiety, stress, and comfort in patients undergoing upper GI endoscopy, so the results of this study will contribute to the literature in forming a basis for other studies on the topic.