

# Center for Reiki Research Study Summary

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## Long term effects of energetic healing on symptoms of psychological depression and self-perceived stress

### Reference

Shore, A. G. Long term effects of energetic healing on symptoms of psychological depression and self-perceived stress. *Alternative Therapies in Health and Medicine*, 10(3), 42-48, 2004.

### Purpose of Study

This study examined the psychological effects of Reiki for up to one year following treatment.

### Objective/goals/hypotheses

The author stated several hypotheses, including the following: (1) Reiki reduces distress; (2) Reiki provides a more sustained reduction of depression and stress compared with control methods.

### Methods

The study compared pre- and post-test scores using three scales: the Beck Depression Inventory (BDI), the Beck Hopelessness Scale (HS), and the Perceived Stress Scale (PSS). Participants included 45 adults needing treatment for mild depression or stress; those reporting severe mental or physical illness were excluded.

Participants were randomized into one of three groups: hands-on Reiki, distance Reiki, and distance Reiki placebo. Each received respective treatments from a Reiki Master or a Level 2 Reiki practitioner once a week for 6 weeks. They completed questionnaires at the beginning and end of the 6-week period, and again one year later. Scores were analyzed using a 3x3 repeated measures MANOVA.

### Results

Pre-test data showed no significant differences among the three groups. At the end of treatment and at one year, both Reiki groups' scores were significantly different from the control.

### Strengths

Blinding strategy included blinding against expectation of treatment; the hand-on Reiki group were told they might not receive Reiki, while both distance Reiki groups were told they would receive Reiki.

### Weaknesses

Subjects referred themselves; they might have been more open to alternative therapies. Discussion did not include how any missing data was taken into account.

### Additional comments

This study included long-term effects of Reiki, in addition to immediate effects.

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