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Randomized Controlled Trial [Asian Pac J Cancer Prev](#). 2015;16(12):4859-62.

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Effects of Distant Reiki On Pain, Anxiety and Fatigue in Oncology Patients in Turkey: A Pilot Study

[Melike Demir](#)¹, [Gulbeyaz Can](#), [Ayhan Kelam](#), [Aydin Aydiner](#)

Affiliations

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Abstract

Background: Fatigue, stress and pain are common symptoms among cancer patients, affecting the quality of life. The purpose of the present study was to determine the effect of distant Reiki on pain, anxiety and fatigue in oncology patients.

Materials and methods: Participants in the control group received usual medical and nursing care during their stay. The intervention group received usual care plus five distant Reiki sessions, one each night for 30 min. A face to face interview was performed and patient personal and illness related characteristics were evaluated using the Patient Characteristics form. Pain, stress and fatigue were evaluated according to a numeric rating scale.

Results: The experimental group was predominantly composed of women (71.4%), married individuals (40%), and primary school graduates (40%). The control group was predominantly male (72.7%), married (60%), and primary school graduates (60%). The control group demonstrated greater levels of pain ($p=0.002$), stress ($p=0.001$) and fatigue ($p=0.001$). The Reiki group pain score ($p<0.0001$), stress score ($p<0.001$) and fatigue score were also significantly lower.

Conclusions: The results of this study indicate that Reiki may decrease pain, anxiety and fatigue in oncology patients.

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