

Energy Ball Exercise in Anxiety, Stress and Depression

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The prevalence of anxiety, stress and depression are increasing worldwide with a huge implication on health and economy as well. The COVID 19 pandemic also has been having a huge toll on mental health at present. The present study aims to document the effect of Reiki therapy on anxiety, stress, and depression during such times as an easy and effective healing therapy. A cross sectional study was conducted between May-June 2021 among 49 study participants in Bengaluru city who sought psychological support for anxiety, stress or depression issues and had completed at least Level 1 of Reiki healing. Baseline scores of Anxiety Depression Stress (ADS) scales were documented. Energy ball exercise was done by the participants for period of 45 days and the ADS scale scores were recorded post exercise. Paired t test was done to document the mean differences in the scores pre and post Reiki exercise. There was decrease in the anxiety, stress, depression, and overall scores after Reiki exercise which indicates good improvement in anxiety, stress and depression. There was significant difference in the anxiety ($p=0.001$), stress ($p=0.000$) and depression ($p=0.001$) scores before and after energy ball exercise.

Keywords: mental health, anxiety, stress, depression, reiki, energy ball

Mental health is an important component of health (World Health Organisation, 2020). In the recent years, mental health has also been included in Sustainable development goals (SDGs) and this highlights the important role that mental health plays in achieving global goals. As per World Health Organisation, depression is one of the leading causes of disability and 264 million worldwide are affected by it (World Health Organisation, 2021a). People with severe mental health conditions die two decades prematurely due to preventable physical conditions (World Health Organisation, 2021a). Global economy loss due to productivity issues in anxiety and depression is about 1 trillion US\$ per year (World Health Organisation, 2021b). As per National Mental Health Survey of India (NMHS 2015-16), 3.1% of Indian population suffer from anxiety disorders and 3.5% suffer from neurotic, stress related disorders. The survey also highlighted the fact that 1 in 20 people in India suffer from depression (National Institute of Mental Health & Neurosciences, 2016).

Furthermore the Covid 19 pandemic has also impacted mental health. The prevalence of stress, anxiety and depression has been around 29.6%, 31.9% and 33.7% respectively (Salari et al., 2020). Moderate levels of stress, depression and severe anxiety issues were reported even in Indian settings (Rehman et al., 2021).

Reiki, a complementary healing therapy influences the energy

field around living systems to stimulate healing responses (Mc Manus, 2017). Reiki healing balances the energy which enhances the natural healing ability. Systematic reviews and meta-analyses have documented statistically significant evidence on improvement of symptoms in conditions like mood disorders, anxiety and depression (Dyer, Baldwin, & Rand, 2019). In various other studies done by Diaz et al. and Friedman et al. Reiki healing has produced clear signs of reducing stress and significant relaxation effects as documented by physiologic indicators. Immediate and long term improvements and benefits have been seen in those who have received Reiki healing therapies for stress and depression (Bier, 2016). Though Reiki healing has benefits and is used by many, there is little research and documentation on its effectiveness in various settings (Dyer et al, 2019; Bier, 2016).

This study was conducted to document the effect of a therapy in Reiki healing on anxiety, stress, and depression.

Aim and Objective of the Study

To compare the anxiety, stress, and depression scores before and after energy ball exercise.

Method

Study Design: Cross sectional

Study Eligibility Criteria: (a) Inclusion criteria: Individuals seeking psychological support for stress, anxiety and depression and have at least learnt self-healing in Reiki (level 1).

Exclusion Criteria: Individuals with psychosis.

Participants

Study Population: Individuals visiting the private clinic for psychological support.

Study Setting: A private clinic in Bengaluru city.

Study Period: May 2021-June 2021

Sample size and sampling technique: Convenient sampling technique was used. Sample size of 59 participants of both the genders between 18 to 60 years belonging middle class participated

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We have no known conflict of interest to disclose

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