

GreenMedInfo  
Published on *GreenMedInfo* (<https://greenmedinfo.com>)

# Significant differences were observed between the experimental and treatment groups on measures of pain, depression, and anxiety <sup>[1]</sup> - GreenMedInfo Summary

## Abstract Title:

Effects of Reiki on anxiety, depression, pain, and physiological factors in community-dwelling older adults.

## Abstract Source:

## Abstract Author(s):

Nancy E Richeson, Judith A Spross, Katherine Lutz, Cheng Peng

## Article Affiliation:

Nancy E Richeson

## Abstract:

The purpose of this study was to evaluate the effect of Reiki as an alternative and complementary approach to treating community-dwelling older adults who experience pain, depression, and/or anxiety. Participants (N = 20) were randomly assigned to either an experimental or wait list control group. The pre- and posttest measures included the Hamilton Anxiety Scale, Geriatric Depression Scale-Short Form, Faces Pain Scale, and heart rate and blood pressure. The research design included an experimental component to examine changes in these measures and a descriptive component (semi-structured interview) to elicit information about the experience of having Reiki treatments. Significant differences were observed between the experimental and treatment groups on measures of pain, depression, and anxiety; no changes in heart rate and blood pressure were noted. Content analysis of treatment notes and interviews revealed five broad categories of responses: Relaxation; Improved Physical Symptoms, Mood, and Well-Being; Curiosity and a Desire to Learn More; Enhanced Self-Care; and Sensory and Cognitive Responses to Reiki.

**Article Published Date** : Jun 30, 2010

**Study Type** : Human Study

## Additional Links

**Diseases** : [Anxiety Disorders](#) : [CK\(1505\)](#) : [AC\(231\)](#) <sup>[2]</sup>, [Depression](#) : [CK\(6233\)](#) : [AC\(1096\)](#) <sup>[3]</sup>, [Pain](#) : [CK\(1332\)](#) : [AC\(208\)](#) <sup>[4]</sup>

**Therapeutic Actions** : [Reiki Therapy](#) : [CK\(186\)](#) : [AC\(22\)](#) <sup>[5]</sup>

## Print Options

[Favorite](#) <sup>[6]</sup>   [Printer-friendly version](#) <sup>[7]</sup>   [Send to friend](#)   [PDF version](#) <sup>[9]</sup>

**Source URL:** <https://greenmedinfo.com/article/significant-differences-were-observed-between-experimental-and-treatment-group>

**Links:**

- [1] <https://greenmedinfo.com/article/significant-differences-were-observed-between-experimental-and-treatment-group>
- [2] <https://greenmedinfo.com/disease/anxiety-disorders>
- [3] <https://greenmedinfo.com/disease/depression>
- [4] <https://greenmedinfo.com/disease/pain>
- [5] <https://greenmedinfo.com/therapeutic-action/reiki-therapy>
- [6] <https://greenmedinfo.com/flag/flag/favorites/122609?destination=print%2Farticle%2Fsignificant-differences-were-observed-between-experimental-and-treatment-group&token=4be5af57532d124ad304a660a9f14cf3>
- [7] <https://greenmedinfo.com/print/article/significant-differences-were-observed-between-experimental-and-treatment-group>
- [8] <https://greenmedinfo.com/printmail/article/significant-differences-were-observed-between-experimental-and-treatment-group>
- [9] <https://greenmedinfo.com/printpdf/article/significant-differences-were-observed-between-experimental-and-treatment-group>