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Study Summary
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The effect of Reiki and guided imagery intervention on pain and fatigue in oncology patients: A non-randomized controlled study

Reference

Buyukbayram, Z., & Saritas, S. C. (2020). The effect of Reiki and guided imagery intervention on pain and fatigue in oncology patients: A non-randomized controlled study. *Explore: The Journal of Science and Healing*, July 31, 1-5.

Purpose of Study

The purpose of this study was to investigate the effects of Reiki and guided imagery on pain and fatigue in oncology patients.

Objective/goals/hypotheses

The hypothesis is that the interventions of Reiki and guided imagery reduce pain and fatigue in oncology patients.

Methods

This study used a quasi-experimental pretest and posttest design with two experiment groups (reiki and guided imagery) and a control group. A total of 180 oncology patients were selected by purposive sampling. The participants were assigned into three groups as the Reiki group (n = 60), the guided imagery group (n = 60), and the control group (n = 60). VAS was used to measure the pain levels and the Piper Fatigue Scale for fatigue levels of the patients before and after the Reiki and guided imagery interventions.

Results

After the Reiki, and guided imagery interventions, the mean total pain and fatigue scores of the patients decreased, and the difference was statistically significant ($p < 0.05$). There was no improvement in the control group (no intervention).

Strengths

Strengths of this study include use of a control group, a decent sample size, and the data analysts were blind to the conditions.

Weaknesses

Study limitations include that the participants were not randomized to condition and the Reiki practitioner was a member of the research team.

Additional Comments

This study adds to the literature on the beneficial effect of Reiki on pain and fatigue in cancer patients.