



**Study Summary**  
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**Effect of Reiki Therapy on Quality of life and fatigue levels of breast cancer patients receiving chemotherapy**

**Reference**

Karaman, S. and Tan, M. (2021). Effect of Reiki Therapy on Quality of life and fatigue levels of breast cancer patients receiving chemotherapy. *Cancer Nursing*, Nov-Dec 01;44(6), E652-E658. doi: 10.1097/NCC.0000000000000970. PMID: 34387236.

**Purpose of Study** The aim of this study was to determine the effect of Reiki therapy on the quality of life and fatigue levels in breast cancer patients receiving chemotherapy.

**Objective/goals/hypotheses** The hypothesis is that Reiki therapy as an adjunctive therapy to chemotherapy in breast cancer decreases fatigue and increases quality of life

**Methods** There were pre-test and post-test questionnaires of patients in both a Reiki and non Reiki (control) group.

**Results** There was statistically significant less fatigue for Reiki treated patients in the post treatment, though both groups were the same pre treatment

**Strengths** This study had a control group and a clearly described reproducible methodology. The results were statistically significant and similar to prior similar studies.

**Weaknesses** The sample size was only intermediate and there was no sham Reiki arm. Additionally it was a short study, of insufficient duration to support the assertion that more patients completed conventional care due to the integrative arm.

**Additional Comments** This study had additional value as an ongoing example of Reiki being used in an integrative fashion together with rather than alternative to conventional medicine.