



Study Summary

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## Reference

Unal, N., Ozkanat, C., Yurtsever, D., et al. (2024). The Effect of Distance Reiki on State Test Anxiety and Test Performance: A Randomized, Controlled Trial of Nursing Students. *Journal of Nursing Education*, 63(5), 298-303. doi:10.3928/01484834-20240305-04

**Purpose of Study:** The purpose of the study was to explore the impact of distance Reiki on perceived levels of state test anxiety and test performance of nursing students.

**Hypotheses:** Nursing students who received Reiki would have less state anxiety and perform better on tests compared with nursing students in the control group.

**Methods:** A randomized controlled, intervention study design was used to measure the effect of distance Reiki on nursing students' state anxiety and test performance. State anxiety was measured before and after nurses either received 20 minutes of distance Reiki over 4 consecutive days (n=36) or received no intervention over the same time-period (control group, n = 35). All nurses sat an examination one week later.

**Results:** There were no statistically significant effects of distance Reiki on perceived state anxiety, comparing scores before and after Reiki, or on test performance. However, in the control group, nursing students showed a significantly higher physiological subscale score of perceived state anxiety than at pretest ( $p = .009$ ). Final grade point averages were not significantly different between the Reiki and control groups

**Strengths:** Participants were randomized into a Reiki arm and control arm, there was a low attrition of participants (n = 1), and they used a reliable and valid scale to measure nursing students' state anxiety and test performance.

**Weaknesses:** There was a lack of description about following a distance Reiki protocol; investigators and participants were aware whether they received Reiki or not, and the author's concluding remark that the findings suggest "distance Reiki reduces test anxiety" was not apparent in their findings.

**Additional Comments:** All participants were young and without any diagnosed mental or physical disorders, so maybe that was why Reiki had no effect – because it goes where it is needed.