



Feasibility of Distance Reiki in Multiple Myeloma: A Randomized Pilot on Health Related Quality of Life

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Objective: To evaluate the feasibility and acceptability of distance Reiki in patients with multiple myeloma (MM) and explore its effects on health-related quality of life (HRQOL).

Methods: In this randomized pilot trial, adults with stable MM receiving maintenance therapy or recovering from autologous stem cell transplantation were assigned (1:1:1) to distance Reiki, sham Reiki, or no intervention. Reiki and sham sessions were delivered virtually via Zoom. HRQOL was assessed at baseline and 5 weeks using PROMIS-29+2, PROPr, LASA, and the "Was It Worth It?" (WIWI) questionnaire. Feasibility was defined as >80% study completion, and acceptability as >85% positive WIWI responses.

Results: Thirty patients were enrolled (median age, 62.5 years), and 28 completed HRQOL assessments. Overall study completion was 93%, with a 95% completion rate in the intervention arms, meeting the predefined feasibility criterion. All participants receiving Reiki (100%) reported the intervention was worthwhile, would participate again, and would recommend it to others, demonstrating excellent acceptability. No statistically significant differences were observed between groups in PROMIS, PROPr, or LASA scores. However, exploratory analyses demonstrated trends toward improvement in fatigue, anxiety, pain interference, and physical functioning among patients receiving Reiki compared with sham Reiki or no intervention.

Conclusions: Distance Reiki is a feasible and highly acceptable supportive intervention for patients with MM. Although statistically significant improvements in HRQOL were not observed, favorable trends in several symptom domains support larger studies with longer treatment duration and in-person Reiki interventions.