

Center for Reiki Research Study Summary

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Using Reiki to decrease memory and behavior problems in mild cognitive impairment and mild Alzheimer 's disease

Reference

Crawford, S. E., Leaver, V. W. & Mahoney, S. D., Using Reiki to decrease memory and behavior problems in mild cognitive impairment and mild Alzheimer's disease. *The Journal of Alternative and Complementary Medicine*. 12(9), 911-913, 2006.

Purpose of Study

This study examined the use of Reiki on patients with mild cognitive impairment (MCI) or mild Alzheimer's disease (AD).

Objective/goals/hypotheses

The study did not state a specific hypothesis. However, the authors referred to another study that reported psychological changes resulting from receiving Reiki energy. The authors stated that this study would focus on memory and behavior improvement following Reiki treatments.

Methods

The study compared pre- and post-test scores of the Annotated Mini-Mental State Examination (AMMSE) and Revised Memory and Behavior Problems Checklist (RMBPC). Participants included 24 individuals selected based on their initial AMMSE score. They ranged in age from 60 to 80 years; 67% were female, 46% American Indian, and the rest were white.

Twelve participants received 30-minute treatments from two Usui Reiki masters, weekly for 4 weeks; the rest (control group) received no treatment. Both groups' pre- and post-treatment scores were compared using a between-groups t-test and Wilcoxon Signed Rank test.

Results

Post-test AMMSE scores for the two groups were significantly different, indicating possible improvement in memory. RMBPC post-test scores also showed significant improvement in the treatment group, especially questions relating to memory and depression.

Strengths

This study focused on cognitive effects, while most examine physical effects. None of the participants dropped out of the study.

Weaknesses

The sample did not represent the general population. The participants were not blinded, and many were familiar with Reiki.

Additional comments

One of the RIH reviewers suggested using "sham Reiki" on the control group in future studies, so all participants would believe they were receiving treatment.

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