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Review [Complement Ther Clin Pract.](#) 2018 May;31:384-387. doi: 10.1016/j.ctcp.2018.02.020.

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The effect of reiki on pain: A meta-analysis

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Erratum in

[Corrigendum to "The effect of reiki on pain: A meta-analysis" \[Compl. Ther. Clin. Pract. 31C \(2018\) 384-387\].](#)

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[Complement Ther Clin Pract.](#) 2021 Aug;44:101423. doi: 10.1016/j.ctcp.2021.101423. Epub 2021 Jun 1.

PMID: 34083124 No abstract available.

Abstract

Objective: Pain is one of the most common symptoms and may lead to important psychological, mental, and physiological problems in individuals. According to data by The Center for Reiki Research, Reiki is an effective approach to decrease the levels of pain, depression, and anxiety. Therefore, the aim of this meta-analysis was to investigate the effect of Reiki on pain level.

Methods: Randomized controlled clinical trials in databases of Pubmed, ISI Web of Sciences, and Google Scholar were investigated. 4 randomized controlled studies involving 212 participants were included in the meta-analysis.

Results: The result obtained after the final Reiki application was evaluated in VAS pain score. When Reiki (n = 104) group was compared with control group (n = 108), standardized mean difference was observed to be -0.927 (95% CI: -1.867 to 0.0124). Reiki was observed to cause a statistically significant decrease in VAS score.

Conclusion: Consequently, this meta-analysis revealed that Reiki was an effective approach in relieving the pain.

Keywords: Meta-analysis; Pain; Reiki.

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[Misinterpretation of the results from meta-analysis about the effects of reiki on pain.](#)

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[Complement Ther Clin Pract.](#) 2018 Aug;32:115. doi: 10.1016/j.ctcp.2018.06.005. Epub 2018 Jun 7.

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