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## REIKI PROJECT RESEARCH RESULTS

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Case Western Reserve School of Nursing, Dr. Diana Morris  
Alzheimer's Association, Cleveland Area Chapter  
Reiki Rays of Hope for Caregivers, Inc.

### Participant Caregivers

198 enrolled in classes (166 women and 32 men)  
142 (71%) chose to participate in research first class session - (126 females and 16 males)  
110 chose to participate in research 4<sup>th</sup>/ final class session (77%)  
81 chose to return questionnaire 1 month after final class (57%)

*Of 133 participants who gave demographic data (9 chose not to)*

61 average age of caregivers  
88 completed post secondary education (66%)  
68 (51%) were employed  
27% reported income of more than \$5000 per month  
35% reported income between \$3000-5000 per month  
36% reported income between \$1000-3000 per month

3 years average length of caregiving  
48.4% were daughters, 35% were spouses (12 others, including 2 sons)

### Care Recipients (Loved Ones) Participants

Age Range 46-96 - Average Age 80  
80 Females and 60 Males  
27% Live In Nursing Home

### Generalized Results for Caregivers

No significant changes in length or quality of sleep  
Significant improvement in perceived burden of caregivers  
Significant improvement in perceived stress of caregivers  
Inconclusive on depression-increase and decrease at different times  
Significant improvement in quality of life

### Generalized Results for Care Recipients (Loved Ones)

No significant results in depression or disruption  
Significant improvement/change in memory related behaviors

**From Research Document:** Please note that this is a preliminary analysis and will be further examined and explored. Caution is necessary in interpreting findings. This is a pilot study and this research needs to be advanced to a clinical trial design with control groups and additional variables controlled for or measured.