

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

The effect of Reiki therapy on low back pain intensity and activities of daily living in patients with vertebral disc herniation

Protocol summary

Summary

This study will be conducted to for the purpose of determining the effect of energy therapy on low back pain severity and the activities of daily living in the patients with intervertebral disk herniation. Energy therapy relieves pain and improves the activity daily living and reduces the dependency. The inclusion criterion is to have a herniated intervertebral disk which approved by an orthopedist. The exclusion criteria are to have other spinal disk problem such as stenosis and osteoporosis, different length of the lower limbs, acute strain of lumbosacral muscles, renal disorders, pelvic diseases, pregnancy, addiction to opioids, and having an experience of energy therapy. The study population will be the patients with low back pain due to intervertebral disk herniation who referred to the Edalat clinic in Zahedan, Iran. Forty patients who have inclusion and exclusion criteria will be randomized into control and experimental groups. The intervention will be conducted 3 times in the first week and will be proceed 1 time for two weeks. The data will be gathered every week after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017050233765N1**

Registration date: **2017-06-06, 1396/03/16**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-06-06, 1396/03/16

Registrant information

Name

Farnaz Jahantigh

Name of organization / entity

Zabol University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Deputy dean of Research and Technology of the Zabol University of Medical Sciences

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2017-10-22, 1396/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Reiki therapy on low back pain intensity and activities of daily living in patients with vertebral disc herniation

Public title

The effect of Reiki therapy on low back pain intensity and activities of daily living in patients with vertebral disc herniation

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criterion: having a herniated intervertebral disk which approved by an orthopedist. The exclusion criteria: having other spinal disk problem such as

stenosis and osteoporosis; different length of the lower limbs; acute strain of lumbosacral muscles; renal disorders; pelvic diseases; pregnancy; addiction to opioids; having an experience of energy therapy.

Age

From **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Zabol University of Medical Sciences

Street address

Jahad Sq.

City

Zabol

Postal code

Approval date

2017-04-16, 1396/01/27

Ethics committee reference number

zbmu.i.rec.1396.36

Health conditions studied

1

Description of health condition studied

Intervertebral disc herniation

ICD-10 code

M51.1

ICD-10 code description

Lumbar and other intervertebral disc disorders with radiculopathy

Primary outcomes

1

Description

Pain

Timepoint

before and after intervention, every week for one month

Method of measurement

Visual Analog Scale

Secondary outcomes

1

Description

Activities of daily living

Timepoint

Before and after intervention; Every week for one month after intervention

Method of measurement

ADL-IADL Questionnaire

Intervention groups

1

Description

In the intervention group Reiki energy will transfer for 30 minutes. In the first the energy will be transfer to the aura for 10 minutes. Then, Energy will be transferred to the root chakra, which located in the perineal area without touching for 20 minutes. In the first week, the patients receive energy for three sessions and for the next three weeks receive one treatment session only.

Category

Rehabilitation

2

Description

In the control group, the patients receive rehabilitation treatments such as pelvic traction and performing isometric exercises under supervisor a physiotherapist based on order of an orthopedist.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Edalat clinic in Zahedan, Iran

Full name of responsible person

Ms. Eslami

Street address

Khayyam St.,

City

Zahadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology of Zabol
University of Medical Sciences

Full name of responsible person

Hosein Shahdadi

Street address

Shahid Rejaei st.,

City

Zabol

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor for Research and Technology of Zabol
University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Zabol University of Medical Sciences

Full name of responsible person

Farnaz Jahantigh

Position

Nursing Graduate Student

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty