

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Reiki Practice on Self-Efficacy of Internship Nursing Students

Protocol summary

Study aim

Determining the effect of Reiki practices on the self-efficacy of nursing internship students of Mashhad University of Medical Sciences

Design

Clinical trial, control group, with parallel groups, single-blind, randomized

Settings and conduct

students based on the entry criteria will enter the study and by tossing a coin, will be allocated in to the control and intervention groups. By using a time block, the questionnaire will be completed by the control group first, and then after 22 days it will be completed by this group again. A 5-hour level one Reiki workshop will be held by the Reiki teacher for the intervention group in the college. They will complete the self-efficacy questionnaire before the workshop, and after 21 days, the intervention group must perform Reiki stabilization practices on themselves under the supervision of the researcher for 21 days. Then, after the stabilization period, the questionnaire will be completed again. Blinding of the statistical analyst will be done and he will not know about other steps.

Participants/Inclusion and exclusion criteria

Consent to participate in the study 7th or 8th semester nursing student Not a transfer student to spend the last year in this university Not having a history of mental disorders and the use of psychoactive drugs in the past 6 months

Intervention groups

The questionnaire will be completed by the control group first, and then after 22 days it will be completed again. Then a 5-hour level one Reiki training workshop will be held by the Reiki teacher for the intervention group in the college. The self-efficacy questionnaire before the start of the workshop will be completed , and after the workshop, for 21 days, the intervention group must perform Reiki stabilization practices on themselves Then, after the stabilization period, the questionnaire will be

completed again.

Main outcome variables

self efficacy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230411057879N1**

Registration date: **2023-04-26, 1402/02/06**

Registration timing: **prospective**

Last update: **2023-04-26, 1402/02/06**

Update count: **0**

Registration date

2023-04-26, 1402/02/06

Registrant information

Name

Afarin Rabbani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3867 8817

Email address

rabbania992@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-08, 1402/02/18

Expected recruitment end date

2023-05-31, 1402/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The Effect of Reiki Practice on Self-Efficacy of Internship Nursing Students

Public title
The Effect of Reiki Practice on Self-Efficacy

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 The student consent to participate in the study. According to the educational curriculum of Mashhad University of Medical Sciences, the student must be in the 7th or 8th semester of nursing.
Exclusion criteria:
 To spend the last year of education, the student have been transferred from another university to this university. The student have a history of mental disorders and the use of psychoactive drugs in the past 6 months.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
The statistical analyst will not cooperate in another part of the research and only the data will be available to him.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of school of Nursing and Midwifery of Mashhad University of Medical Sciences

Street address

School of Nursing and Midwifery, Ibn Sina Street, Doctora Crossroads, university street,

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2023-02-14, 1401/11/25

Ethics committee reference number

IR.MUMS.NURSE.REC.1401.111

Health conditions studied

1

Description of health condition studied

self efficacy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The self-efficacy score obtained in the general self-efficacy questionnaire of Schwartz and Jerusalem

Timepoint

The self-efficacy score is measured at the beginning of the study and 22 days later.

Method of measurement

general self-efficacy questionnaire of Schwartz and Jerusalem

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group first completes the self-efficacy questionnaire as a supplementary pre-test and then participates in a 5-hour level one Reiki training workshop where they receive "attunement" and learn how to perform Reiki, and then it is necessary to do Reiki practices for 21 days to stabilize Reiki level one. These practices include 18 positions of hands on the body, which will take 30 to 45 minutes daily. During the practices, they should repeat the five principles of Reiki to themselves: just for today I think positively, just for today I am calm, just for today I am honest and correct in my work, just for today I am grateful, just for today I am kind to all beings. These practices will be done every day in the presence of the researcher to monitor the correctness of the students' performance, and the necessary follow-ups will be done on holidays through

SMS. After 21 days and the end of the Reiki stabilization period, the self-efficacy questionnaire will be completed again as a post-test by this group.

Category

Lifestyle

2

Description

Control group: This group does not receive any intervention and only answers the questionnaire at the beginning and 22 days later.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Nursing and Midwifery, Mashhad University of Medical Sciences

Full name of responsible person

Nazila Zarghi

Street address

Faculty of Nursing and Midwifery, Ibn Sina Street, Doctor's Crossroad, University Street

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nms.pr@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Majid Ghayor Mobarhan

Street address

The Central Organization of the University Qureshi Building, University Street

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9138813944

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+98 51 3841 1538

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vcresraech@mums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Afarin Rabbani

Position

Master Student of Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Nazila Zarghi

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Education

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Person responsible for updating data

Contact

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Mashhad University of Medical Sciences
Full name of responsible person
Afarin Rabbani
Position
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Latest degree
Bachelor
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available