

# HEALING TOUCH RESEARCH

## General Research

*Check back - this section will grow as new research is completed.*

### Completed Research Studies

- **Healing Touch with Guided Imagery for PTSD in Returning Active Duty Military: A randomized controlled trial**  
**Published by:** Military Medicine, 177 (9), 1015-1021  
**Authors:** T Jain, S., McMahon, G.F. , Hasen, P., Kozub, M.P., Porter, V., King, R. & Guarneri, E.M. (2012).  
[Click here for Full Article](#)
  - **The Effects of Reiki therapy on Pain and Anxiety in Patients Attending a Day Oncology and Infusion Services Unit**  
**Authors:** N. Birocco, C. Guillame, S. Storto, G. Ritorto, C. Catino, N. Gir, L. Balestra...L. Ciuffreda. [Click here for Article](#)
  - **Biofield Therapies: Helpful or Full of Hype? A Best Evidence Synthesis**  
**Published Date:** October 24, 2009  
**Published by:** International Journal of Behavioral Medicine  
[Click here for Full Article](#)
  - **The Role of Healing Touch in the Treatment of Persons in Recovery from Alcoholism**  
**Author:** Sr. Rita Jean DuBrey, CSJ, RN, MSN, CASAC, CHTI  
**Published Date:** December 2006  
**Published by:** This article is published in Counselor, The Magazine for Addiction Professionals, December 2006, v.7, n.6, pp.58-64.  
[Click here for Full Article](#)
  - **A Pilot Study of a Bio-Field Therapy for Chronic Neuropathic Pain in Spinal Cord Injury.**  
**Principal Investigator:** Diane Wind Wardell, PhD, RNC, HNC, CHTP, University of Texas  
**Published Date:** March 2001  
**Published by:** Journal of Holistic Nursing, Vol. 19, No. 1, 71-86 (2001)  
[Click here for Abstract](#)
  - **Efficacy of Healing Touch in Stressed Neonates**  
**Principal Investigator:** Sharon I. McDonough-Means, MD, University of Arizona, College of Medicine  
**Completion Date:** July 2004  
**Study Sponsor:** National Center for Complementary and Alternative Medicine (NCCAM)  
[Click here for Abstract](#)
-

## Other Related Article

- **Review of Studies of Healing Touch**

**Authors:** Diane Wind Wardell and Kathryn F. Weymouth

**Published:** Journal of Nursing Scholarship, 2004; 36:2, 147-154.

[Click here for Article](#)

- **Energy-Based Modalities**

**Authors:** Joan Engebretson DrPH, AHN-BC, RNa and Diane Wind Wardell PhD, RNC

Published by: Originally published in Nursing Clinics of North America, Volume 42, Issue 2, June 2007, Pages 243-259

[Click here for Abstract](#)

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## Studies

### New Articles

Access to these articles is free and the link will take you directly to the article.

The following article captures some of the methodological issues in biofield therapy research.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4654788/>

Integrative Care Therapies and Physiological and Pain-related Outcomes in Hospitalized Infants

<http://www.gahmj.com/doi/abs/10.7453/gahmj.2015.029>

*Using Healing Touch to Help Junior Nursing Students with Their*

*Anxiety* <https://stti.confex.com/stti/congrs14/webprogram/Paper66977.html>

*A Critical Analysis of Healing Touch for Symptoms of Depression and Anxiety Dissertation by*

*Christina R.*

*Harlow* [http://arizona.openrepository.com/arizona/bitstream/10150/293465/1/azu\\_etd\\_12703\\_sip1\\_m.pdf](http://arizona.openrepository.com/arizona/bitstream/10150/293465/1/azu_etd_12703_sip1_m.pdf)

*Effect of Biofield Therapy in the Human*

*Brain* <http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2011.0428>

*Can We Help Just by Good Intentions? A Meta-Analysis of Experiments on Distant Intention*

*Effects* <http://deanradin.com/evidence/Schmidt2012Intentions.pdf>

*Earthing (Grounding) the Human Body Reduces Blood Viscosity - a Major Factor in*

*Cardiovascular Disease* <http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2011.0820>

*An Ongoing Critical Evaluation of Reiki in the Scientific*

*Literature* [http://www.researchgate.net/publication/45640560\\_The\\_Touchstone\\_Process](http://www.researchgate.net/publication/45640560_The_Touchstone_Process)

This article is about the Touchstone process, which is a method used to evaluate Reiki.

Interesting article as many of the issues are similar to Healing Touch research.

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## Healing Touch Research Studies



Presented below is a list of current research studies, completed research studies and clinical trials. There have been nearly 100 research studies conducted and documented. As this website grows we will add more studies and research categories. Check back often, as this section will grow.

Below you will find resources to locate published research studies.

- [Cancer](#)
- [Pain](#)
- [General Research](#)

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## Latest Healing Touch Research

### ***Integrative Care Therapies and Physiological and Pain-related Outcomes in Hospitalized Infants***

Hathway, Luberto, Bogenschutz, Geiss, Wasson & Cotton (2015), *Global Advances in Health and Medicine*, 4 (4), 32-37 doi:abs10.7453gahmj.2015.029

<http://www.gahmj.com/doi/abs/10.7453/gahmj.2015.029>

Management of pain in newborns is very challenging for the healthcare teams that work with these infants. A University of Cincinnati team recently published a study exploring the impact of massage (M) and Healing Touch (HT) on neonatal pain using four pre/post outcome measures associated with pain including therapist-rated pain, presentation of the infant (sleep to agitated), infant's heart rate and oxygen saturation.

The study was done retrospectively and used paired sample t-tests to examine the association between pain ratings for infants who received M and HT. 186 infants were included in the study which means that there was a large database to pull from. Of those 186- 62% received both M & HT. From pre and post therapy significant changes were seen in these infants' heart rates p

These observed improvements suggest that massage and HT used in combination may be useful therapies to improve comfort and reduce pain in neonates. No untoward effects were reported.

Important points about this type of study (as compared to a randomized clinical trial) include: there was no control group (infants acted as own control), and there was no control of variables (time of day, pain medication etc) or method of delivery of Massage or HT. In some ways this makes the study more pragmatic as the practitioners would have delivered the therapies based on their actual energy based assessment of need vs. a "prescribed" dose or method of massage or HT.

For those working in Neonatal environments, this study is worth sharing with decision makers about the inclusion of integrative therapies in neonatal environments. As always, more research is needed to support these conclusions.

***Healing Touch with guided imagery for PTSD in returning active duty military: A randomized controlled trial.*** *Military Medicine*, 177 (9), 1015-1021, T Jain, S., McMahon, G.F. , Hasen, P., Kozub, M.P., Porter, V., King, R. & Guarneri, E.M. (2012).

A recent study published in *Military Medicine* compared the impact of Healing Touch and Guided Imagery plus treatment as usual in the study group (HT+GI + TAU) to treatment as usual only (TAU) in the control group on PTSD symptoms, depression, quality of life and hostility in active duty military personnel. The group of 123 participants were randomly assigned to receive either 6 sessions of HT+GI+ TAU over 3 weeks vs. TAU over 3 weeks. Statistical analyses (repeated measures analysis of covariance with intent-to-treat) revealed statistically and clinically significant reduction in PTSD symptoms ( $p < 0.0005$ , Cohen's  $d = 0.85$ ) as well as depression ( $p < 0.0005$ , Cohen's  $d = 0.70$ ) for the group receiving HT+GI vs. TAU. This same group also

showed significant improvements in mental quality of life ( $p = 0.002$ , Cohen's  $d = 0.58$ ) and reduced cynicism ( $p = 0.001$ , Cohen's  $d = 0.49$ ) vs. TAU group.

This well conducted study supports the use of HT in the care of military personnel with PTSD. Further study is warranted.

[Click here for Full Article.](#)

***Biofield Therapies: Helpful or Full of Hype? A Best Evidence Synthesis***, International Journal of Behavioral Medicine, October 24, 2009. [Click here for Full Article.](#)

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## Research Resources

**PubMed** - PubMed is a service of the U.S. National Library of Medicine that includes over 17 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related resources.

[PubMed Tutorial](#) - to learn how to use PubMed.

**[National Center for Complementary and Alternative Medicine \(NCCAM\)](#)** - The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's lead agency for scientific research on complementary and alternative medicine (CAM). They are 1 of the 27 institutes and centers that make up the National Institutes of Health (NIH) within the U.S. Department of Health and Human Services.

[NCCAM Research Resources.](#)

**[Google Scholar](#)** - Google Scholar provides a simple way to broadly search for scholarly literature.

Features of Google Scholar:

- Search diverse sources from one convenient place
- Find papers, abstracts and citations
- Locate the complete paper through your library or on the web
- Learn about key papers in any area of research

[How to use Google Scholar Search.](#)

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**[Healing Touch International Research](#)** - A summary of studies on Healing Touch. More complete information about these studies is available in the Healing Touch International Research Survey.

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## Cancer

*Check back - this section will grow as new research is completed.*

**Completed Research Studies**

- Healing Touch Augments Radiation Therapy**  
**Authors:** Cynthia A. Loveland Cook, Ph.D., R.N.; Joanne F. Guerrerio, R.N.; and Victoria E. Slater, Ph.D., R.N. Originally published in *Alternative Therapies in Health and Medicine*, 2004, Vol. 10, No. 3, pp. 34-40.  
**Note:** This research is considered one of the best methodologically completed to date.  
**Study Sponsor :** Barnes-Jewish Hospital in St. Louis, Missouri, and the School of Social Service, St. Louis University, in St. Louis, Missouri  
**Study Completion Date:** 2004  
[Click here for Article](#)
- Healing Touch and Immunity in Advanced Cervical Cancer Patients**  
**Principal Investigator:** Susan Lutgendorf, PhD, University of Iowa  
**Study Completion Date:** April 2007  
**Information Provided by:** National Center for Complementary and Alternative Medicine (NCCAM)  
[Click here for Abstract](#)
- The Effect of Therapeutic Massage and Healing Touch on Cancer Patients.**  
**Principal Investigator:** Janice Post-White, RN, PhD,FAAN  
**Co-Investigators:** Mary Ellen Kinney, RN, BA, CHTP, Carol Wilcox, RN, MS, I.J. Lerner, MD, and J. Bernstein, RN, MS  
**Date:** December 2003  
[Click here for Abstract](#)
- The Lived Experience of Healing Touch with Cancer Patients**  
**Principal Investigator:** Charlene Ann Christiano, Florida International University  
**Date:** 1997  
[Click here for Abstract](#)
- Effects of biofield vs. mock healing for fatigue, cytokines, and cortisol variability in breast cancer survivors: a randomized, controlled trial (dissertation)**  
**Author:** S. Jain  
**Date:** 2009  
[Click here for Dissertation](#)
- Complementary Medicine for Fatigue and Cortisol Variability in Breast Cancer Survivors**  
**Author:** S. Jain  
**Notes:** A randomized controlled trial  
**Date:** August 2011  
[Click here for full Article](#)

#### Links to Other Full, Non-research Articles

- The Impact of Healing Touch on Pediatric Oncology Patients**  
[Click for Article](#)

- **Energy Therapies in Oncology Nursing**

[Click for Article](#)

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#### **In Process Research Studies/Clinical Trials**

- **Healing Touch and Health-Related Quality of Life in Women With Breast Cancer Receiving Radiation Therapy**  
**Principal Investigator:** Lisa L Schnepfer, MSN, PhD (c), University of Wisconsin, Milwaukee  
**Start Date:** January 2008  
**Study Sponsor:** University of Wisconsin, Milwaukee  
[Click here for Clinical Trial Overview](#)
- **Healing Touch During Chemotherapy Infusions for Women With Breast Cancer**  
**Principal Investigator:** Dr. Ellie Guardino MD/PhD and Kathy Turner RN, NP, Stanford University  
**Start Date:** April 2007  
**Study Sponsor:** Stanford University  
[Click here for Clinical Trial Overview](#)
- **Healing Touch in Treating Fatigue in Women Undergoing Radiation Therapy for Breast Cancer**  
**Principal Investigator:** Nancy Wells, DNSc, RN and Fern Fitzhenry, PhD, RN Vanderbilt-Ingram Cancer Center  
**Start Date:** February 2007  
**Study Sponsor:** Vanderbilt-Ingram Cancer Center  
[Click here for Clinical Trial Overview](#)
- **Healing Touch as a Supportive Intervention for Adult Acute Leukemia Patients: A Pilot Study**  
**Principal Investigator:** Suzanne C. Danhauer, PhD, Wake Forest University  
**Start Date:** February 2006  
**Study Sponsor:** Wake Forest University  
[Click here for Clinical Trial Overview](#)
- **Hypnosis, Massage Therapy, and Healing Touch in Treating Patients Receiving Chemotherapy for Ovarian Epithelial Cancer or Peritoneal Cavity Cancer**  
**Principal Investigator:** Patricia L. Judson, MD Masonic Cancer Center at University of Minnesota  
**Start Date:** May 2005  
**Study Sponsor:** Masonic Cancer Center at University of Minnesota  
[Click here for Clinical Trial Overview](#)
- **Effect of Healing Touch on the Experience of Women Undergoing Treatment for Breast Cancer**  
**Principal Investigator:** Lynn M Westphal, Stanford University

**Start Date:** January 2005  
**Study Sponsor:** Stanford University  
[Click here for Clinical Trial Overview](#)

- **Healing Touch Breast Cancer Study**  
**Principal Investigator:** Susan K Lutgendorf, PhD, Department of Psychology, University of Iowa  
**Start Date:** June 2003  
**Study Sponsor:** University of Iowa  
[Click here for Clinical Trial Overview](#)
- **Healing Touch and Relaxation Therapies in Cervical Cancer Patients**  
**Principal Investigator:** Susan K Lutgendorf, MD, University of Iowa  
**Start Date:** September 2002  
**Study Sponsor:** National Center for Complementary and Alternative Medicine (NCCAM)  
[Click here for Clinical Trial Overview](#)

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## Pain

*Check back - this section will grow as new research is completed.*

### Completed Research Studies

- **The Effect of Healing Touch on the Pain and Mobility of Persons with Osteoarthritis: A feasibility study**  
**Published by:** Geriatric Nursing  
**Published Date:** July 2013  
[Click here for link to abstract of pilot study](#)
- **The BraveNet prospective observational study on integrative medicine treatment approaches for pain**  
**Authors:** D. Abrams, R. Dolor, R. Roberts, C. Pechura, J. Dusek, S. Amoils, S. Amoils, K. Barrows, J.S. Edman, J. Frye, E. Guarneri, B.Kligler, D. Monti, M. Spar and R.Q. Wolever  
**Notes:** Healing Touch is one of the modalities used in the BraveNet project  
[Click here for link](#)
- **A Pilot Study of Healing Touch and Progressive Relaxation for Chronic Neuropathic Pain in Persons With Spinal Cord Injury**  
**Authors:** D. Wardell, D.H. Rintala, Z. Duan and G. Tan  
[Click here for Article](#)
- **A Pilot Study of a Bio-Field Therapy for Chronic Neuropathic Pain in Spinal Cord Injury**  
**Principal Investigator:** Diane Wind Wardell, PhD, RNC, HNC, CHTP, University of Texas  
**Co-Investigators:** Gabriel Tan, PhD, Diana Rintala, PhD, and Zhigang Duan MD,MS

**Published Date:** December 2006

**Published by:** Journal of Holistic Nursing, Volume 24 Number 4, December 2006 231-240

[Click here for Abstract](#)

[Click here for Full Article](#)

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#### Current Research Studies/Clinical Trials

- **Healing Touch and Health-Related Quality of Life in Women With Breast Cancer Receiving Radiation Therapy**  
**Principal Investigator:** Lisa L Schnepfer, MSN, PhD (c), University of Wisconsin, Milwaukee  
**Start Date:** January 2008  
**Study Sponsor:** University of Wisconsin, Milwaukee  
[Click here for Clinical Trial Overview](#)
- 

#### Other Related Articles

- **Healing Touch Augments Radiation Therapy**  
**Authors:** Joan Engebretson DrPH, AHN-BC, RN and Diane Wind Wardell PhD, RNC  
**Published by:** Originally published in Nursing Clinics of North America, Volume 42, Issue 2, June 2007, Pages 243-259  
[Click here for Abstract](#)

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