

CERTIFICATE

This is to certify that the thesis entitled “**Effectiveness of Reiki and Existential Therapy in Managing Body Pain Intensity and Insomnia Among Women**” submitted for the degree of **Doctor of Philosophy in Counselling Psychology**, is a record of original research work done by **M. Sathya (21PHCPP001)** during the period of her study in the Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, under my supervision. This work has not formed the basis for the award of any degree, diploma, associateship, fellowship or similar title in the Institute or any other University or other similar Institution of Higher Learning.

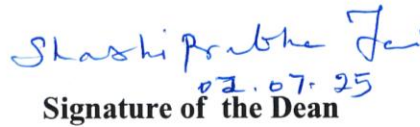


Signature of

Head of the Department



Signature of the Supervisor


02.07.25

Signature of the Dean

DECLARATION

I declare that the thesis entitled '**Effectiveness of Reiki and Existential Therapy in Managing Body Pain Intensity and Insomnia Among Women**' submitted for the degree of Doctor of Philosophy (Ph.D.) in Counselling Psychology, is the record work carried out by **M. Sathya (21PHCPP001)** under the guidance of **Dr. S. Gayatridevi, M.A., M.Phil., Ph.D.**, Professor, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, and has not formed the basis for the award of any degree, diploma, associateship, fellowship or similar title in this Institute or any other university and it is entirely an independent work of the candidate.



Signature of the Supervisor



Signature of the Candidate

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LIST OF ABBREVIATIONS

1. RIS : Regensburg Insomnia Scale
2. BPI : Brief Pain Inventory
3. SPSS : Statistical Package for Social Sciences
4. MANOVA : Multivariate Analysis of Variance
5. SDG : Sustainable Development Goals
6. TOI : Times Of India
7. WHO : World Health Organization
8. NHM : National Health Mission
9. RMNCH : Reproductive, Maternal, Neonatal, Child, and Adolescent Health
10. NCDs : Non Communicable Disease
11. PMJAY : The Pradhan Mantri Jan Arogya Yojana
12. IASP : International Association for the Study of Pain
13. CVDs : Cardiovascular Diseases
14. QoL : Quality of life
15. CP : Chronic pain
16. LMICs : Low-and-Middle-Income Countries
17. PAG : Periaqueductal Gray
18. RVM : RostroVentromedial Medulla
19. ISI : Insomnia Severity Index
20. PROMIS : Patient-Reported Outcomes Measurement Information System
21. CBT : Cognitive Behaviour Therapy
22. FAM : Fear-Avoidance Model
23. HOOS/KOOS : Hip/Knee Osteoarthritis Outcome Score
24. SOL : Sleep Onset Insomnia

- 25. BBTI : Behavioural Treatment for Insomnia
- 26. WRNP : Work Related Neck Pain
- 27. DSM : Diagnostic and Statistical Manual
- 28. BEPM : Best-Evidence Pain Management
- 29. HADS : Hospital Anxiety and Depression Scale
- 30. LASI : Longitudinal Aging Study in India
- 31. MDD : Major Depressive Disorder
- 32. GBD : Global Burden of Disease
- 33. TNBC : Triple-Negative Breast Cancer
- 34. PI : Psychophysiological Insomnia
- 35. ICSD : International Classifications of Sleep Disorders
- 36. VIF : Variance Inflation Factor
- 37. ANOVA : Analysis of Variance