

## APPENDIX IV

### PLAGIARISM REPORT



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1.	Name of the Research Scholar	M. Sathya
2.	Roll No. and Year of Registration	21PHCPP001, 2021
3.	Department	Psychology
4.	Name of the Research Guide	Dr. S. Gayatri Devi
5.	Title of the Thesis / Dissertation	Effectiveness of Reiki and Existential Therapy in Managing Body Pain Intensity and Insomnia Among Women
6.	Similarity Content (%) Identified	<b>5%</b>
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**Effectiveness of Reiki and Existential Therapy in Managing Body Pain Intensity and  
Insomnia among Women**

**Abstract**

Women play a vital role in every culture and are multifaceted. Being a woman is a disguised blessing. They face problems or challenges in their day to day life either socially or physically. Body pain and Insomnia are the remnants of this age of high demand and stress. Reiki and Existential Therapy is an integrated model of noninvasive alternative therapy and psychotherapy that may lessen pain, sleeplessness symptoms, and enhance overall health. A total of 124 participants aged 36-64 are selected by purposive sampling, where 30 participants are in the Reiki intervention group, 31 in the Existential therapy group, 32 in the integrated therapy group and 31 in waitlist control group all randomly assigned. The research design is Preceding, Following, and Monitoring Waitlist Control Group Design (Randomized Control Trial method). A mixed method approach was used for pain and insomnia assessment among the participants. Assessments were done using the Brief Pain Inventory (Cleeland, 1994) and Regensburg Insomnia Scale (RIS) (Croonenlein 2013). Intervention to the three experimental groups was given over a period of three months with 18 sessions. Pain and insomnia were reassessed after the intervention, and a follow-up was also done after 3 months with the same tools. The Design Expert Software version 13 for Response Surface Methodology (RSM) for process optimization was used to examine the data. SPSS 29 for repeated measures MANOVA and Atlas ti 25 were used. Results revealed that Reiki and Existential therapy (integrated intervention model) is more successful in lowering women's levels of pain and insomnia. Interventions to overcome pain and insomnia can significantly improve enhance mental health and general well-being of women.

**Keywords:** Pain, Insomnia, Middle Adulthood Women, Reiki, Existential Therapy

# Effectiveness of Reiki and Existential Therapy in Managing Body Pain Intensity and Insomnia among Women

*by Central Library Avinashilingam*

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