

Participant Information sheet:

Effects of Noncontact Healing Practices on Health and Well Being

Thank you for expressing an interest in participating in this study. This Project is studying the effects of Noncontact healing on health and well-being. Many studies have been conducted looking at the effectiveness of healing methods such as Reiki and Intercessory Prayer; however, none has been published that look at how effective spiritual healing might be. It is the aim of this study to see if any beneficial effects can be detected.

What you will be asked to do

As a participant in this study you will be asked to set aside 30 minutes at a time to be agreed each week when you can be undisturbed. You will be asked to sit quietly during that time while a healer will work remotely to send positive healing to you. Some weeks will be active weeks when the healer is focused on your wellbeing; some weeks will be 'control' weeks when they will not. It is important that you don't know which weeks are which so that we can control for placebo or expectancy effects.

After each healing session you will be invited to complete a questionnaire that asks about your health and wellbeing so that we can identify any changes that might be the result of healing intentions. We will also ask you to tell us about any particular feelings or experiences during the healing sessions that you think might be important. We will collect this information online using a web-based questionnaire.

We will use the data from the questionnaires to see if your health and well-being changes over the duration of the study. Data will be collected from a large number of participants so that we can see if there are any general benefits. As such, you will not be identifiable from the results that we produce. Because we are not using these tools in a diagnostic capacity, we are not able to give individual feedback on these scores.

Who will be sending healing?

All the practitioners taking part in the research are healers who have been trained with the Healing Trust (<https://www.thehealingtrust.org.uk/>) and who adhere to their code of conduct. This means that they will not conduct any healing work that they believe may be detrimental or harmful in any way. You will have no contact with the healer during the study, instead, your contact person will be Sophie Morrison, who will liaise with you and be able to answer any questions you might have.

This separation from the healer is to ensure that, should the study produce positive findings, they cannot be dismissed as potentially due to collusion. Putting in controls against this kind of potential cheating is important not because we suspect that cheating will occur, but because we don't want to waste your time or that of the practitioners by producing results that could be dismissed by others because of the possibility of cheating.

Are there any risks?

No. All the healing sessions during this study will have the intention to improve health and well-being only. They will all be designed in such a way as to ensure that there is no risk of any harm coming to anyone. If you do become distressed at any point, let the researchers

know, so that we can support you appropriately. The healing offered in this study is not a replacement for professional medical or psychological treatment and the researchers advise that you seek professional help should any physical or psychological problems arise during the course of the study

Participation is voluntary

Participation is entirely voluntary. You may withdraw from the study at any time during the trial without having to give a reason. If you wish to withdraw from the study after your participation in the study is completed, you have 7 days from the date of your final session to do so, again without having to give a reason.

If you do choose to withdraw after your participation in the study is completed, your information and data will be destroyed. To withdraw from the study simply make a note of your participant code and contact Sophie to advise her of your code and that you wish to withdraw from the study.

Confidentiality and Data Protection

Your questionnaires will be anonymised using a participant code so as to protect your identity. Data will be stored in a GDPR-compliant platform provided by the University of Northampton, and will only be accessible by the researchers.

Should you provide any additional qualitative data, all identifying details will be removed or anonymised. Quotes may also be used at academic conferences and/or published in academic journals, there is also a possibility that study findings may be the subject of university or community talks/lectures and may also be reported in newspapers, magazines or online. In all cases, your identity will be protected.

Contact Information

If you wish additional information about this research project please contact us:

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