



**THE EFFECT OF *HEALING TOUCH* THERAPY ON ANXIETY: *SYSTEMATIC LITERATURE REVIEW***

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**ABSTRACT**

Patient anxiety that is not handled properly can have an impact on the patient's deterioration in health status and quality of life. One of the therapies that can be applied is to overcome patients' anxiety disorders with touch healing therapy. . One therapy that can be applied to address anxiety disorders in patients with anxiety disorders is healing touch therapy. The purpose of this literature review was to determine the effect of healing touch therapy on anxiety. This literature review was conducted through a search of publications in Google Scholar, Somantic Scholar Proquest, and PubMed between 2019 and 2025 using the PRISMA method. The keywords used were "Healing Touch" OR "Therapeutic Touch" AND Anxiety OR "Anxiety Disorders". The search for related articles from seven sources met the inclusion criteria, the results of the search for articles from several sources obtained 170 articles, of which only 6 articles met the criteria. The conclusion was that healing touch therapy has an effect on patient anxiety. Healing touch therapy is an intervention that can be implemented or carried out by nurses to help reduce patient anxiety levels.

Keywords: anxiety; healing touch; patient health; quality of life

**How to cite (in APA style)**

Ramlah, R., Armiyati, Y., & Mubin, M. F. (2025). The Effect of Healing Touch Therapy on Anxiety: Systematic Literature Review. Indonesian Journal of Global Health Research, 7(5), 929-936. <https://doi.org/10.37287/ijghr.v7i5.7137>.

**INTRODUCTION**

Anxiety is an emotional state that occurs when someone is experiencing stress, characterized by feelings of tension, thoughts of worry, and physical responses such as a racing heart, increased blood pressure, and so on.(Safrudin et al., 2025) Prolonged anxiety can negatively impact physiological conditions, impair quality of life, and increase the risk of chronic diseases such as hypertension and heart disease (National Institute of Mental health (NIH) 2024). The 2018 Basic Health Research (Riskesdas) reported that approximately 9.8% of the population aged  $\geq 15$  years experienced emotional mental disorders, one of which was anxiety (Riskesdas, 2018) (Lestari et al., 2024). The American Psychiatric Association's 2024 annual mental health survey showed that adults in the US felt increasingly anxious. In 2024, 43% of adults said they felt more anxious than the previous year, up from 37% in 2023 and 32% in 2022 (Washington, 2024). These figures indicate that anxiety has become a large-scale mental health problem, requiring treatment not only from a medical aspect but also holistically.(S. T. Novianti, n.d.).

Anxiety management is generally carried out through a pharmacological approach with anti-anxiety medications, so alternative non-pharmacological therapies are needed that are safe, effective, and easy to implement. (Lilianty Sjatar et al., n.d.)One therapy that can be used to treat anxiety disorders is *healing touch therapy* . (Sartika & Susilawati, n.d.)*Healing Touch* (HT) is a form of energy therapy included in complementary and alternative medicine. This therapy is performed through light touch techniques that aim to balance the body's biofield energy, thereby promoting the natural healing process.(Lameky et al., n.d.). *Healing touch* can stimulate a relaxation response and also suppress the sympathetic nervous system and activate the parasympathetic system, which helps lower blood pressure and stabilize the heart rate

(Nevid, 2021) *Healing touch* therapy aims to balance energy and deepen awareness. *Healing touch* is performed with hands and loving intentions to influence a person's energy system, physical, psychological, emotional, and spiritual health and healing ( silvi T. Novianti, 2023). Therapeutic touch stimulation on the skin, which is the strongest organ that can receive stimulation in the human body, and when its sensory receptors are stimulated, the hormone oxytocin (which makes the body feel better) is released and at the same time cortisol (the stress hormone) is reduced (Huzaimah & Pratiwi, 2021).

Given the high public and healthcare professionals' interest in complementary and integrative interventions, a systematic review of the effectiveness of *Healing Touch therapy* as a non-pharmacological approach to reducing anxiety is crucial. (Bulan Habsari et al., n.d.) This research is crucial as a scientific basis for healthcare professionals in selecting safe and effective *evidence-based interventions*. (Guslinda et al., 2025) *This systematic literature review* is expected to identify research gaps and provide direction for further research in the field of complementary therapies. (Kamelia & Mardiaty Agustin, n.d.).

## METHOD

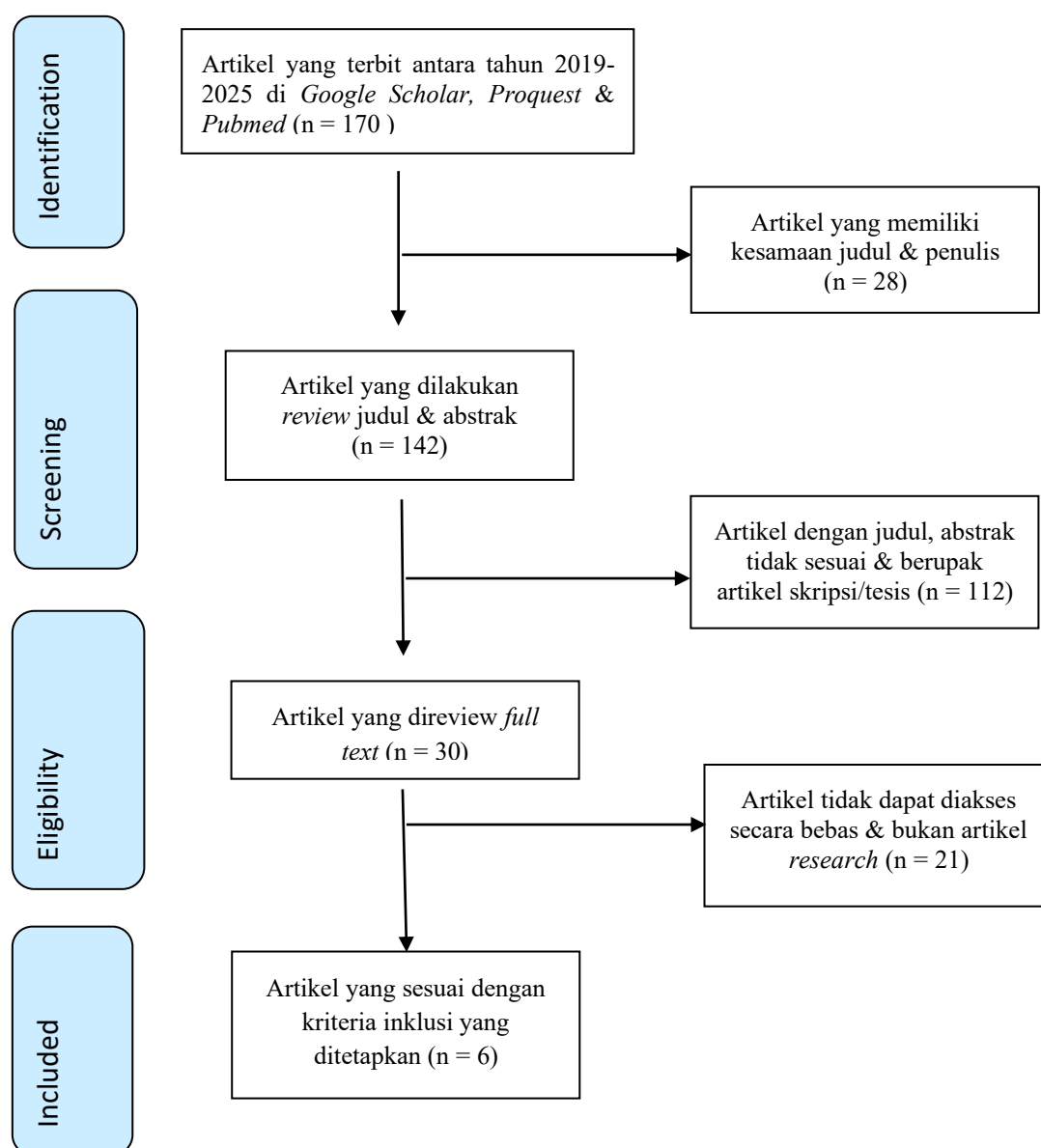


Figure 1. Literature review flow using the PRISMA method

This study used the *Systematic Literature Review* (SLR) method, a systematic and clear literature review conducted by collecting, identifying, and evaluating existing research data. The purpose of this study was to determine the effect of a combination of healing touch therapy and positive affirmations on anxiety and hemodynamics. The literature review process was conducted by searching electronic databases from *Google Scholar*, *Proquest*, and *PubMed*. The search was limited to articles published between 2019 and 2025. The keywords used by the author were "*Healing Touch*" OR "*Therapeutic Touch*" AND Anxiety OR "*Anxiety Disorders*" OR Anxiety". The inclusion criteria established in this literature review process are 1) articles focusing on *healing touch therapy* for anxiety, 2) *full text articles* published in 2019-2025, 3) articles using Indonesian and English, 4) original articles . *research article* . The exclusion criteria in this study were: 1) The article was a thesis 2) Articles that are not freely accessible. Journal selection in writing this literature review used *the Preferred Reporting Items for Systematic Review and Meta-Analyzes* (PRISMA) method, which is presented in the following diagram 1.

## RESULT

A literature review was conducted on 7 articles. The publication years of the articles were between 2019 and 2025. The results of the journal analysis are shown in Table 1 as follows:

Table 1.

Journal Analysis Results

Research title (Researcher, year)	Research methods	Research result
The effect of <i>healing touch</i> on anxiety in myocardial infarction patients at Syarifah Ambami Rato Ebu Bangakalan Regional Hospital ( Mufarika et al 2019)	a. Design: <i>Pre-experiment design with One Group pretest-posttest design</i> b. Sample: 11 AMI patients in the inpatient unit of Syarifah Ambami Rato Ebu Bangakalan Regional Hospital c. Variables: independent variable <i>healing touch</i> ; dependent variable anxiety d. Intervention: <i>healing touch</i> e. Instruments: not specified f. Analysis: Cross tabulation test	There is an effect of <i>healing touch</i> in reducing anxiety in patients with myocardial infarction ( <i>p value</i> 0.002)
<i>touch and talk</i> therapy on anxiety in preschool children (Pratiwi NI, Irdawati, 2020)	a. Design: <i>quasi experiment nonequivalent control group design</i> . b. Sample: 30 preschool-aged children who underwent invasive procedures at Dr. Moewardi Regional Hospital (15 controls, 15 interventions) c. Variables: independent variable <i>touch and talk</i> therapy , dependent variable anxiety d. Intervention: touch and talk therapy e. Instrument: anxiety observation sheet using a <i>checklist</i> adapted from Stuart and Sudden's theory f. Analysis : independent sample t-test	There was a difference in the average level of anxiety in preschool-aged children in the intervention group compared to the control group after being given <i>touch and talk therapy</i> ( <i>p value</i> = 0.000)
<i>The Effect of Therapeutic Touch on Labor Pain, Anxiety and Childbirth Attitude: A Randomized Controlled Trial</i> ( Pinar SE, Damirel G, 2019)	a. Design: <i>Randomized Controlled Trial</i> . b. Sample: 80 mothers giving birth in Siva Turkey, divided into two groups (40 control group, 40 intervention group) g. Variables: independent variable therapeutic touch, dependent variables anxiety due to labor pain, anxiety and behavior of newborns. c. Intervention: Therapeutic touch twice. h. Instruments: Visual analog scale for pain, <i>State Anxiety Inventory (SAI)</i> and <i>Childbirth Attitudes Questionnaire (CAQ)</i>	There were significant differences in the level of postpartum pain, anxiety level and maternal attitude during labor in the intervention group compared to the control group.
<i>The Effect of Healing Touch (reiki) and Aromatherapy on Vital</i>	a. Design: <i>Randomized Controlled Trial</i> . b. Sample: 100 samples divided into 3 groups. Healing touch ( <i>reiki</i> ) group 34 respondents ,	There were significant differences in anxiety levels, respiration and oxygen

Research title (Researcher, year)	Research methods	Research result
<i>Signs, Oxygen Saturation and Anxiety Levels in Patients Undergoing Upper Gastrointestinal Endoscopy</i> ( Keser E, Baglama SS, Sezer C, 2023)	<p>aromatherapy 33 respondents and groups control 33 respondents</p> <p>c. Variables: independent variables Healing touch and aromatherapy, dependent variables vital sign, oxygen saturation and anxiety level.</p> <p>d. Intervention: Reiki Group : Measuring vital signs and SpO2 values , then perform Reiki for 20 minutes in a quiet , dimly lit room</p> <p>aromatherapy group: Drops lavender oil to part in the patient's elbow and then wait for 20 minutes .</p> <p>Control group: did not undergo any intervention but only received routine therapy.</p> <p>e. Instrument: <i>Anxiety Scale Zung Self-Assessment ( SAS )</i></p> <p>f. Analysis: The Shapiro-Wilk test, QQ graph, and skewness and kurtosis values were used to test for normality. The Wilcoxon test was used for two pairs of non-normally distributed data. The Friedman test was used for more than two pairs of non-normally distributed data. The Kruskal-Wallis test was used to compare groups.</p>	saturation in the <i>Healing Touch (reiki)</i> HT and aromatherapy groups compared to the control group.
The influence of the touch healing technique on anxiety in postpartum mothers in hospitals Sebelas Maret University, Sukoharjo ( Widias et al, 2023)	<p>a. Design: <i>quasi -experimental pre-post test design</i> .</p> <p>b. Sample: 16 postpartum mothers on the 3rd day at UNS Sukoharjo Hospital</p> <p>c. Variable: Anxiety</p> <p>d. Intervention: <i>touch healing technique</i></p> <p>e. Instrument: <i>Hamilton anxiety rating scale (HARS)</i></p> <p>f. Analysis: Wolcoxon test</p>	There is a significant effect of <i>touch healing therapy</i> on the level of anxiety of post partum mothers (p value 0.000).
The Effect of Therapeutic Touch on the Comfort and Anxiety of Nursing Home Residents	<p>a. Design: <i>Quasi-experimental</i></p> <p>b. Sample: 60 elderly, 30 in the intervention group and 30 in the control group</p> <p>c. Variables: Independent variable: touch therapy, dependent variable: comfort and anxiety</p> <p>d. Intervention: Touch therapy</p> <p>e. Instruments: Elderly Identification Form (OPIF), State Anxiety Inventory (STAI), and General Comfort Questionnaire (GCQ). Standardized Mini-Mental State Examination (SMMTE) was administered to the elderly.</p> <p>f. Analysis: <i>Mann-Whitney U test</i></p>	Touch therapy reduces anxiety and increases the comfort level of the elderly (p<0.05), thus proving that touch therapy results in a decrease in anxiety in the elderly living in nursing homes, and increases their comfort level.

Table 2.  
Characteristics of *Healing Touch Interventions* in Each Study

No	Writer	Subject	Intervention	Number and duration of healing touch
1.	Mufarika,	1 subject group.	The anxiety of the subject group was observed before the <i>healing touch intervention was carried out</i> , then observed again after the intervention.	Not explained in the article
2.	Novianti Ika Pratiwi, Irdawati.	<p>a. 15 subjects in the intervention group received <i>healing touch therapy</i>.</p> <p>b. 15 control group subjects received a specific intervention.</p>	The description of the touch and talk intervention is not described in the article.	Not explained in the article

No	Writer	Subject	Intervention	Number and duration of healing touch
3.	Sukran Ertekin Pinar Gulbahtiyar Demirel	a. 40 subjects in the healing touch therapy intervention group for mothers in labor b. 40 control group subjects received no intervention.	Therapeutic touch is administered twice in addition to routine practice (history-taking, physical examination, laboratory tests, medication administration, delivery, and discharge). The first application occurs during the active phase of the first stage of labor, and the second occurs during the second stage of labor.	The duration of therapeutic touch is determined to be 15 minutes.
4.	Keser E, Baglama SS, Sezer C, et al	a. 34 subjects in the intervention group received healing touch therapy. b. 33 subjects in the aromatherapy intervention group c. 33 control group subjects	Not explained in the article	Not explained in the article
5	Widias Bulan Habsari, et al.	20 postpartum mothers	<i>Touch healing</i> technique intervention for respondents, on the 3rd day of postpartum, post test after being given 1 x 24 hour intervention.	Not explained in the article
6	Fethiye Yelkin Alp, Sebnem Cinar Yucel, 2020	a. 30 subjects in the experimental group b. 30 subjects in the control group	Touch therapy intervention was given to the intervention group while the control group did not receive any intervention. Furthermore, anxiety and comfort were measured using the OPIF, GCQ, and STAI instruments on the first day, and GCQ and STAI were applied on the second, third, fourth, and fifth days.	Touch therapy is applied for 5 consecutive days for 20 minutes.

## DISCUSSION

This study aims to systematically review various literature discussing the effects of healing touch therapy on anxiety. Healing touch therapy will have a calming and relaxing effect. A relaxed state of the body can relax muscles. (Susanto et al., 2025) *Healing touch* activates the parasympathetic system, which helps reduce the body's stress response by stimulating the release of *endorphins* and *serotonin*, which play a role in increasing relaxation and feelings of calm. This will reduce stress hormone levels (cortisol), thereby reducing physical and mental tension and anxiety, and increasing heart rate variability (HRV), which is an indicator of more balanced autonomic nervous system regulation (Aryunani, Nur Hidayatulla Aiyniah, 2022).

The results of a study of 6 journal literature show that the provision of *healing touch therapy* shows a decrease in average stress levels with *healing touch therapy*. Research (Alp & Yucel, 2021), conducted on 30 samples of the touch therapy intervention group applied for 5 consecutive days for 20 minutes can reduce anxiety and increase the comfort level of the elderly ( $p < 0.05$ ), touch therapy can reduce anxiety in elderly living in nursing homes, and increase their comfort level. (Sartika et al., n.d.).

*Healing Touch* therapy is believed to restore and energize patients, as well as balance disturbed energy fields. *Healing Touch* can reduce anxiety, provide a sense of comfort and relaxation. *Healing Touch* is used as an intervention to reduce anxiety levels in patients with heart problems, post-operative patients, children, and postpartum mothers. This is also in line with Roy's adaptation theory, where when a person is given a stimulus, a process of cognator and regulator adaptation occurs, which causes a feeling of calm. (Sartika et al., 2024) In this

role, the brain will stimulate the hypothalamus to release oxytocin. The skin is the strongest organ that can receive stimulation in the human body. And when its sensory receptors are stimulated, the hormone oxytocin (which makes the body feel better) is released. (Peni et al., 2024) At the same time, cortisol (the stress hormone) is reduced (Mufarika, 2019). Researchers assume that by being given *healing touch therapy*, respondents will be suggested and can open and smooth the flow of energy throughout the body, thus helping to balance the mind, body, and soul, thereby helping the body balance itself (A et al., 2022). *Healing touch* therapy with direct assistance to patients will be more effective in reducing anxiety levels (Pratiwi & Irdawati, 2019).

Touch therapy can reduce anxiety hormones, activate endorphins naturally, increase feelings of relaxation, and divert attention from fear, anxiety, and tension. It also improves the body's chemical system, thereby lowering blood pressure and regulating breathing, heart rate, pulse, and brainwave activity. (Permanasari et al., 2024) This suggests that *healing touch therapy* can be used as a non-pharmacological therapy because it can increase feelings of relaxation in the body and brain system (Suara & Retnaningsih, n.d.). Once the anxiety experienced by the patient has been resolved, it will affect the hemodynamic process and the patient's psychological condition, making the number of days of patient care shorter. can decrease.

## CONCLUSION

From all the articles that have been reviewed, it can be concluded that *healing touch therapy* can reduce anxiety levels. *Healing touch* therapy is one of the interventions that can be implemented or carried out by nurses to help reduce patient anxiety levels.

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