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Effect of the complementary spiritist therapy for pain, muscle tension, well-being, and negative affect in HIV/AIDS inpatients: A randomized controlled trial

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The aim of this study was to evaluate pain, perception of muscle tension and well-being and negative affect in HIV/AIDS inpatients submitted to complementary Spiritist Therapy compared to conventional treatment. Randomized controlled trial, patients were randomly allocated into group Intervention: Three days complementary spiritist therapy sessions (prayer, spiritist passe, fluidic water or magnetized water and spirit education), during 10 minutes, (n=21) associated with conventional treatment, and control: conventional treatment, (n = 23). Pain, muscle tension and well-being were assessed by analogue scales and scale well-being subjective in the field negative affect. Categorical variables were analyzed using the Chi-square test or Fisher's exact. Repeated measure data were analyzed by the Wilcoxon test and Analysis of Variance (ANOVA) Friedman. Differences were considered to be statistically significant when $p < 0.05$. The sample consisted of 44 patient's age between 24 and 78 years. The sociodemographic characteristics of the patients were similar in the study groups. There was a significant reduction of intensity pain ($p=0.023$), perception of muscle tension ($p=0.014$) and negative affect ($p=0.045$) in the group exposed to Complementary Spiritist Therapy compared to conventional treatment. Conclusions: It is inferred in this study that 3 days of complementary Spiritist therapy may reduce intensity pain, muscle tension and negative affect compared to conventional treatment.

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