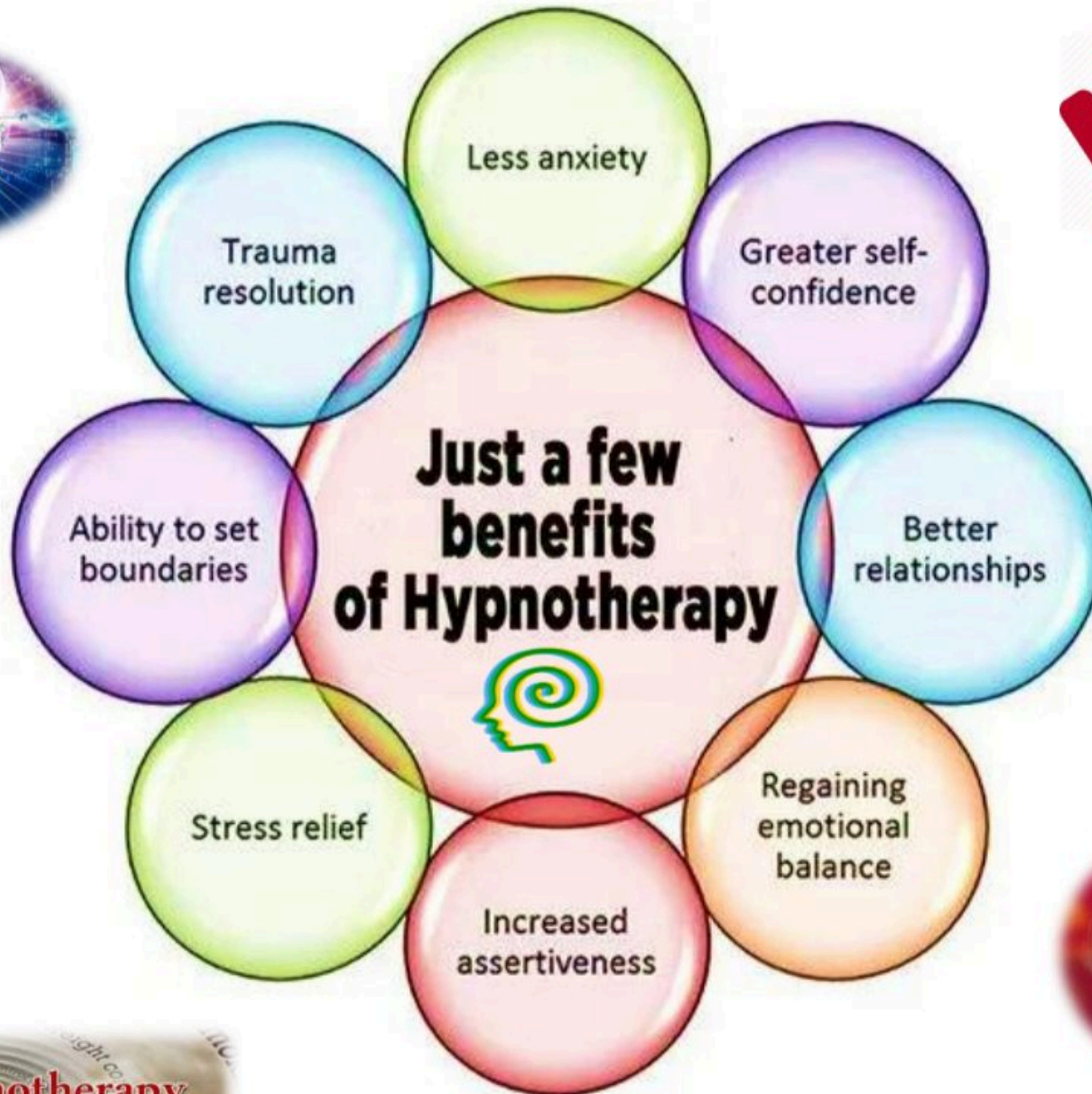


Research Hypnotherapy



Impact Factor

The Impact Factor measures the average number of citations received in a particular year by papers published in the journal during the two preceding years.

Citation

A “citation” is the way you tell your readers that certain material in your work came from another source.

Home ▶ All Journals ▶ American Journal of Clinical Hypnosis ▶ Journal metrics

American Journal of Clinical Hypnosis

Submit an article ▼ About this journal ▼ Browse all articles & issues ▼

Ready to submit?
Start a new manuscript submission or continue a submission in progress

[Go to submission site](#)

Submission information
[Instructions for authors](#)

Journal metrics

- Usage**
 - 63K annual downloads/views
- Citation metrics**
 - 1.3 (2022) Impact Factor
 - 1.2 (2022) 5 year IF
 - 1.2 (2022) CiteScore (Scopus)
 - 0.538 (2022) SNIP
 - 0.289 (2022) SJR

Home ▶ All journals ▶ International Journal of Clinical and Experimental Hypnosis ▶ Journal metrics

International Journal of Clinical and Experimental Hypnosis

Submit an article ▼ About this journal ▼ Browse all articles & issues ▼

Ready to submit?
Start a new manuscript submission or continue a submission in progress

[Go to submission site](#)

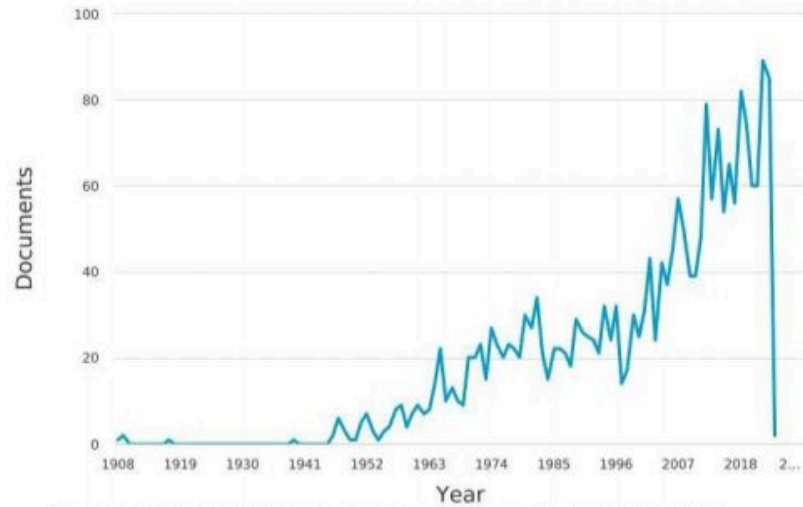
Submission information
[Instructions for authors](#)

Journal metrics

- Usage**
 - 62K annual downloads/views
- Citation metrics**
 - 1.7 (2022) Impact Factor
 - 1.7 (2022) 5 year IF
 - 3.4 (2022) CiteScore (Scopus)
 - Q1 CiteScore Best Quartile
 - 1.182 (2022) SNIP
 - 0.638 (2022) SJR

Documents by year

Scopus

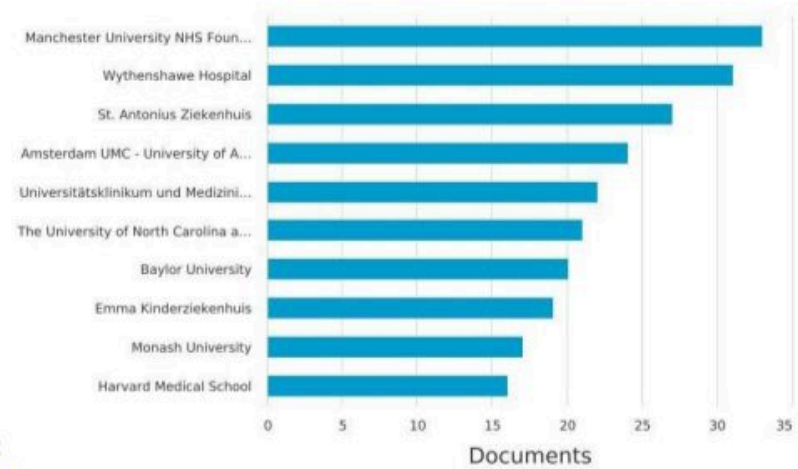


Copyright © 2024 Elsevier B.V. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.

Documents by affiliation

Scopus

Compare the document counts for up to 15 affiliations.



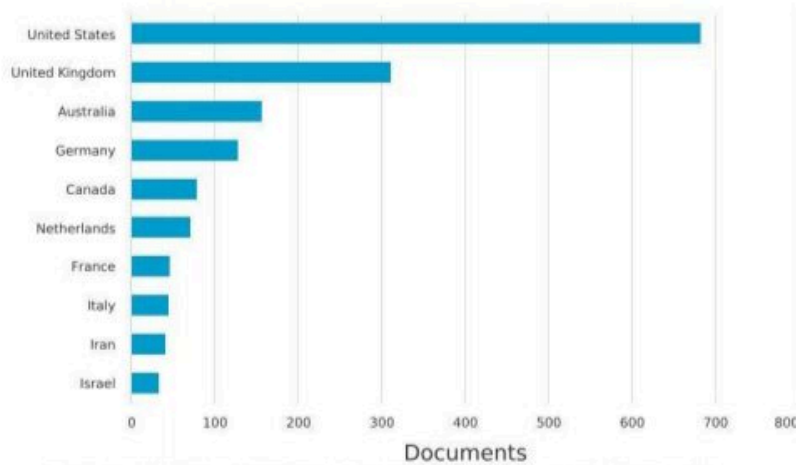
Copyright © 2024 Elsevier B.V. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.



Documents by country or territory

Scopus

Compare the document counts for up to 15 countries/territories.

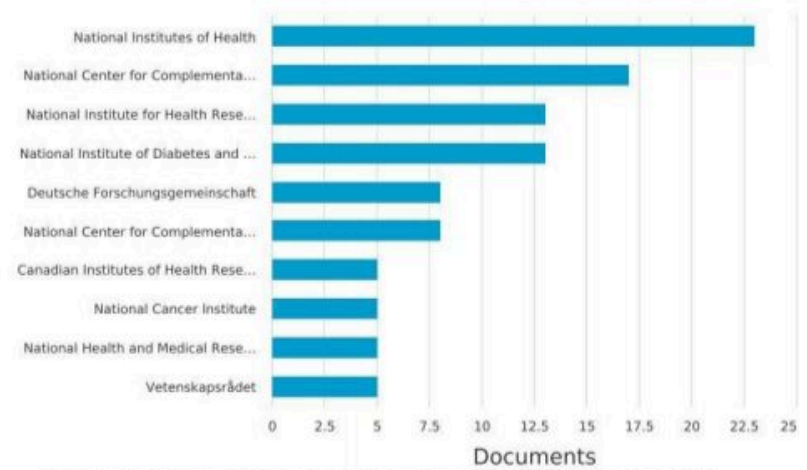


Copyright © 2024 Elsevier B.V. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.

Documents by funding sponsor

Scopus

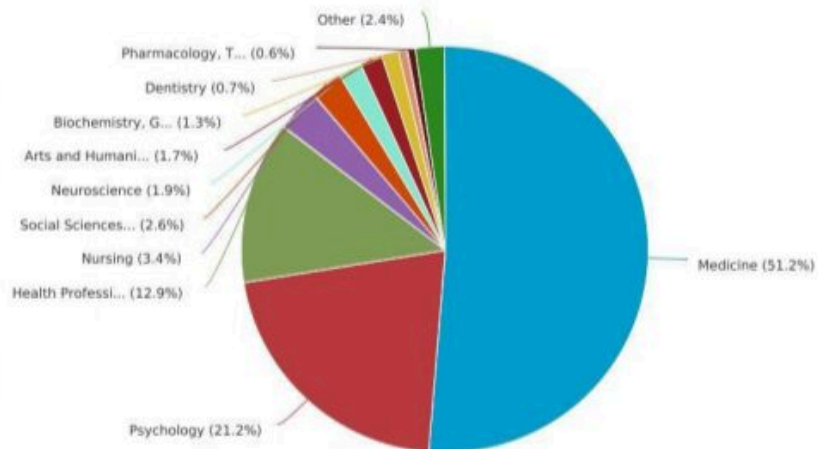
Compare the document counts for up to 15 funding sponsors.



Copyright © 2024 Elsevier B.V. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.

Documents by subject area

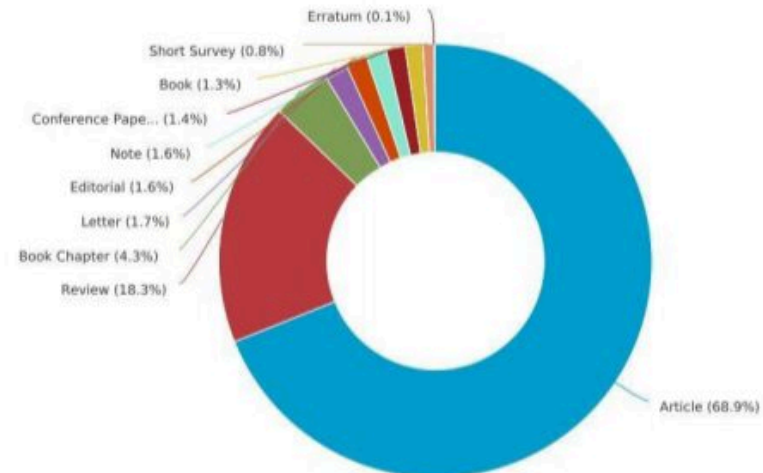
Scopus



Copyright © 2024 Elsevier B.V. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.

Documents by type

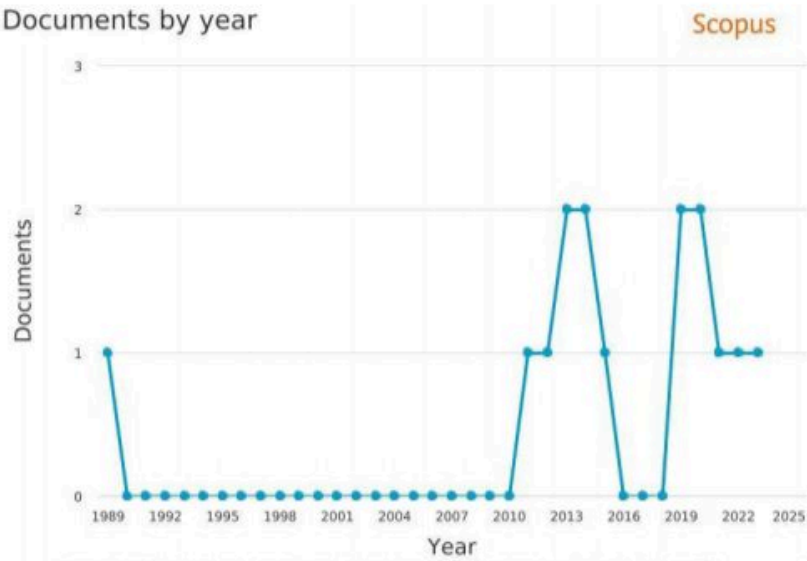
Scopus



Copyright © 2024 Elsevier B.V. All rights reserved. Scopus® is a registered trademark of Elsevier B.V.

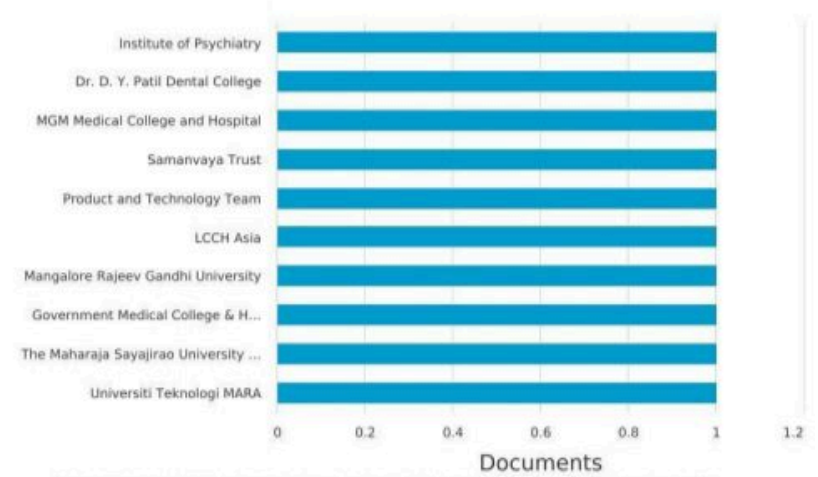


Documents by year



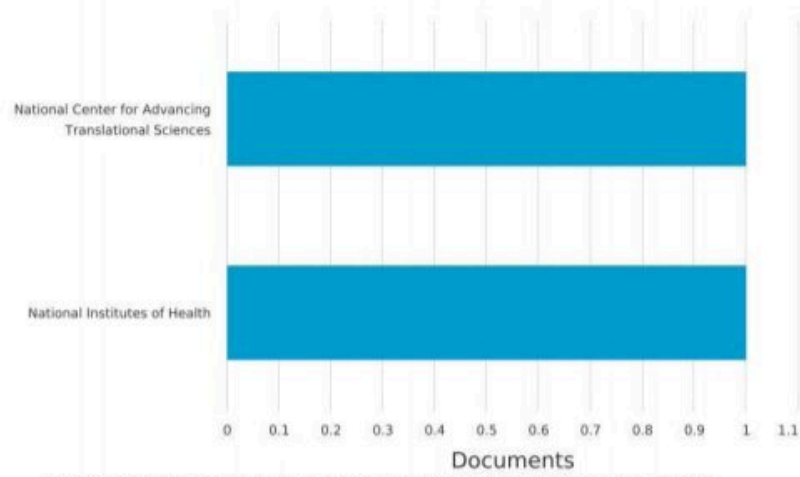
Documents by affiliation

Compare the document counts for up to 15 affiliations.



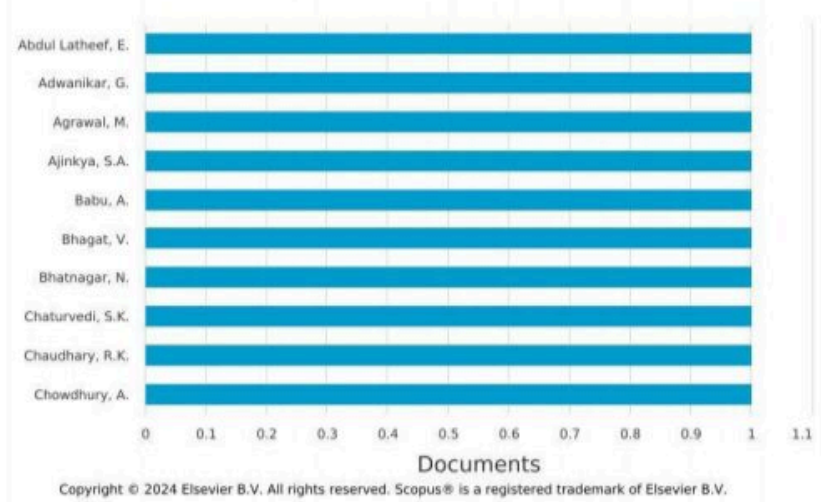
Documents by funding sponsor

Compare the document counts for up to 15 funding sponsors.



Documents by author

Compare the document counts for up to 15 authors.





Impact Factor 1.5

The Journal of Emergency Medicine, Vol. ■, No. ■, pp. 1–9, 2014
Copyright © 2014 Elsevier Inc.
Printed in the USA. All rights reserved
0736-4679/\$ - see front matter

<http://dx.doi.org/10.1016/j.jemermed.2013.09.024>

**Clinical
Reviews**

AN HYPNOTIC SUGGESTION: REVIEW OF HYPNOSIS FOR CLINICAL EMERGENCY CARE

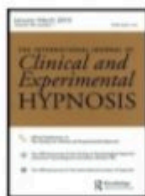
Kenneth V. Iserson, MD, MBA

Department of Emergency Medicine, The University of Arizona, Tucson, Arizona
Corresponding Address: Kenneth V. Iserson, MD, MBA, Department of Emergency Medicine, The University of Arizona, 4930 N Calle Faja,
Tucson, AZ 85718

Medical hypnosis enhances patients' acceptance of clinicians' positive suggestions to change their perceptions, sensations, thought, and behavior.

Research on hypnosis shows that it has demonstrable effects on both the brain and the so-called "involuntary" internal physiologic processes.

- Hypnosis has been used in medicine for nearly 250 years, but it is rarely used in emergency departments or prehospital settings.
- Genuine barriers to its increased clinical use include a lack of assured effectiveness and a lack of training and training requirements.
- Hypnosis could become a powerful and safe non-pharmacologic addition to the emergency clinician's armamentarium, with the potential to enhance patient care in emergency medicine, prehospital care, and remote medical settings.
- Hypnotic techniques are easy to learn and can be used for acute pain management in various medical conditions.
- Tests of hypnotic susceptibility have little clinical relevance, and it is unnecessary for clinicians to administer them




Hypnosis as an empirically supported clinical intervention: The state of the evidence and a look to the future

Steven Jay Lynn, Irving Kirsch, Arreed Barabasz, Etzel Carden-a & David Patterson

To cite this article: Steven Jay Lynn, Irving Kirsch, Arreed Barabasz, Etzel Carden-a & David Patterson (2000) Hypnosis as an empirically supported clinical intervention: The state of the evidence and a look to the future, *International Journal of Clinical and Experimental Hypnosis*, 48:2, 239-259, DOI: [10.1080/00207140008410050](https://doi.org/10.1080/00207140008410050)

To link to this article: <https://doi.org/10.1080/00207140008410050>

 Published online: 31 Jan 2008.



- Hypnosis has been shown to be effective in treating psychological and medical conditions
- Research on hypnosis with children is in an early stage of development
- Studies often lack detailed descriptions of research protocols and standardized hypnotic suggestibility scales
- It is important to conduct single- or multiple-case experiments to assess treatment effects
- Mechanisms of change during and after treatment need to be examined
- Hypnotic suggestibility should be assessed to determine its association with treatment outcome
- Recommendations for future research and methodological procedures are provided.

Australian Journal of Clinical and Experimental Hypnosis

Vol. 32, No. 1, 2004, 36–52

KNOWLEDGE, ATTITUDES, AND BELIEFS ABOUT CLINICAL HYPNOSIS

Norman R. Barling

Bond University

Danielle A. G. De Lucchi

Bond University

Summary: Knowledge, Attitudes, and Beliefs About Clinical Hypnosis

- Study used the **Attitudes Towards Hypnosis Scale** to measure attitudes towards hypnosis
- Results from the study indicated consistency in beliefs about hypnosis across different sources of information
- **Younger people were less likely to fear** the effects of hypnosis than older people
- Knowledge scale and Intention scale were used to measure knowledge and intention to use clinical hypnosis
- **Hypnosis-experienced group** had higher scores on the knowledge and intention scales compared to the non-experienced group
- Experience was found to be an **influential factor** in determining accuracy of knowledge about hypnosis and favorability of attitudes
- Participants with personal experiences had more accurate knowledge and more positive beliefs about hypnosis compared to those who obtained information from stage hypnosis/television presentations

- **Experience plays a significant role** in shaping attitudes, beliefs, and knowledge about hypnosis
- Assessment of attitudes, beliefs, and knowledge about hypnosis is important in the therapeutic process for clinicians to address common fears and misconceptions about hypnosis.

Asthma

Intl. Journal of Clinical and Experimental Hypnosis, 55(2): 220–249, 2007
Copyright © *International Journal of Clinical and Experimental Hypnosis*
ISSN: 0020-7144 print / 1744-5183 online
DOI: 10.1080/00207140601177947

 **Routledge**
Taylor & Francis Group



EVIDENCE-BASED HYPNOTHERAPY FOR ASTHMA: *A Critical Review*

DANIEL BROWN^{1,2}

Harvard Medical School, Cambridge, Massachusetts, USA

- Upper and lower airways assessment is important for evaluating asthma
- Peak flow meters give a reasonable estimate of airway flow, but show variation
- Quantifying hyper-responsiveness of airways is done by inhaling dilutants of a cholinergic agent
- Different types of studies are used to evaluate evidence in psychotherapy
- **Relaxation techniques** and **hypnosis** have been studied for their effects on asthma symptoms
- Hypnosis and relaxation techniques have shown some **positive effects on asthma symptoms**
- Nonhypnotic **mind-body techniques** have shown **successful use** in treating asthma symptoms.

Posttraumatic stress disorder (PTSD)

Posttraumatic stress disorder (PTSD) is a debilitating condition, affecting quality of life.



Intl. Journal of Clinical and Experimental Hypnosis, 64(1): 116–136, 2016
Copyright © *International Journal of Clinical and Experimental Hypnosis*
ISSN: 0020-7144 print / 1744-5183 online
DOI: 10.1080/00207144.2015.1099406

 **Routledge**
Taylor & Francis Group

A META-ANALYSIS FOR THE EFFICACY OF HYPNOTHERAPY IN ALLEVIATING PTSD SYMPTOMS

TUDOR-ȘTEFAN ROTARU 

University of Medicine and Pharmacy Gr. T. Popa Iași, Romania

- A systematic review and meta-analysis of the efficacy of hypnotherapy in the treatment of PTSD used literature searches to obtain 47 articles, but only 6 were experiments testing the **efficacy of hypnosis-based treatments**.
- The most promising interventions seem to be those using abreactive ego state therapy (EST), showing a mean posttest reduction in PTSD symptoms of almost two standard deviations.
- Hypnotherapy seems to be **effective in relieving PTSD symptoms**, especially hypnosis based on abreaction.

Cowen, L. (2016). Literature Review into the Effectiveness of Hypnotherapy.
ACR Journal 10 (Volume 1). *Pages 1-55*



**Australian Counselling
Research Journal**

www.acrjournal.com.au

Literature Review into the Effectiveness of Hypnotherapy

Dr. Leon W. Cowen
AdvDipCH, PhD (Clinical Hypnotherapy)

Summary: Literature Review into the Effectiveness of Hypnotherapy

- The practice of hypnotherapy lacks a universally accepted definition and there is confusion regarding the use of the terms "hypnosis" and "hypnotherapy"
- A literature review on the effectiveness of hypnotherapy was conducted, with 1623 articles returned and 211 duplicates removed
- The review indicates positive client outcomes and potential effectiveness of hypnotherapy, but more research is needed for true efficacy to be established
- Hypnotherapy is effective for controlling and potentially preventing fatigue in breast cancer radiotherapy patients, reducing anxiety and distress in medical procedures, and reducing both experimental and clinical pain
- Hypnotherapy is suggested to be forming a beneficial part of evidence-based interventions for various conditions such as smoking cessation, irritable bowel syndrome, and depressive symptoms
- The overall impression is that hypnosis appears to be at least useful and others claim hypnosis appears to be effective.

Hypnotherapy for chronic pain management



- A meta-analysis was conducted on the effectiveness of hypnotherapy for chronic pain management.
- 380 adults from 10 independent studies were included in the analysis.
- Hypnotherapy was found to be effective in providing short-term pain relief and improving psychological outcomes.
- The treatment was found to be time-efficient and may also be cost-effective.
- Hypnotherapy was shown to have multi-faceted benefits by alleviating cognitive-behavioral problems associated with pain.
- Further research is recommended to examine hypnotherapy as a treatment alternative for chronic pain management.

Article



Hypnotherapy for disability-related pain: A meta-analysis

Journal of Health Psychology
1–14
© The Author(s) 2014
Reprints and permissions:
sagepub.co.uk/journalsPermissions.nav
DOI: 10.1177/1359105314530452
hpq.sagepub.com
SAGE

Emma Bowker and Diana Dorstyn

Hypnotherapy for Chronic pain

1. *Cancer Pain*
2. *Low-Back Pain*
3. *Arthritis Pain*
4. *Sickle Cell Disease*
5. *Temporomandibular Pain*
6. *Fibromyalgia*
7. *Disability-Related Pain*
8. *Mixed Chronic-Pain Problems*

Intl. Journal of Clinical and Experimental Hypnosis, 55(3): 275-287, 2007
Copyright © *International Journal of Clinical and Experimental Hypnosis*
ISSN: 0020-7144 print / 1744-5183 online
DOI: 10.1080/00207140701338621



HYPNOTHERAPY FOR THE MANAGEMENT OF CHRONIC PAIN

GARY ELKINS¹

*Texas A & M University College of Medicine and Scott and
White Clinic and Hospital, Temple, Texas, USA*

- The study involved cognitive-behavioral intervention and self-hypnosis training
- Results showed a significant reduction in pain days and use of pain medication
- Hypnosis was found to be more effective than a no-treatment condition in reducing chronic pain
- However, there are weaknesses in the research design and more studies are needed to determine the best methods of integrating hypnosis with other treatments for chronic pain management

Cognitive Behavioral Therapy (CBT)

Contemporary Hypnosis
Contemp. Hypnosis 26(4): 245–262 (2009)
Published online in Wiley InterScience
(www.interscience.wiley.com) DOI: 10.1002/ch.391

245

EVIDENCE-BASED COGNITIVE HYPNOTHERAPY FOR DEPRESSION

Assen Alladin

Department of Psychiatry, University of Calgary Medical School, Calgary, Alberta, Canada

- Cognitive Hypnotherapy (CH) is a treatment protocol that combines hypnosis with Cognitive Behavioral Therapy (CBT) to treat depression
- CH consists of 16 weekly sessions and utilizes ego-strengthening suggestions and posthypnotic suggestions to increase self-efficacy and counter negative self-suggestions
- Hypnosis is used to access and restructure conscious, semi-conscious, and unconscious cognitive distortions and negative self-schemas
- CH can be integrated with other therapies such as Social Skills Training (SST) and Behavioral Activation Therapy to amplify its effects

Hypnotherapy in palliative care

JOURNAL OF THE ROYAL SOCIETY OF MEDICINE · Volume 89 · September 1996

Hypnotherapy in palliative care

I G Finlay MB FRCGP · O L Jones MRCS LRCP

J R Soc Med 1996;**89**:493-496

SECTION OF HYPNOSIS & PSYCHOSOMATIC MEDICINE, 26 JANUARY 1996

- Hypnotherapy has been used in the **management of various psychological disorders**, addictions, and pain control in patients with cancer.
- A study conducted on patients with advanced cancer showed that hypnotherapy, used within strict guidelines, is a safe **complementary therapy** to enhance coping.
- The study suggests that hypnotherapy has an **overall beneficial** effect in at least 61% of patients surveyed, with a low rate of adverse experiences

Hypnosis for Diabetes



Intl. Journal of Clinical and Experimental Hypnosis, 56(1): 63–72, 2008
Copyright © *International Journal of Clinical and Experimental Hypnosis*
ISSN: 0020-7144 print / 1744-5183 online
DOI: 10.1080/00207140701673050

 **Routledge**
Taylor & Francis Group

HYPNOSIS AS AN ADJUNCT THERAPY IN THE MANAGEMENT OF DIABETES

YUAN XU AND ETZEL CARDEÑA

Lund University, Lund, Sweden

- Diabetes is a serious global health problem with no real cure yet
- Conventional treatment programs do not take into account the psychological aspects of the disease
- Hypnosis could be effective in increasing blood flow to the extremities and reducing diabetic foot problems
- Psychological factors in diabetic management are receiving more attention
- Hypnosis has been shown to significantly reduce glycated hemoglobin and fasting blood-glucose values
- Hypnosis may save considerable healthcare costs
- Hypnosis is a promising adjunct therapy for stabilizing blood glucose and reducing peripheral vascular complications in both Type 1 and Type 2 diabetes.

Hypnosis for Diabetes

- Barber, 1983: There is considerable evidence that the disregard of extraneous concerns and increased focus of hypnotic suggestions can affect various physiological functions often considered completely.
- Therefore, it is reasonable to consider whether hypnosis can help regulate autonomic processes such as blood glucose and peripheral blood flow in the treatment of diabetes.
- Some studies have evaluated the effect of hypnosis on blood-glucose levels. In an experiment designed to assess the effect of hypnotically induced acute emotional stress on carbohydrate and lipid metabolism in diabetics, Vandenberg, Sussman, and Titus (1966) were surprised to find a decreased level of blood glucose instead of an increased one as they had hypothesized.
- One of the most widely quoted articles to support the claim that hypnosis is effective in the metabolic control of diabetes is an experiment conducted by Ratner, Gross, Casas, and Castells (1990). Seven adolescents with T1D and poor metabolic control were admitted with no changes in their old management program except the addition of hypnosis (both hetero- and self-hypnosis). After 6 months, their glycated hemoglobin (HgbA1C) and fasting blood-glucose values dropped significantly.

Hypnosis for Weight Loss

- ❑ Hypnosis has long been suggested as a treatment for weight loss, and it has been examined in various studies.
- ❑ For instance, Cochrane and Friesen (1986) showed at a 6-month follow-up that both audiotaped and non-audiotaped suggestions induced significantly greater weight loss than control in women at least 20% overweight and not in other treatment programs. Hypnotizability was not a predictor of how much weight was lost, but there was a trend toward greater weight loss with higher suggestibility scores.

Nonetheless, more empirical studies, especially well-controlled large-scale randomized control studies, are required in this area, especially on the effect of hypnotic suggestions for weight loss on diabetes management and metabolic control.



Psychosocial effects of hypnosis in patients with obesity: a pilot randomized controlled trial

Aurélie Untas ^a, Kristopher Lamore ^a, Fabienne Delestre ^b, Guillaume Lehericey^b,
Philippe Giral ^b, and Emilie Cappe ^{a,c}

^aLaboratoire de Psychopathologie et Processus de Santé, Université Paris Cité, Boulogne-Billancourt, France; ^bPitié-Salpêtrière Hospital, Paris, France; ^cInstitut universitaire de France (IUF), Paris, France

- **Settings and participants:** Conducted in Paris from September 2014 to July 2016. Inclusion criteria were French-speaking adults with Class I and II obesity aged 18 to 70 years who had experienced therapeutic weight-loss failure and had received a disinhibition score of over eight on the Three-Factor Eating Questionnaire
- **Quality of life:** Measured using the Short-Form Health Survey (SF-36) with eight subscales and two composite scores
- **Coping strategies:** Assessed using the Coping Inventory for Stressful Situations (CISS) to measure task-oriented, emotion-oriented, and avoidance-oriented coping
- **Self-esteem:** General self-esteem increased in both groups, with professional **self-esteem improving in the hypnosis group**
- **Discussion:** Both interventions provided improved results for the secondary outcomes mentioned in people with obesity, but **hypnosis showed better effects** on coping strategies and QoL, especially for the problem-oriented, emotion-oriented, and distraction coping strategies, as well as energy/fatigue.

Hypnotherapy on Wound Healing



UNIVERSITY OF TEHRAN FACULTY OF PSYCHOLOGY AND EDUCATION

JOURNAL OF APPLIED PSYCHOLOGICAL RESEARCH

Home Browse About Guidelines Submit Manuscript Reviewers Contact Us Login PERSIAN

Effectiveness of Hypnotherapy on Wound Healing and Perceived Stress in Post Abdominal Surgery Patients

Document Type: Research Paper

Authors
Seyyed Hamed Vahedi Ardakani¹; Shirin Kooshki²; Mohammad Oraki³; Amenehsadat Kazemi⁴

¹ Department of Psychology, Faculty of Psychology and Educational Science, Central Tehran branch, Islamic Azad University of Tehran, Iran
² Department of Psychology, Faculty of Psychology and Educational Science, Central Tehran branch, Islamic Azad University of Tehran, Iran.
³ Department of Psychology, Faculty of Psychology, Payame Nour University, Tehran, Iran.
⁴ Department of psychology, Faculty of Medicine, Tehran Medical sciences, Islamic Azad University, Tehran, Iran

Volume 14, Issue 4 2024

Files
XML

- Golestan Hospital of Tehran in year 2020.
- **24 males** and **26 females** were selected by available sampling method and randomly divided into two study groups.
- The first group received an **8-session** intervention of hypnotherapy and the second group was considered as a control group
- Hypnotherapy was found to have a **positive effect on wound healing and perceived stress** in post abdominal surgery patients
- The study used the Wound Assessment Tool (BWAT) and Perceived Stress scale (PSS) before and after the intervention
- Results showed that hypnotherapy can be used as an adjunct treatment to improve wound healing and reduce perceived stress in post abdominal surgery patients.

Vahedi Ardakani, Seyyed Hamed, et al. "Effectiveness of Hypnotherapy on Wound Healing and Perceived Stress in Post Abdominal Surgery Patients." *Journal of Applied Psychological Research* (2023).

Functional dyspepsia



American Journal of Therapeutics 26, e704–e713 (2019)

The Efficacy of Hypnotherapy in the Treatment of Functional Dyspepsia

Stefan-Lucian Popa, PhD, MD,^{1*} Giuseppe Chiarioni, PhD, MD,²
Liliana David, PhD, MD,¹ and Dan Lucian Dumitrascu, PhD, MD¹

- Functional dyspepsia (FD)- Gastrointestinal disorders.
- Review of 4 articles analyzing the efficacy of hypnotherapy in the treatment of FD, published in the past **20 years**. The initial search identified **398 articles**, of which 37 potentially appropriate articles were reviewed. Of these 37 articles, **4 articles** were included in the review.
- Current studies analyzing **the efficacy of hypnotherapy in FD provide encouraging data**, but additional randomized controlled trials are needed before a firm position on the effectiveness of hypnosis in FD.

Blood Pressure and Heart Rate



Hypertension is one of the main causes of cardiovascular disease (World Health Organization).

- ❑ The study aimed to investigate the feasibility of hypnotherapy interventions to reduce blood pressure and psychological stress in hypertensive patients.
- ❑ Participants were randomly assigned to receive hypnotherapy or usual care, with the intervention group showing significant decreases in systolic blood pressure and stress levels.
- ❑ The results suggest that hypnotherapy intervention may be beneficial for hypertensive patients, but further research is needed.

Pilot Study of a Brief Hypnotic Induction: Effects on Blood Pressure, Heart Rate, and Subjective Distress in Patients Diagnosed with Hypertension

Arif Setyo Upoyo, Endang Triyanto & Agis Taufik

To cite this article: Arif Setyo Upoyo, Endang Triyanto & Agis Taufik (2022) Pilot Study of a Brief Hypnotic Induction: Effects on Blood Pressure, Heart Rate, and Subjective Distress in Patients Diagnosed with Hypertension, *International Journal of Clinical and Experimental Hypnosis*, 70:1, 83-90, DOI: [10.1080/00207144.2022.2004544](https://doi.org/10.1080/00207144.2022.2004544)

To link to this article: <https://doi.org/10.1080/00207144.2022.2004544>

Experiment design

- The treatment given to the intervention group was to listen to hypnotherapy recordings for 15 minutes using a headset in the afternoon. The recorded stages of hypnotherapy include relaxation, deep relaxation, suggestion, and awakening.
- The research was conducted in Banyumas Regency, Central Java, Indonesia.
- The inclusion criteria in this study were patients with a diagnosis of hypertension with blood pressure 140/90 mmHg or higher, mild to moderate stress levels, and willingness to become research respondents.

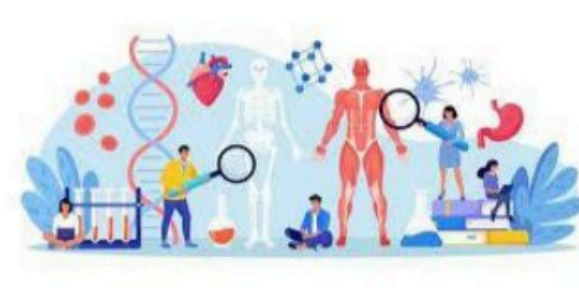


Table 1. Respondent Characteristic (N = 64)

Characteristic	Intervention group (n= 32)		Control group (n= 32)	
	f (%)	Mean (SD)	f (%)	Mean (SD)
Age		62.56 (6.87)		62.53 (7.76)
Sex	5 (7.8)		4 (6.2)	
Man	27 (42.2)		28 (43.8)	
Woman				
Level education	24 (37.5)		25 (39.1)	
Elementary	5 (7.8)		4 (6.2)	
Junior	3 (4.7)		3 (4.7)	
Senior				
Occupation	22 (34.4)		25 (39.1)	
No work	10 (15.6)		7 (10.9)	
Active work				
BMI		25.97(4.28)		24.47(4.31)

Table 2. Differences in Blood Pressure, Heart Rate, and Stress Levels before and after Treatment

Variables	Group	n	Mean (SD)			p value*
			Pre	Post	Post – Pre	
Systole	Intervention	32	155.12 (17.07)	147.69 (16.37)	7.44 (4.53)	<.001
	Control	32	157.47 (16.49)	154.75 (19.13)	2.72 (10.29)	
Diastole	Intervention	32	95.78 (7.65)	90.62 (8.47)	5.16 (4.85)	.066
	Control	32	99.09 (11.62)	95.50 (11.88)	3.59 (5.12)	
Heart rate	Intervention	32	81.47 (9.00)	78.06 (9.96)	3.41 (5.91)	.180
	Control	32	85.97 (9.85)	84.16 (10.25)	1.81 (5.28)	
Stress Level	Intervention	32	3.56 (0.98)	2.53 (0.92)	1.03 (0.54)	<.001
	Control	32	2.78 (0.71)	2.56 (0.84)	0.22 (0.55)	

*Kruskal Wallis test.

Headaches & Migraines



Intl. Journal of Clinical and Experimental Hypnosis, 55(2): 207–219, 2007
Copyright © *International Journal of Clinical and Experimental Hypnosis*
ISSN: 0020-7144 print / 1744-5183 online
DOI: 10.1080/00207140601177921

 **Routledge**
Taylor & Francis Group

REVIEW OF THE EFFICACY OF CLINICAL HYPNOSIS WITH HEADACHES AND MIGRAINES

D. CORYDON HAMMOND¹

University of Utah School of Medicine, Salt Lake City, Utah, USA

- Hypnosis meets the clinical psychology research criteria for being a well-established and efficacious treatment
- Hypnosis is virtually free of the side effects, risks of adverse reactions, and ongoing expense associated with medication treatments
- Studies have shown that hypnosis is effective in reducing migraine duration, frequency, severity, and need for medication
- Guided imagery and cognitive self-hypnosis training have also been found to improve headache frequency, severity, global assessment, quality of life, and disability caused by headache
- Hypnosis, autogenic training, and biofeedback have been found to be equivalent in outcomes for the treatment of tension headaches and migraines

Psychotherapeutic intervention with hypnosis in 554 couples with reproductive failure.

Vyas R ¹, Adwanikar G ¹, Hathi L ¹, Vyas B ²

[Author information](#) ▶

Journal of the Indian Medical Association, 01 Mar 2013, 111(3):167-9, 173

PMID: 24592756

- **Objective:** Determine efficacy of psychotherapeutic intervention, including hypnotherapy, for couples with unexplained reproductive failure.
- **Study duration:** 28 years, involving 554 couples without anatomical/physiological anomalies.
- **Intervention:** Psychotherapy with indirect and direct hypnosis targeting stress relief.
- **Results:** Overall success rate of 71.67% in achieving pregnancy.
- **Subgroup analysis:** 349 couples (out of 554) who had previously failed elsewhere showed a 70% success rate.
- **Conclusion:** High success rates suggest psychodynamic triggers for unexplained reproductive failure, reversible with hypnotherapy.
- **Causation:** Psychosomatic stress alleviated through hypnotherapy led to remarkable results in achieving pregnancy

CASE REPORT

Cognitive Hypnotherapy for Panic Disorder with Aquaphobia

Dr. Shaunak A Ajinkya¹

We report a case of a 37 year old Indian media professional suffering from panic disorder with phobia for drinking water and other liquids (aquaphobia) for the last 10 years. Despite anti-anxiety medications and counselling, symptoms prevailed and affected his social and professional life. He was thus referred for hypnotherapy. The patient underwent six sessions of cognitive hypnotherapy. After successful completion of sessions he regularly started drinking water and other liquids without any further episodes of panic. There was also a remarkable improvement in his social and professional life. His anti-anxiety medications were then slowly tapered and stopped. There were no relapses reported by the patient even after six months of follow up. This case study deepens the confidence and evidence for using cognitive hypnotherapy in the management of neurotic disorders. **(Sleep and Hypnosis 2015;17(1-2):11-13)**

Key words: Aquaphobia, cognitive hypnotherapy, water phobia, panic disorder, hypnotherapy

[Indian J Dermatol](#). 2014 Mar-Apr; 59(2): 166–168.
doi: [10.4103/0019-5154.127678](#)

PMCID: PMC3969677
PMID: [24700936](#)

Hypnotherapy: A Useful Adjunctive Therapeutic Modality in Hansen's Disease

[EN Abdul Latheef](#) and [Najeeba Riyaz](#)

▸ [Author information](#) ▸ [Article notes](#) ▸ [Copyright and License information](#) [PMC Disclaimer](#)

From the Department of Dermatology and Venereology, Medical College, Calicut, Kerala, India

Address for correspondence: Dr. E N Abdul Latheef, Department of Dermatology and Venereology, Medical College, Calicut, Kerala - 673 008, India. E-mail: drlatheef90@gmail.com

- Only limited data exist on its role in the management of various skin diseases
- There is dearth of literature on the role of hypnotherapy in Hansen's disease (HD).
- We report two cases of HD, one with very resistant neuralgia and the other with recurrent erythema nodosum leprosum (ENL). Both the patients were assessed using hospital anxiety and depression scale, dermatology life quality index and the neuralgia was assessed using the visual analog scale.
- Three sessions of hypnotherapy were given to both the patients.
- There was dramatic improvement in the incidence of ENL and neuralgia and we could rapidly reduce the dose of drugs used for both conditions.

Dysmenorrhea (Painful periods)



* Causes
* Symptoms
* Treatment
* Diet and lifestyle
* Home remedies

THE EFFECT OF HYPNOSIS ON DYSMENORRHEA

MAITRI SHAH, ANURADHA MONGA, SANGITA PATEL, MALAY SHAH,
AND HARSH BAKSHI

Medical College, Baroda, Sir Sayaji General Hospital, Gujarat, India

- Study type: Randomized control trial on hypnosis for dysmenorrhea.
- Participants: 50 nursing students split into two groups based on pain scores.
- Intervention: One group received hypnosis, the other medications for pain relief for 3 menstrual cycles, followed by 3 cycles without treatment.
- Assessment: Evaluated for activity restriction using a 3-point scale.
- Results: Both groups showed significant improvement in quality of life after the third cycle compared to baseline.
- Comparison: Similar effects of hypnosis and medications on quality of life observed in both groups at the third and sixth cycles

A Design-Based Study to Assist Claustrophobics in Overcoming Their Fears

[Nikita Bhatnagar](#)  & [Shreya Maulik](#)

Conference paper | [First Online: 25 July 2023](#)

439 Accesses

- **Claustrophobia:** Fear of enclosed spaces causing avoidance or intense anxiety.
- **Study Objective:** Understand causes, impact, and create coping solutions.
- **Methods:** Online survey (73 participants), empathy interviews (27 stakeholders), journey maps, user testing.
- **Triggers:** Elevators, MRI machines lead to avoidance and missed experiences.
- **Challenges:** Lack of acceptance, communication affecting confidence.
- **Solution ('SPACE'):** App with affirmations, Aura for progress, lamp for hypnosis, wearable for stress detection.
- **Results:** Positive user feedback, appreciation for lamp interaction.
- **Conclusion:** 'SPACE' aims to target subconscious fear, bridge communication gaps among families, aiding claustrophobics in coping

Conclusion



- In exploring the vast landscape of hypnotherapy research publications, we've journeyed through a realm of evolving understanding and promising horizons.
- The culmination of studies showcased reveals not just the efficacy of hypnotherapy in diverse realms of health and wellness but also underscores its potential as a complementary tool within modern medicine.
- These publications, born from rigorous inquiry and empirical exploration, serve as guiding lights, illuminating pathways toward enhanced treatments, better patient care, and the continued evolution of this fascinating field.
- Let us carry forth the torch of curiosity, encouraging further investigation and collaboration to unlock the full potential of hypnotherapy in shaping a healthier, more holistic future.
- We emphasize not just the significance of existing research but also the need for sustained exploration, supported by available funding channels, to harness the transformative power of hypnotherapy in shaping a healthier

