

# Hypnosis in pregnancy with intrauterine growth restriction and oligohydramnios...

Posted At : February 28, 2012 2:38 PM | Posted By : [Tim Brunson, PhD](#)

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Full Title: Hypnosis in pregnancy with intrauterine growth restriction and oligohydramnios: an innovative approach.

The clinical application of hypnosis has been effective in obstetrics. Intrauterine growth restriction and oligohydramnios are dreaded complications of pregnancy that may result in preterm deliveries causing increased perinatal morbidity and mortality. In this longitudinal prospective study, clinical hypnosis was used in addition to the conventional medical management in such pregnancies. The perinatal outcome was compared with the control group wherein hypnosis was not used. The hypnosis group had a significantly shorter preterm delivery rate ( $p = .004$ ) and fewer incidence of low birth weight babies ( $p = .009$ ). Significantly reduced operative intervention in terms of lower rate of cesarean section ( $p = .008$ ) was also observed in the experimental group. Hence, the use of clinical hypnosis as a viable adjunct to medical management is suggested to help to prevent neonatal morbidity and fetal loss. A multicenter randomized, controlled clinical trial is encouraged in this area.

Am J Clin Hypn. 2011 Oct;54(2):116-23. Shah MC, Thakkar SH, Vyas RB. Medical College and SSG Hospital, Vadodara, Gujarat, India. [chetan1373@hotmail.com](mailto:chetan1373@hotmail.com)



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