

# Intentions to use hypnosis to control the side effects of cancer...

Posted At : February 25, 2011 9:48 AM | Posted By : [Tim Brunson, PhD](#)

Related Categories: Cancer

FULL TITLE: Intentions to use hypnosis to control the side effects of cancer and its treatment.

Evidence suggests that hypnosis is an effective intervention for reducing distress, pain and other side effects associated with cancer and its treatment. However, hypnosis has failed to be adopted into standard clinical practice. This study (n = 115) investigated overall intentions to use hypnosis to control side effects of cancer and its treatment, as well as demographic predictors of such intentions among healthy volunteers. Results suggest that the vast majority of participants (89%) would be willing to use hypnosis to control side effects associated with cancer treatment. Mean intention levels did not differ by gender, ethnicity, education or age. These results indicate that in the general public, there is a willingness to consider the use of hypnosis, and that willingness is not determined by demographic factors. This broad acceptance of hypnosis argues for more widespread dissemination.

Am J Clin Hypn. 2010 Oct;53(2):93-100. Sohl SJ, Stossel L, Schnur JB, Tatrow K, Gherman A, Montgomery GH. Dept. of Social Sciences and Health Policy, Division of Public Health Sciences, Wake Forest University School of Medicine, Piedmont Plaza 11, 2nd Fl, Winston-Salem, NC 27157-1063, USA. [ssohl@wfubmc.edu](mailto:ssohl@wfubmc.edu)

---