

The effectiveness of hypnosis in reducing pain and suffering among women.

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Related Categories: Cancer

Full Title: The effectiveness of hypnosis in reducing pain and suffering among women with metastatic breast cancer and among women with temporomandibular disorder.

The authors describe two studies of special interest to clinicians and clinical researchers. Both are randomized controlled studies, exclusively focused on female patients. The first study tests whether a year-long weekly group intervention including hypnosis can reduce cancer pain among women with metastatic breast cancer. Findings suggest the intervention slowed the increase in reported pain over a 12-month period relative to controls. The second study examines the effect of hypnosis in women suffering from temporomandibular disorder (TMD), with a special focus on function as well as pain. Hypnosis reduced TMD pain as measured by a numerical-rating scale.

Int J Clin Exp Hypn. 2010 Oct;58(4):497-504. Nash MR, Tasso A. University Of Tennessee, Knoxville, USA.

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