Complementary Approaches: Hypnosis

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Intro and Background
Mind-body techniques are slowly gaining acceptance in mainstream medicine as effective ways of lessoning the secondary side effects and symptoms of various diseases. Different types of these mind-body techniques include hypnosis, relaxation techniques, meditation, guided imagery, and biofeedback. Hypnosis can be defined as a procedure in which a therapist suggests that a patient experience changes in sensation, thought, and behavior that may not be accessible normally to the conscious mind.[1] Not everyone can be hypnotized, as some people are more prone to suggestibility than others.[2] Adverse reactions to hypnosis depend on the individual and include headache, reenactment of an emotionally difficult past event, and memory loss.[2, 3] It is not known exactly how hypnosis works, but it appears to work on the region of the brain that is responsible for consciousness.[4]

Scientific Research
In cancer patients, hypnosis and other mind-body techniques have been shown to improve quality of life, mood, and coping ability.[5] Substantial evidence indicates that hypnosis can treat pain, anxiety, hot flashes, nausea, and vomiting.[6, 7, 8, 9, 10, 2] Some studies show that hypnosis effectively treats pain caused by medical procedures in cancer patients, though more research is needed to provide conclusive evidence.[11] Hypnosis can treat pain and anxiety in children, studies have found.[12]

One review found that hypnosis sessions given during cancer treatment (for example, during a six-week course of radiation, not after completion of the six-week treatment) decreased cancer-related fatigue better than any other complementary/alternative treatment studied.[13] In addition, a small study suggests that autogenic training, a type of hypnosis, can strengthen the immune system of cancer patients.[14] However, studies have not been able to show that this change improves survival time or decreases disease progression.[15]

Currently, clinical studies are investigating how well hypnosis can help side effects of cancer and cancer treatment such as hot flashes, dry mouth, anxiety, and decreased quality of life.[16] One trial found that hypnosis, in combination with massage therapy and healing touch, did not increase quality of life or mental health score in cancer patients; it appears to have *decreased* these measures, though statistical results for significance are not provided.[17] Conversely, thirteen trials have found that hypnosis positively influences distress; some of these also found positive effects on pain and fatigue.[18] For information about ongoing clinical trials involving hypnosis, please visit our section on Finding Clinical Trials.

NIH Recommendation
The National Institutes of Health recommends hypnosis for the treatment of chronic pain and insomnia,[19] and its National Center for Complementary and Integrative Health has an online section on hypnosis. This section recommends a paper published in the American College of Chest Physicians' journal *Chest*, which notes that "[h]ypnosis has been studied extensively and has been consistently found to be effective for a wide range of symptoms in cancer care." The article recommends that physicians use "mind-body modalities" like hypnosis as complementary therapies for reducing symptoms like pain, anxiety, and chemotherapy-induced nausea and vomiting in cancer patients.[20]

Please be sure to see our notice on complementary therapies. To better understand and evaluate the research described above, read our Introduction to Scientific Research.

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