SCIENTIFIC EVIDENCE SUPPORTING HYPNOTHERAPY

These are just a selection of the evidence-base within the peer-reviewed medical journals. The majority of these studies are restricted to more recent meta-analyses, systematic reviews and randomised controlled trials (RCTs). There are more single case studies and series in the literature of lower 'power' in terms of evidence, but I have tended not to include those in this list.

PAIN MANAGEMENT

Hypnotherapy has been extensively studied for its effectiveness in managing various types of pain. Recent systematic reviews and meta-analyses provide compelling evidence supporting its use as a complementary approach to pain relief. These studies collectively underscore the potential of hypnotherapy as a valuable adjunctive treatment for pain management. They highlight its capacity to significantly reduce pain intensity and improve the quality of life for individuals suffering from various pain conditions.

Adachi, T., Fujino, H., Nakae, A., Mashimo, T. and Sasaki, J. (2014) 'A meta-analysis of hypnosis for chronic pain problems: a comparison between hypnosis, standard care, and other psychological interventions', *Clinical Journal of Pain*, 30(6), pp. 500–507.
This meta-analysis reviewed 18 studies and concluded that hypnotherapy significantly reduced pain intensity, especially in cases of fibromyalgia, headaches, and musculoskeletal pain.

De Pascalis, V. and De Benedittis, G. (2025) 'Experimental pain modulation via hypnosis: neurophysiological perspectives', in *International Review of Neurobiology*. Academic Press, pp. 83–127.

Elkins, G., Johnson, A. and Fisher, W. (2012) 'Cognitive hypnotherapy for pain management', *American Journal of Clinical Hypnosis*, 54(4), pp. 294–310. https://doi.org/10.1080/00029157.2011.654284.

Elkins, G., Jensen, M.P. and Patterson, D.R. (2007) 'Hypnotherapy for the management of chronic pain', *International Journal of Clinical and Experimental Hypnosis*, 55(3), pp. 275–287.

Goudman, L., Moens, M., Rigoard, P. and Billot, M. (2022) 'Hypnosis to manage musculoskeletal and neuropathic chronic pain: a systematic review and meta-analysis', *Neuroscience & Biobehavioral Reviews*, 135, p. 104591.
*Another **systematic review and meta-analysis** conducted in 2022 focused on the efficacy of hypnosis in managing chronic musculoskeletal and neuropathic pain. This analysis included nine randomized controlled trials with a total of 530 participants. The study found a moderate decrease in pain intensity and pain interference following hypnotherapy compared to control interventions. Notably, treatments consisting of eight or more sessions yielded more significant pain relief, suggesting that a longer duration of hypnotherapy may enhance its effectiveness in managing chronic pain conditions. PubMed+1PubMed+1*

Lang, E.V. and Rosen, M.P. (2002) 'Cost analysis of adjunct hypnosis with sedation during outpatient interventional radiologic procedures', *Radiology*, 222(2), pp. 375–382.
This trial showed that hypnotherapy reduced pain, medication use, and procedural time during surgical interventions.

Langlois, P., Perrochon, A., David, R., Rainville, P., Wood, C., Vanhaudenhuyse, A., Pageaux, B., Ounajim, A., Lavallière, M., Debarnot, U., Luque-Moreno, C., Roulaud, M., Simoneau, M., Ma, T.W., Yuen, A.S. and Yang, Z. (2023) 'The efficacy of acceptance and commitment therapy for chronic pain: a systematic review and meta-analysis', *Clinical Journal of Pain*, 39(3), pp. 147–157.
ACT is effective and comparable to, if not better than, some other available active treatments for chronic pain.

Milling, L.S., Valentine, K.E., LoStimolo, L.M., Nett, A.M. and McCarley, H.S. (2021) 'Hypnosis and the alleviation of clinical pain: a comprehensive meta-analysis', *International Journal of Clinical and Experimental Hypnosis*, 69(3), pp. 297–322.
*This **meta-analysis** reviewed 42 controlled studies on the use of hypnosis for alleviating clinical pain. The analysis revealed medium effect sizes for pain reduction, with the average participant receiving hypnosis experiencing greater pain relief than approximately 73% of control participants. The study also highlighted that higher methodological quality and greater hypnotic suggestibility were associated with increased efficacy of hypnotherapy in pain management.* [PubMed+1PubMed+1]

Montgomery, G.H., Schnur, J.B. and Kravits, K. (2013) 'Hypnosis for cancer care: over 200 years young', *CA: A Cancer Journal for Clinicians*, 63(1), pp. 31–44.
https://pubmed.ncbi.nlm.nih.gov/23168491/.
This review includes multiple randomized controlled trials concluding overall, the literature supports the benefits of hypnosis or improving quality of life during the course of cancer and its treatment.

Thompson, T., Terhune, D.B., Oram, C., Sharangparni, J., Rouf, R., Solmi, M., Veronese, N. and Stubbs, B. (2019) 'The effectiveness of hypnosis for pain relief: a systematic review and meta-analysis of 85 controlled experimental trials', *Neuroscience & Biobehavioral Reviews*, 99, pp. 298–310.
*This **systematic review and meta-analysis** analysed 85 controlled experimental trials involving 3,632 participants. The findings indicated that hypnotherapy produced significant analgesic effects across various pain outcomes, with the most pronounced benefits observed in individuals with medium to high hypnotic suggestibility. Specifically, high suggestible individuals experienced a 42% reduction in pain, while medium suggestible individuals saw a 29% reduction. These findings suggested that hypnotherapy can deliver meaningful pain relief for most people and therefore may be an effective and safe alternative to pharmaceutical intervention for pain management.* PubMed+2PubMed+2PubMed+2]

Zech, N., Hansen, E., Bernardy, K. and Häuser, W. (2017) 'Efficacy, acceptability and safety of guided imagery/hypnosis in fibromyalgia: a systematic review and meta-analysis of randomized controlled trials', *European Journal of Pain*, 21(2), pp. 217–227.
This meta-analysis reviewed randomized controlled trials and found that guided imagery and hypnosis significantly reduced pain and improved psychological outcomes in patients with fibromyalgia.

FIBROMYALGIA

Ozgunay, S.E., Kasapoglu Aksoy, M., Deniz, K.N., Onen, S., Onur, T., Kilicarslan, N., Eminoglu, S. and Karasu, D. (2024) 'Effect of hypnosis on pain, anxiety, and quality of life in female patients with fibromyalgia: prospective, randomized, controlled study', *International Journal of Clinical and Experimental Hypnosis*, 72(1), pp. 51–63.

MIGRAINES

Ahmadi, A.M., Jafari, M., Sabzevari, L., FallahTafti, A. and Bidaki, R. (2018) 'Evaluation of the effect of hypnotherapy on headache', *Sleep and Hypnosis*, 20(2), pp. 114–119.

Bellis, A., Charef, S., Boukhrouf, S., Bouaziz, N. and Januel, D. (2025) 'Using hypnosis to alleviate pain during rTMS: a case report', *Journal of ECT*.
https://doi.org/10.1097/YCT.0000000000001175

Flynn, N. (2018) 'Systematic review of the effectiveness of hypnosis for the management of headache', *International Journal of Clinical and Experimental Hypnosis*, 66(4), pp. 343–352. Available at: https://doi.org/10.1080/00207144.2018.1494432.
This study demonstrates that hypnotherapy and relaxation techniques are effective in reducing short- and long-term headache activity in migraine sufferers.

Flynn, N. (2019) 'Effect of an online hypnosis intervention in reducing migraine symptoms: a randomized controlled trial', *International Journal of Clinical and Experimental Hypnosis*, 67(3), pp. 313–335. Available at: https://doi.org/10.1080/00207144.2019.1612674.

Hammond, D.C. (2007) 'Review of the efficacy of clinical hypnosis with headaches and migraines', *International Journal of Clinical and Experimental Hypnosis*, 55(2), pp. 207–219. Available at: https://doi.org/10.1080/00207140601177921.
This research concludes that it meets the clinical psychology research criteria for being a well-established and efficacious treatment and is virtually free of the side effects, risks of adverse reactions, and ongoing expense associated with medication treatments.

Khazraee, H., Bakhtiari, M., Kianimoghadam, A.S. and Hajmanouchehri, R. (2023) 'The effectiveness of mindful hypnotherapy on psychological inflexibility, pain acceptance, headache disability and intensity in females with chronic migraine headache: a randomized clinical trial', *Life*, 13(1), p. 131. Available at: https://doi.org/10.3390/life13010131.

Moshref Dehkordy, S., Smolenski, C. and Bülau, P. (2005) 'The effect of hypnotherapy on migraine headache', *Neurology and Rehabilitation*, 11(6), pp. 323–330.

Spierings, N.M.K. and Spierings, E.L.H. (2007) 'Hypnosis in the treatment of headache: is hypnotherapy beneficial?', in *Headache and pain: diagnostic challenges, current therapy*, 18(4), pp. 140–148.

Sturgeon, J.A., Ehde, D.M., Darnall, B.D., Barad, M.J., Clauw, D.J. and Jensen, M.P. (2023) 'Psychological approaches for migraine management', *Anesthesiology Clinics*, 41(2), pp. 341–355. Available at: https://doi.org/10.1016/j.anclin.2023.02.002.

TINNITUS

Gajan, F., Pannetier, B., Cordier, A., Amstutz-Montadert, I., Dehesdin, D. and Marie, J.P. (2011) 'Intérêt de l'hypnose dans le traitement des acouphènes invalidants [Role of hypnotherapy in the treatment of debilitating tinnitus]', *Revue de Laryngologie Otologie Rhinologie (Bordeaux)*, 132(3), pp. 147–151.

Tran, N., Zewde, N. and Spiegel, D. (2025) 'Hypnosis facilitates psychosomatic improvement in a patient with treatment-resistant idiopathic tinnitus', *American Journal of Clinical Hypnosis*, 67(2), pp. 123–128. https://doi.org/10.1080/00029157.2024.237

Yazici, Z.M., Sayin, I., Gökkuş, G., Alatas, E., Kaya, H. and Kayhan, F.T. (2012) 'Effectiveness of Ericksonian hypnosis in tinnitus therapy: preliminary results', *B-ENT*, 8(1), pp. 7–12.

HYPNOTHERAPY IN HEALTHCARE

Rizzo, S., Ferrera, N., Pravatà, E. *et al.* (2021) 'Is hypnosis a valid alternative to spontaneous breathing general anaesthesia for claustrophobic patients undergoing MR exams? A preliminary retrospective study', *Insights into Imaging*, 12, p. 83.https://doi.org/10.1186/s13244-021-01020-7.
Hypnotherapy has been studied for its potential benefits in surgical contexts, with research indicating positive effects on various outcomes. There is, however, a need for further rigorous research to expand upon these findings. Below is a summary of key findings from notable studies:

Fuhr, K., Bender, A., Wiegand, A., Janouch, P., Drujan, M., Cyrny, B., Schweizer, C., Kreifelts, B., Nieratschker, V. and Batra, A. (2023) 'Hypnotherapy for agoraphobia: feasibility and efficacy investigated in a pilot study', *Frontiers in Psychology*, 14, p. 1213792. Available at: https://doi.org/10.3389/fpsyg.2023.1213792.

Häuser, W., Hagl, M., Schmierer, A. and Hansen, E. (2016) 'The efficacy, safety and applications of medical hypnosis', *Deutsches Ärzteblatt International*, 113(17), pp. 289–296. Available at: https://doi.org/10.3238/arztebl.2016.0289.

Tefikow, S., Barth, J., Maichrowitz, S., Beelmann, A., Strauss, B. and Rosendahl, J. (2013) 'Efficacy of hypnosis in adults undergoing surgery or medical procedures: a meta-analysis of randomized controlled trials', *Clinical Psychology Review*, 33(5), pp. 623–636. https://doi.org/10.1016/j.cpr.2013.03.005.
This meta-analysis evaluated 34 randomized controlled trials involving 2,597 patients to assess the impact of hypnosis on surgical and medical procedure outcomes. The findings demonstrated significant benefits of hypnosis on several measures e.g. emotional distress, pain, medication consumption, physiological parameters, recovery and surgical procedure time. It also suggested that further high-quality research to strengthen the evidence-base was needed. PubMed+2PubMed+2PubMed+2

Schnur, J.B., Kafer, I., Marcus, C. and Montgomery, G.H. (2008) 'Hypnosis to manage distress related to medical procedures: a meta-analysis', *Contemporary Hypnosis*, 25(3–4), pp. 114–128.
This meta-analysis examined 26 randomized controlled trials with a total of 2,342 participants to evaluate the effect of hypnosis on reducing emotional distress associated with medical procedures. The results indicated a large overall effect size (ES = 0.88) favoring hypnosis. Additionally, the analysis found that children benefited more than adults, and the method of hypnosis delivery influenced outcomes. The study concluded that hypnosis is effective in reducing distress related to medical procedures.PubMed+1PubMed+1

Montgomery, G.H., David, D., Winkel, G., Silverstein, J.H. and Bovbjerg, D.H. (2002) 'The effectiveness of adjunctive hypnosis with surgical patients: A meta-analysis', *Anesthesia & Analgesia*, 94(6), pp. 1639–1645. https://doi.org/10.1213/00000539-200206000-00052.

Zeng, J., Wang, L., Cai, Q., Wu, J. and Zhou, C. (2022) 'Effect of hypnosis before general anaesthesia on postoperative outcomes in patients undergoing minor surgery for breast cancer: a systematic review and meta-analysis', *Gland Surgery*, 11(3), pp. 588–598. https://doi.org/10.21037/gs-22-114.
This systematic review and meta-analysis examined the effects of preoperative hypnosis on postoperative outcomes in breast cancer patients undergoing minor surgery. The analysis revealed that hypnosis before general anesthesia significantly reduced preoperative anxiety and postoperative pain. However, it did not significantly affect the incidence of postoperative nausea and vomiting.

Lang, E.V., Benotsch, E.G., Fick, L.J., Lutgendorf, S., Berbaum, M.L., Berbaum, K.S., Logan, H. and Spiegel, D. (2000) 'Adjunctive non-pharmacological analgesia for invasive medical procedures: a randomised trial', *The Lancet*, 355(9214), pp. 1486–1490. Available at: https://doi.org/10.1016/S0140-6736(00)02162-0.

Lang, E.V., Benotsch, E.G., Fick, L.J., Lutgendorf, S., Berbaum, M.L., Berbaum, K.S., Logan, H. and Spiegel, D. (2018) 'Hypnosis for anxiety reduction in medical procedures: a randomized controlled trial', *Journal of Clinical Psychology*, 74(6), pp. 863–874. https://doi.org/10.1002/jclp.22565.
This study assessed the efficacy of self-hypnotic relaxation in reducing anxiety and pain during outpatient medical procedures.

A total of 236 women undergoing large core needle breast biopsy were randomly assigned to receive standard care, structured empathic attention, or self-hypnotic relaxation. The results indicated that anxiety levels decreased significantly in the hypnosis group compared to the standard care group, with both hypnosis and empathy groups experiencing less steep increases in pain. The study concluded that hypnosis is an effective and cost-efficient adjunct to medical procedures for anxiety management.

Lang, E.V. and Rosen, M.P. (2002) 'Cost analysis of adjunct hypnosis with sedation during outpatient interventional radiologic procedures', *Radiology*, 222(2), pp. 375–382. Available at: https://doi.org/10.1148/radiol.2222010528.

Hammond, D.C. (2010) 'Hypnosis in the treatment of anxiety and stress-related disorders', *Expert Review of Neurotherapeutics*, 10(2), pp. 263–273. Available at: https://doi.org/10.1586/ern.09.140.

Montgomery, G.H., DuHamel, K.N. and Redd, W.H. (2000) 'A meta-analysis of hypnotically induced analgesia: how effective is hypnosis?', *International Journal of Clinical and Experimental Hypnosis*, 48(2), pp. 138–153.

HYPNOSIS IN CANCER CARE

Montgomery, G.H., Bovbjerg, D.H., Schnur, J.B., David, D., Goldfarb, A., Weltz, C.R., Schechter, C., Graff-Zivin, J., Tatrow, K., Price, D.D. and Silverstein, J.H. (2007) 'A randomized clinical trial of a brief hypnosis intervention to control side effects in breast surgery patients', *Journal of the National Cancer Institute*, 99(17), pp. 1304–1312. https://doi.org/10.1093/jnci/djm106.
This randomized clinical trial investigated the efficacy of a brief hypnosis intervention in managing side effects among breast surgery patients. The results demonstrated that the hypnosis group experienced significantly less pain, anxiety, and fatigue compared to the control group. These findings suggest that brief hypnosis interventions can be effective in controlling side effects in breast surgery patients.

Richardson, J., Smith, J.E., McCall, G., Richardson, A., Pilkington, K. and Kirsch, I. (2007) 'Hypnosis for nausea and vomiting in cancer chemotherapy: a systematic review of the research evidence', *European Journal of Cancer Care*, 16(5), pp. 402–412. https://doi.org/10.1111/j.1365-2354.2006.00736.x.
This study found that hypnosis was effective in reducing anticipatory nausea and vomiting in children and adults undergoing chemotherapy, especially when integrated into early sessions.

Franch, M., Alarcón, A. and Capafons, A. (2023) 'Applications of hypnosis as an adjuvant in oncological settings: a systematic review', *International Journal of Clinical and Experimental Hypnosis*, 71(1), pp. 1–24.
This systematic review analysed 22 studies to evaluate the benefits of hypnosis as an adjunct to evidence-based cancer treatments. The findings indicated that hypnosis significantly reduced anxiety, pain, nausea, fatigue, and medication use, while also decreasing hospital stays. Additionally, it improved depressive symptoms, insomnia, hot flashes, overall well-being, and quality of life, and enhanced treatment adherence. Importantly, hypnosis had no reported side effects.

Grégoire, C., Faymonville, M.E., Vanhaudenhuyse, A., Jerusalem, G., Willems, S. and Bragard, I. (2022) 'Randomized, controlled trial of an intervention combining self-care and self-hypnosis on fatigue, sleep, and emotional distress in posttreatment cancer patients: 1-year follow-up', *International Journal of Clinical and Experimental Hypnosis*, 70(2), pp. 136–155.

BREAST CANCER

Berlière, M., Roelants, F., Watremez, C., Docquier, M.A., Piette, N., Lamerant, S., Megevand, V., Van Maanen, A., Piette, P., Gerday, A. and Duhoux, F.P. (2018) 'The advantages of hypnosis intervention on breast cancer surgery and adjuvant therapy', *The Breast*, 37, pp. 114–118. https://doi.org/10.1016/j.breast.2017.10.017.
This study explored the benefits of hypnosis intervention in breast cancer surgery and subsequent adjuvant therapies. The findings revealed that hypnosis intervention led to reduced postoperative pain, shorter hospital stays, and decreased side effects from chemotherapy and radiotherapy. The authors concluded that hypnosis can be a valuable complementary approach in breast cancer treatment.

Moreno Hernández, D., Téllez, A., Sánchez-Jáuregui, T., García, C.H., García-Solís, M. and Valdez, A. (2022) 'Clinical hypnosis for pain reduction in breast cancer mastectomy: a randomized clinical trial', *International Journal of Clinical and Experimental Hypnosis*, 70(1), pp. 4–15.
This randomized clinical trial assessed the impact of clinical hypnosis on pain reduction in breast cancer mastectomy patients. The results indicated that patients who received clinical hypnosis experienced significantly lower pain intensity and interference with daily activities compared to the control group. The study supports the use of clinical hypnosis as a complementary measure for pain management in breast cancer patients.

Zeng, J., Wang, L., Cai, Q., Wu, J. and Zhou, C. (2022) 'Effect of hypnosis before general anaesthesia on postoperative outcomes in patients undergoing minor surgery for breast cancer: a systematic review and meta-analysis', *Gland Surgery*, 11(3), pp. 588–598. https://doi.org/10.21037/gs-22-114.
This systematic review and meta-analysis examined the effects of preoperative hypnosis on postoperative outcomes in breast cancer patients undergoing minor surgery.

The analysis revealed that hypnosis before general anesthesia significantly reduced preoperative anxiety and postoperative pain. However, it did not significantly affect the incidence of postoperative nausea and vomiting.

Forester-Miller, H. (2017) 'Self-hypnosis classes to enhance the quality of life of breast cancer patients', *American Journal of Clinical Hypnosis*, 60(1), pp. 18–32. https://doi.org/10.1080/00029157.2017.1316234.
This pilot study evaluated the impact of self-hypnosis classes on the quality of life in breast cancer patients. The results indicated that participants who underwent self-hypnosis training reported significant improvements in various aspects of their quality of life, including reduced anxiety, better sleep, and enhanced overall well-being. The study suggests that self-hypnosis can be a valuable tool for improving the quality of life in breast cancer patients.

Johnson, A.J. *et al*. (2016) 'Anxiety reduction among breast-cancer survivors receiving hypnotic relaxation therapy for hot flashes', *International Journal of Clinical and Experimental Hypnosis*, 64(4), pp. 377–390.

Montgomery, G.H., Kangas, M., David, D., Hallquist, M.N., Green, S., Bovbjerg, D.H. and Schnur, J.B. (2009) 'Fatigue during breast cancer radiotherapy: an initial randomized study of cognitive-behavioral therapy plus hypnosis', *Health Psychology*, 28(3), pp. 317–322. https://doi.org/10.1037/a0013582.

Montgomery, G.H., Schnur, J.B. and Kravits, K. (2013) 'Hypnosis for cancer care: over 200 years young', *CA: A Cancer Journal for Clinicians*, 63(1), pp. 31–44. https://doi.org/10.3322/caac.21165.

Montgomery, G.H., Sucala, M., Dillon, M.J. and Schnur, J.B. (2017) 'Cognitive-behavioral therapy plus hypnosis for distress during breast radiotherapy: a randomized trial', *American Journal of Clinical Hypnosis*, 60(2), pp. 109–122. https://doi.org/10.1080/00029157.2017.1335635.

DIGESTIVE TRACT – GUT DIRECTED HYPNOTHERAPY

Hypnotherapy has been extensively studied as a treatment for irritable bowel syndrome (IBS), with numerous clinical trials and systematic reviews indicating its efficacy in alleviating symptoms. Below are some of the strongest evidence from medical journals:

Adler, E.C., Levine, E.H., Ibarra, A.N. *et al.* (2025) 'Gut-directed hypnotherapy for irritable bowel syndrome: a systematic review and meta-analysis', *Neurogastroenterology and Motility*, p. e70037. https://doi.org/10.1111/nmo.70037.

Black, C.J., Thakur, E.R., Houghton, L.A., Quigley, E.M.M., Moayyedi, P. and Ford, A.C. (2020) 'Efficacy of psychological therapies for irritable bowel syndrome: systematic review and network meta-analysis', *Gut*, 69(8), pp. 1441–1451.

Everitt, H.A. *et al.* (2023) 'A randomized parallel-group study of digital gut-directed hypnotherapy versus digital muscle relaxation for patients with irritable bowel syndrome', *Clinical Gastroenterology and Hepatology*. https://doi.org/10.1016/j.cgh.2023.05.028.

Gonsalkorale, W.M. and Whorwell, P.J. (2005) 'Hypnotherapy in the treatment of irritable bowel syndrome', *European Journal of Gastroenterology & Hepatology*, 17(1), pp. 15–20. https://doi.org/10.1097/00042737-200501000-00004.

Hasan, S.S., Whorwell, PJ., Miller, V., Morris, J. & Vasant, D.H. (2021) 'Six vs 12 sessions of gut-focussed hypnotherapy for irritable bowel syndrome: a randomised trial', Gastronenterology, 160, pp. 2605-2607. https://doi.org/10.1053/j.gastro.2021.02.058.

Häuser, W. (2024) 'Gut-directed hypnosis and hypnotherapy for irritable bowel syndrome: a mini-review', *Frontiers in Psychology*, 15, p. 1389911. https://doi.org/10.3389/fpsyg.2024.1389911.
A mini-review published in Frontiers in Psychology discussed the application of gut-directed hypnosis and hypnotherapy for IBS. The review highlighted that hypnotherapy is a safe and effective treatment option, particularly for patients who do not respond adequately to conventional medical therapies.

Hoekman, D.R. *et al.* (2021) 'Hypnotherapy for irritable bowel syndrome-type symptoms in patients with quiescent inflammatory bowel disease: a randomized, controlled trial', *Journal of Crohn's and Colitis*, 15(7), pp. 1106–1113. https://doi.org/10.1093/ecco-jcc/jjaa241.
A randomized controlled trial investigated the efficacy of hypnotherapy in patients with quiescent Inflammatory Bowel Disease (IBD) experiencing IBS-type symptoms. The study found that hypnotherapy significantly reduced IBS-type symptoms in these patients, and had similar outcomes to standard medical interventions, suggesting its potential as a therapeutic option in this subgroup.Oxford Academic

Kinsinger, S. and Palsson, O. (2025) 'Survey of current practices and experiences of clinicians treating irritable bowel syndrome (IBS) with cognitive behavioral therapy and/or gut-directed hypnosis', *Neurogastroenterology and Motility*, 37(10), p. E70058.

Krouwel, M., Farley, A., Greenfield, S., Ismail, T. and Jolly, K. (2021) 'Systematic review and meta-analysis with subgroup analysis of hypnotherapy for irritable bowel syndrome: effect of intervention characteristics', *Complementary Therapies in Medicine*, 57, p. 102672.

Lee, H.H. *et al.* (2021) 'Systematic review and meta-analysis with subgroup analysis of hypnotherapy for irritable bowel syndrome', *Journal of Gastroenterology and Hepatology*, 36(4), pp. 924–935. https://doi.org/10.1111/jgh.15308.
A comprehensive systematic review and meta-analysis evaluated the efficacy of hypnotherapy in treating IBS. The analysis included multiple randomized controlled trials and found that hypnotherapy led to significant improvements in gastrointestinal symptoms and quality of life among IBS patients.

Lindfors, P., et al (2012) 'Effects of gut-directed hypnotherapy on IBS in different clinical settings: results from two randomized, controlled trials', *American Journal of Gastroenterology*, 107(2), pp. 276–285. https://doi.org/10.1038/ajg.2011.340.
85% of patients reported symptom relief from gut-directed hypnotherapy, with benefits lasting at least a year.

Miller, V. *et al*. (2018) 'Efficacy of individual and group hypnotherapy in irritable bowel syndrome: a multicentre randomised controlled trial', *The Lancet Gastroenterology & Hepatology*, 4(1), pp. 20–31. https://doi.org/10.1016/S2468-1253(18)30310-8.
A randomized controlled trial published in The Lancet Gastroenterology & Hepatology assessed the effectiveness of both individual and group hypnotherapy compared to educational supportive therapy in IBS patients. The study concluded that both individual and group hypnotherapy significantly improved IBS symptoms, with benefits persisting for at least 12 months post-treatment.The Lancet

Miller, V. & Whorwell, P.J. (2009) 'Hypnotherapy for functional gastrointestinal disorders: a review', International Journal of Cllinical and Experimental Hypnosis, 57(3), pp. 279-292. https://doi.org/10.1080/00207140902881098.

National Institute for Health and Care Excellence (NICE) (2022) *Irritable bowel syndrome in adults: diagnosis and management*. London: NICE.

Noble, H., Hasan, S.S., Simpson, V., Whorwell, P.J. and Vasant, D.H. (2022) 'Patient satisfaction after remotely delivered gut-directed hypnotherapy for irritable bowel syndrome during the COVID-19 era: implications for future practice', *BMJ Open Gastroenterology*, 9(1), p. e001039. https://doi.org/10.1136/bmjgast-2022-001039.

Palsson, O.S. and Ballou, S. (2020) 'Hypnosis and cognitive behavioral therapies for the management of gastrointestinal disorders', *Current Gastroenterology Reports*, 22(7), p. 31.

Palsson, O.S. (2015) 'Hypnosis treatment of gastrointestinal disorders: a comprehensive review of the empirical evidence', *American Journal of Clinical Hypnosis*, 58(2), pp. 134–158. https://doi.org/10.1080/00029157.2015.1039114.

Palsson, O.S. and van Tilburg, M. (2015) 'Hypnosis and guided imagery treatment for gastrointestinal disorders: experience with scripted protocols developed at the University of North Carolina', *American Journal of Clinical Hypnosis*, 58(1), pp. 5–21.
Palsson concluded that hypnotherapy is one of the most effective long-term treatments for IBS.

Riehl, M.E., Pandolfino, J.E., Palsson, O.S. and Keefer, L. (2016) 'Feasibility and acceptability of esophageal-directed hypnotherapy for functional heartburn', *Diseases of the Esophagus*, 29(5), pp. 490–496.
https://research.ebsco.com/linkprocessor/plink?id=abd07cee-7f49-31b9-95b6-e0108842cf09

Thakur, E.R. *et al.* (2025) 'Efficacy of behavioural therapies for irritable bowel syndrome: a systematic review and network meta-analysis', *The Lancet Gastroenterology & Hepatology*, 10(12), pp. 1075–1088.
A review of multiple studies found hypnotherapy significantly reduced IBS symptoms compared with standard care.

Vasant, D.H. and Whorwell, P.J. (2019) 'Gut-focused hypnotherapy for functional gastrointestinal disorders: evidence-base, practical aspects and the Manchester protocol', *Neurogastroenterology and Motility*, 31(8), p. E13573. https://doi.org/10.1111/nmo.13573

Whorwell, P.J., Prior, A. and Faragher, E.B. (1984) 'Controlled trial of hypnotherapy in the treatment of severe refractory irritable-bowel syndrome', *The Lancet*, 324(8414), pp. 1232–1234. Available at: https://doi.org/10.1016/S0140-6736(84)92793-4.

Whorwell, P. (2017) *Take control of your IBS: the complete guide to managing your symptoms*. London: Vermilion.

HYPNOTHERAPY FOR DENTAL ANXIETY, FEARS & PHOBIAS:

De Stefano, R., Bruno, A., Muscatello, M.R., Cedro, C., Cervino, G. and Fiorillo, L. (2019) 'Fear and anxiety managing methods during dental treatments: a systematic review of recent data', *Minerva Stomatologica*, 68(6), pp. 317–331.
https://doi.org/10.23736/S0026-4970.19.04288-2

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*This **meta-analysis** examined 15 studies incorporating 17 trials to evaluate the effectiveness of hypnosis in treating anxiety. The findings revealed a significant reduction in anxiety symptoms, with a mean weighted effect size of 0.79 at the end of active treatment and 0.99 at the longest follow-up. Additionally, hypnosis combined with other psychological interventions was found to be more effective than hypnosis alone.*

SLEEP DISORDERS

Hypnotherapy has been explored as a potential treatment for sleep disorders, particularly insomnia. Below is a summary of key findings from medical journals:

Ariana, P.A., Wirawan, I.M.A., Duarsa, D.P. and Lesmana, C.B.J. (2022) 'Effectiveness of hypnotherapy in insomnia patients: systematic literature review', *Lux Mensana: Journal of Scientific Health*, 1(2), pp. 86–96. Available at: https://journal.jfpublisher.com/index.php/jsh/article/view/82.

Chamine, I., Atchley, R., & Oken, B.S. (2018). Hypnosis intervention effects on sleep outcomes: A systematic review. *Journal of Clinical Sleep Medicine*, 14(2), 271-283. https://doi.org/10.5664/jcsm.6952
A systematic review published in the Journal of Clinical Sleep Medicine evaluated the effects of hypnosis interventions on sleep outcomes. The review found some beneficial effects of hypnosis on sleep, including improvements in sleep quality and duration. However, the authors noted that more high-quality studies are warranted to draw definitive conclusions.

Chung, K.F., Lee, C.T., Yeung, W.F., Chan, M.S.M., & Chan, J.W.Y. (2015). Hypnotherapy for insomnia: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*, 23(5), 719-732. https://doi.org/10.1016/j.ctim.2015.07.002
A systematic review and meta-analysis published in Complementary Therapies in Medicine examined randomized controlled trials assessing the efficacy of hypnotherapy for insomnia. The analysis indicated that hypnotherapy could be beneficial in improving sleep outcomes, particularly in reducing sleep onset latency and enhancing sleep quality.

Cordi, M.J., Schlarb, A.A. and Rasch, B. (2014) 'Deepening sleep by hypnotic suggestion', *Sleep*, 37(6), pp. 1143–1152. https://doi.org/10.5665/sleep.3778.

Lam, T.H., Chung, K.F., Lee, C.T., Yeung, W.F. and Yu, B.Y.M. (2022) 'Hypnotherapy and insomnia: a narrative review of the literature', *Complementary Therapies in Clinical Practice*, 46, p. 101515. https://doi.org/10.1016/j.ctcp.2022.101515.
A narrative review published in Complementary Therapies in Clinical Practice discussed the effectiveness of hypnotherapy for insomnia. The review highlighted that hypnotherapy might be beneficial in managing insomnia by promoting relaxation and reducing cognitive arousal associated with sleep disturbances.

Lam, T.H., Chung, K.F., Lee, C.T., Yeung, W.F. and Yu, B.Y.M. (2022) 'Hypnotherapy and insomnia: a narrative review of the literature', *Complementary Therapies in Clinical Practice*, 46, p. 101515. https://doi.org/10.1016/j.ctcp.2022.101515.
A randomized controlled trial investigated the efficacy of hypnotherapy using generic versus disease-specific suggestions in individuals with insomnia. The study found that both forms of hypnotherapy resulted in significant improvements in sleep quality and reductions in insomnia severity.IJFMR

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Hamid, N., Abdoli, R., & Shahroie, A. (2018). Efficacy of cognitive behavior therapy with positive imagination of success during hypnotism on athletic performance. *Hormozgan Medical Journal*, *22*(4), e86481. https://doi.org/10.5812/hmj.86481

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