

Research Studies with Hypnotherapy & Stress

In 2013, researchers from the Department of Psychology at Lund University in Sweden studied the effect of participants' use of hypnosis for two weeks (via audio recording). They found the hypnotic intervention had a medium-to-large beneficial effect on the participants' experience of stress, burnout and wellbeing.^[4.1]

In 2013, researchers from the University of Delhi studied 7 college students pursuing a Ph.D. The study showed that hypnotherapy is an effective intervention strategy to help patients diagnosed with anxiety symptoms.^[4.2]

In 2006, researchers from Yale University School of Medicine studied the stress and anxiety of 76 patients before and after surgery. The 26 patients who received hypnosis were significantly less anxious postintervention. Moreover, on entrance to the operating rooms, the hypnosis group reported a significant decrease of 56% in their anxiety level. The study authors conclude that hypnosis significantly alleviates preoperative anxiety.^[4.3]

In 1991, a professor at the University of Wisconsin-Milwaukee studied 44 introductory psychology who were given 4 sessions of hypnosis for exam stress compared to 50 similar students who did not receive any hypnosis. Those students who received hypnosis showed a decrease in exam anxiety as well as improvements in test achievement.^[4.4]

In 1994, researchers from the University of Tasmania studied 40 music students who experienced considerable anxiety when they performed. Results indicate that hypnotherapy is likely to assist musicians in the reduction of their stage fright.^[4.5]

In 1989, researchers studied 56 medical students. Those students who received 9 hypnosis sessions improved significantly in coping with exam stress.^[4.6]

Hypnotic Tape Intervention Ameliorates Stress: A Randomized Control Study

Results: The results show that, as compared with baseline and wait-list conditions, the hypnotic intervention had a medium-to-large beneficial effect on participants' experience of stress, burnout, and well-being. Some participants also decreased their use of the coping strategy escape-avoidance post intervention.

Notes: This study (N=?35) used a randomized control design, and participants were collected from a variety of groups. After evaluating their degree of stress and burnout, coping styles, general well-being, and hypnotizability, participants were matched by stress level and randomly assigned to an intervention or wait-list group. The intervention comprised an audio recording of a hypnotic induction accompanied by suggestions for progressive relaxation, imagery, and anchoring to be used for 2 weeks.

Int J Clin Exp Hypn. 2013 Apr;61(2):125-45

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"Effect of Clinical Hypnotherapy on Anxiety Symptoms", Delhi Psychiatry Journal Vol. 16, No. 1, April 2013

- <https://www.ncbi.nlm.nih.gov/pubmed/23427838>

4.2. Effect of Clinical Hypnotherapy on Anxiety Symptoms

Results: Patients in the hypnosis group were significantly less anxious postintervention as compared with patients in the attention-control group and the control group. Moreover, on entrance to the operating rooms, the hypnosis group reported a significant decrease of 56% in their anxiety level whereas the attention-control group reported an increase of 10% in anxiety and the control group reported an increase of 47% in their anxiety. The study authors conclude that hypnosis significantly alleviates preoperative anxiety.

Notes: This study examined the effect of hypnosis on preoperative anxiety. Subjects were randomized into 3 groups, a hypnosis group (n 26) who received suggestions of well-being; an attention-control group (n26) who received attentive listening and support without any specific hypnotic suggestions and a “standard of care” control group (n 24). Anxiety was measured pre- and postintervention as well as on entrance to the operating rooms.
Anesth Analg, 2006, Vol. 102, No 5, pp. 1394-1396

4.3. Hypnosis Reduces Preoperative Anxiety in Adult Patients

Results: Patients in the hypnosis group were significantly less anxious post intervention as compared with patients in the attention-control group and the control group. Moreover, on entrance to the operating rooms, the hypnosis group reported a significant decrease of 56% in their anxiety level whereas the attention-control group reported an increase of 10% in anxiety and the control group reported an increase of 47% in their anxiety. The study authors conclude that hypnosis significantly alleviates preoperative anxiety.

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Anesth Analg, 2006, Vol. 102, No 5, pp. 1394-1396

By: H. Saadat, J. Drummond-Lewis, I. Maranets, D. Kaplan, A. Saadat, S. M. Wang, Z. N. Kain, Center for the Advancement of Perioperative Health, Departments of Anesthesiology, Pediatrics, and Child Psychiatry, Yale University School of Medicine, New Haven, Connecticut, USA

- http://bscw.rediris.es/pub/bscw.cgi/d4448193/Saadat-Hypnosis_reduces_preoperative_anxiety_adult_patients.pdf

4.4. Hypnotherapy and Test Anxiety

Two cognitive-behavioral constructs: The effects of hypnosis in reducing test anxiety and improving academic achievement in college students.

Results: There was a decrease in test anxiety and improvements in achievement for the hypnosis group. The treatment gains were maintained at 6-wk follow-up.

Notes: Investigated the effects of cognitive-behavioral hypnosis in reducing test anxiety and improving academic performance. 44 introductory psychology students received 4 sessions of hypnosis and 50 Hawthorne controls received no treatment over the same time period. Subjects' midterm test grades and scores on the Test Anxiety Inventory were examined.

Australian Journal of Clinical Hypnotherapy and Hypnosis, Vol 12(1), Mar 1991, 25-31
By: Marty Sapp, Professor, Department of Educational Psychology, University of Wisconsin-Milwaukee

- <http://psycnet.apa.org/record/1992-24581-001>

4.5. Reduction of Performance Anxiety in Music Students

Results: Results indicate that hypnotherapy is likely to assist musicians in the reduction of their stage fright.

Notes: Many music students experience considerable anxiety when they perform. The present article describes a two-session hypnotherapeutic approach combining relaxation, positive suggestion, and symbolic success imagery designed to reduce this performance anxiety. The subjects of the study were 40 second- and third-year music students studying at a conservatorium of music who were paired on the basis of their Performance Anxiety Inventory scores. One member of each pair was allocated at random to an experimental group and the other to a control group. Further administrations of the Performance Anxiety Inventory (PAI) took place immediately after conclusion of the two-session treatment and 6 months later. At the time of this follow-up, subjects completed an anecdotal report providing information on their performance over the previous 6 months. Results indicate that the method is likely to assist musicians in the reduction of their stage fright.

Australian Psychologist, Volume 29, Issue 2, 1994
By: Harry E. Stanton, The University of Tasmania

- <https://www.tandfonline.com/doi/abs/10.1080/00050069408257335#.UipPQRavszi>

4.6. Hypnosis and Medical Student Stress

Coping with examination stress through hypnosis: an experimental study.

Results: The hypnosis group improved significantly in coping with examination stress.

Notes: Fifty-six volunteer medical students participated. The hypnosis and waking groups attended eight group sessions once a week with general ego-strengthening and specific suggestions for study habits, with a ninth session of age progression and mental rehearsal. Subjects in these two groups practiced self-suggestions (in self-hypnosis or waking respectively) daily for the study period of 9 weeks. The control group experienced sessions of passive relaxation induced by light reading for the same period of time.

Am J Clin Hypn. 1989 Jan;31(3):173-80
By: B. M. Palan, S. Chandwani

- <https://pubmed.ncbi.nlm.nih.gov/2919571/>