

**How to Cite:**

Sharma, S., & Tiwari, P. (2022). A systematic review on role of hypnotherapeutic intervention in promoting positive psychological health. *International Journal of Health Sciences*, 6(S2), 4672–4689. <https://doi.org/10.53730/ijhs.v6nS2.6123>

## **A systematic review on role of hypnotherapeutic intervention in promoting positive psychological health**

**Sarika Sharma**

Research Scholar, Department of Applied Psychology, Faculty of Behavioral and Social Sciences, Manav Rachna International Institute of Research & Studies, Faridabad, ORCID ID- 0000-0002-7409-5722

Email: [sarika1kumar@gmail.com](mailto:sarika1kumar@gmail.com)

**Dr. Priyanka Tiwari**

Associate Professor, Department of Applied Psychology, Faculty of Behavioral and Social Sciences, Manav Rachna International Institute of Research & Studies, Faridabad

**Abstract**---In this world of fast moving day to day activities, it is of utmost importance that every individual is aware of their personal well-being and take steps towards improving these over the course of time (Al-Asmi et al., 2015; Amato et al., 2001). The state of well-being can be described as understanding the quality of life led by various individuals (Statham & Chase, 2010). The concept of well-being in humans is broadly classified into two aspects - the first one is associated with having life satisfaction and a positive effect in one's life. The study here is only focused towards the use of hypnotherapeutic interventions in the process of promoting a positive psychological health scenario all across. The study undertakes a systematic review approach with 51 articles and aims to put forward a summarised version of the literature in the aspect of hypnotherapeutic interventions. The result of the study identifies a total of three themes from the systematic literature review conducted. It is found that the three identified themes have been put forward by researchers as the most effective impact of hypnotherapeutic interventions. The themes include the effect of hypnotherapy on curing the psychological distress and insomnia, secondly its impact in curing various diseases by easing the psychological aspect using gut-directed hypnotic therapy and lastly, the high effect of hypnotherapy on curing various psychological concerns in children.

**Keywords**---hypnosis, hypnotherapy, intervention, stress, randomised.

## **Introduction**

In this world of fast moving day to day activities, it is of utmost importance that every individual is aware of their personal well-being and take steps towards improving these over the course of time (Al-Asmi et al., 2015; Amato et al., 2001). The state of well-being can be described as understanding the quality of life led by various individuals (Statham & Chase, 2010). The concept of well-being in humans is broadly classified into two aspects - the first one is associated with having life satisfaction and a positive effect in one's life (Malekzadeh et al., 2020a). The second aspect relates to the psychological well-being which can be described as a multi-dimensional attribute. The psychological well-being in a human being refers to making sound and clear decisions based on the purpose of life, the self-acceptance attitude and maintaining positive relationships with other individuals. The inclusion of psychological well-being in an individual provides a complete picture of the overall existence of an individual (Ryff & Keyes, 1995). In the pool of literature pertaining to psychological well-being of individuals is quite large in number and with the increasing campaigning and awareness about mental health all across the world, the field has managed to gather the attention of a large number of scholars. The study here however, is interested only towards a very specific aspect of psychological health and its promotion i.e., hypnotherapeutic intervention. The process of hypnosis as well as hypnotherapy is one of the most widely used practices in the treatment of psychological difficulties. The definition of hypnosis can be mentioned as a definitive stage where the individual in question chooses an alternative method for their perception, mood or even memory while responding to suggestions provided to them under a suitable situation (Whitehouse et al., 1988). The use of hypnosis is specifically effective when trying to facilitate a controlled and safe environment for conducting therapy. As mentioned above the study here is only focused towards the use of hypnotherapeutic interventions in the process of promoting a positive psychological health scenario all across. The study undertakes a systematic review approach and aims to put forward a summarised version of the literature in the aspect of hypnotherapeutic interventions. As a result of this systematic review, the researchers would be able to access the important attributes of the process in a detailed manner.

## **Background**

The concept of hypnosis finds its origin in the year 1842 when it was proposed by James Braid. The very first concepts of hypnosis are found to have its orientation towards magico-religious aspect which predicted the presence of certain supernatural factors resulting in the generation of certain results (Sharma et al., 2020). The one proposed by James Braid gave a more physiological perspective of sleep towards the concept of hypnosis. The process was believed to enhance the reflections pertaining to the individuals and especially the inner ones while reducing the levels of responses given to the external stimulus acting on it. The process involves a number of imagery practices helping in the critical judgement making. While the background of hypnosis goes quite long in the history, in the present times, the professionals in the field are highly agreeing to the need of hypnotherapy in treating various psychological processes. There has been evidence of effective use of medical hypnosis in the treatment of a number of

severe health issues. The term hypnotherapy can be stated as the process where hypnosis is used for the treatment of either a psychological or any medical issue(Elkins et al., 2015; Fisch et al., 2017). It is found that across the world there are a large number of individuals who are suffering from stress. While in Europe there are 20 percent employees who are experiencing stress on a daily basis(Nier, 2018). In case of Germany to a survey including 2100 respondents found that 58 percent agree to experiencing more amount of stress as compared to three years back and 61 percent confirm having stress often(Wohlers&Hombrecher, 2016). Moreover, in the present times, for a survey conducted by(Kanwal, 2022) in India found that 28 percent of the respondents agrees to being stressed more due to the emergence of the Covid-19 pandemic in 2020. The pandemic in itself have managed to pull down the psychological well-being of majority of the individuals. Hence, there is a requirement of encouraging the positivity of psychological health among the masses even more than before. The study here therefore attempts to provide the same by conducting a systematic review and finding out the effectiveness of hypnotherapy as a part of positive awareness of psychological well- being. The following research questions are attempted to be resolved using the systematic review here.

RQ 1: Are there significant amount of importance given to the hypnotherapeutic intervention in terms of psychological health?

RQ 2: Is there any common significant deductions be made with respect to the current body of knowledge?

The stepwise method followed here for conducting the systematic literature review is put forward in the next section.

### **Research Methodology**

The research here has been specifically conducted using the process of systematic review. The idea behind adopting this method of study is to identify the important themes presented by researchers in the past. The method is of immense help to generate a base of literature from a number of authors and across various concepts around the topic in hand. In this case, the study is focused in identifying literature for a period of ten years i.e., 2011 to 2021 on hypnotherapeutic intervention and the impact that it has caused upon the benefit of the psychological health of the individuals. With the increasing awareness towards mental health and psychological well- being, the study here puts an attempt to understand about the same through the use of hypnosis over a period of ten years. In the upcoming sections, the detailed process of selecting the papers for review is provided.

### **Sources**

The systematic review process involves conducting an extensive series of literature review. The search here has been considered in the highly effective databases for the field including SCOPUS, ScienceDirect and Web of Science. As both Web of Science and Science direct are included in the Scopus database, it can be stated that it is the Scopus database that have been utilized in this study.

Relevant literature is identified in these databases using keywords such as “Hypnosis”, “Hypnotherapeutic”, “Psychological”, “Mental Health”, “Behavior” etc. The systematic method followed is given below.

### Data Extraction and Synthesis

The study incorporates the PRISMA method for arriving at the final set of papers for the review. In the first stage the search in the databases are made using the keywords mentioned in the previous section. In the second stage, the identified papers in the first stage are screened based on their titles followed by a detailed abstract screening process. The papers found apt after these two stages are finally selected for the final review process. Finally, a total of 51 papers are shortlisted for the final review process. A flow chart depicting the entire process is mentioned in the PRISMA created below.

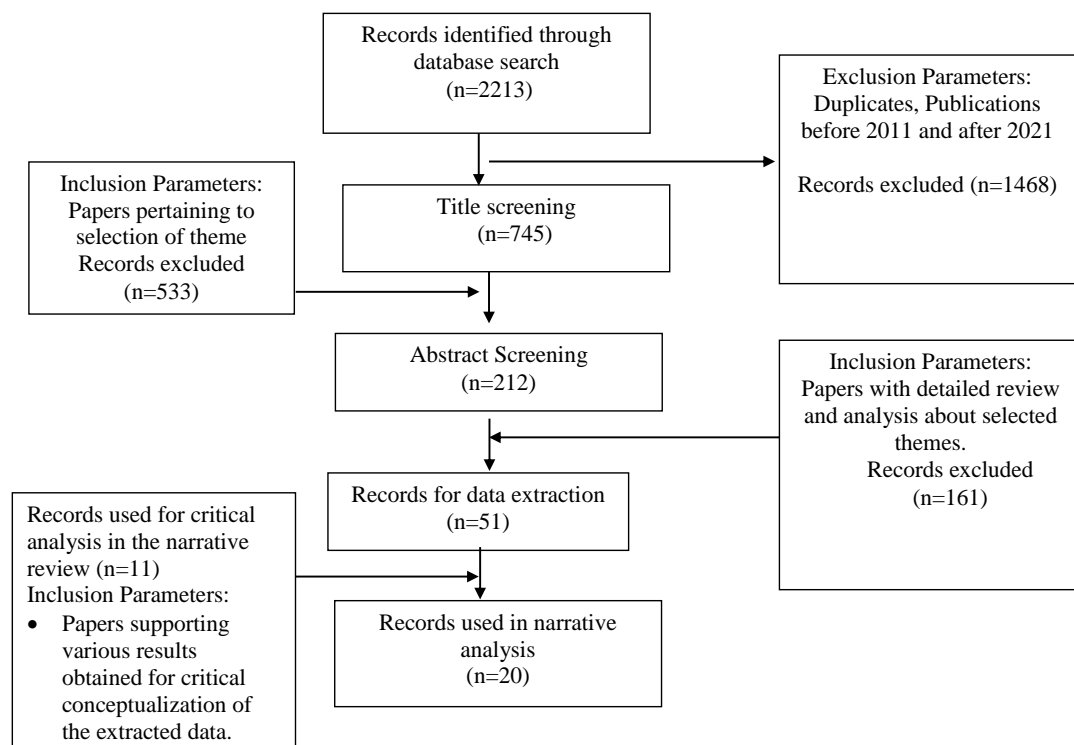


Figure 1 – PRISMA

A total of 2213 papers have been shortlisted based on the title screening. However, after removing the papers not corresponding to the topic in hand, a total of 51 papers have been fully reviewed to arrive at the determination of the effectiveness of hypnotherapeutic intervention. A table have been constructed in the results section to summaries the important attributes of these papers and presenting the overall findings from the review.

### Results

The systematic review conducted with respect to the shortlisted 51 papers are hereby summarised in the following table below-

Table 1 – Summary of the Review Conducted

Sl No.	Author/s	Objective of the Study	Sample Size Used	Time Considered	Results
1	(Abazari et al., 2021)	To find out the efficacy of hypnotherapy in women with premenstrual disorder	60	2 months	Hypnotherapy intervention group showed better results as compared to that of group without intervention
2	(Elkins et al., 2021)	For understanding the effectiveness of hypnotherapy in attention restoration among cancer patients	6	5 sessions	Treatment satisfactions are derived at high levels. Causes reduction in fatigue and pain
3	(Fuhr et al., 2021)	To compare the results derived in depression between hypnotherapy and cognitive behavioural theory	152	16 to 20 sessions within six months	Hypnotherapy had treatment response of 44.6% while cognitive behavioral theory has that of 38.5%
4	(Roslim et al., 2021)	For the purpose of helping overweight and obese patients	119 articles	Narrative Review	It promoted weight reduction by improvement in the eating options and the quality of life
5	(Vasant et al., 2021)	To learn more about the role played by hypnotherapy focused on Gut for children and adolescents having bowel syndrome	32	12 sessions	There is high effectiveness of gut based hypnotherapy with respect to children and adolescents with such problem
6	(Aliverdilou&Jarareh, 2020)	To understand hypnosis interventions on the self-	12	8 sessions for 4 weeks	The inclusion of cognitive hypnosis

		efficacy levels of students			causes a significant increase in the levels of self- efficacy
7	(Fisch et al., 2020)	To analyse the feasibility of group hypnosis method in reducing stress	12	5 week	The intervention showed that group hypnosis sessions with respect to reduction in stress is feasible
8	(Malekzadeh et al., 2020b)	To find out the effectiveness of group hypnotherapy with respect to patients having multiple sclerosis	60	8 sessions	The hypnotherapy method has a significant impact on the psychological well- being and environmental mastery
9	(Olendzki et al., 2020)	To learn about the stress relieving effect of hypnotherapy on college students	42	8- week intervention with one hour session each	There is significant decrease in perceived stress found in case of hypnotherapy applicable students along with an increase in the mindfulness
10	(Wang, 2020)	To understand the impact of hypnosis intervention on cancer patients	4	9 months	It proves as an effective tool for anxiety disorder treatment
11	(Barnes et al., 2019)	To find out the role played by hypnotherapy in curing smoking cessation	1926	6 months	the overall benefit derived from this aspect is quite low
12	(Chu et al., 2019)	To understand the use of hypnotherapy interventions in terms of obesity	NA	Review	The relevance in the obesity treatment is found to be quite high
13	(Flik et al., 2019)	To find out the efficacy of using hypnotherapy for both group and individual sessions on bowel syndrome treatment	494	4 weeks	The therapy can be used effectively for the treatment of patients who are down with bowel

					difficulties in both primary and secondary care
14	(Jong et al., 2019)	To compare among hypnotherapy and muscle relaxation exercises in treating of headaches in children	42	3 months	There is reduction in headache observed upon the intervention of hypnotherapy
15	(Popa et al., 2019)	To understand about the efficacy of hypnotherapy while treating dyspepsia	4 articles	3- 6 months	The need to conduct more randomised controlled trial is suggested for better results
16	(Brooker, 2018)	To learn about the role played by hypnotherapy in the process of music anxiety situation	46	2 weeks	There is lesser amount of anxiety seen in case of post therapy concert performances
17	(Peter et al., 2018)	To find out the effectiveness of hypnotherapy in gut problems	38	10 weeks	In terms of gut related aspects there are reduction in the symptoms observed but for that of the microbiota composition, the benefits observed are quite low
18	(Rajae&Eshghi, 2018)	To find out the effect of hypnotherapy on increasing the anxiety levels and sexual performances	26 couples	2 months	The improvement in sexual anxiety can be found with respect to the use of hypnotherapy
19	(Setyadi&Yunita, 2018)	To find out the effectiveness of hypnotherapy for reducing stress levels in individuals suffering from HIV/AIDS	30	1 session	There is an effect seen in the stress levels of the patients after the application of hypnotherapy
20	(Tastan et al., 2018)	To compare the effect of hypnotherapy and acupuncture on the	90	3 months	There are higher levels of reduction in the problems found

		patients suffering from migraine			in hypnotherapy and acupuncture as compared to pharmacotherapy
21	(Gulewitsch&Schlarb, 2017)	To compare the results derived from gut directed hypnotherapy and other sources of the process in treating children with abdominal pain	45	12 weeks	The use of a standardised home based practice in hypnotherapy can help in getting better results among children with abdominal pain
22	(Phelps et al., 2017)	To measure the effectiveness of hypnotherapy in sleep disturbances	18 articles	Review	A positive effect if identified which requires further studies to point out the critical components
23	(Sharma et al., 2017)	To understand about the role played by hypnotherapy in managing pain for cancer patients in India	57	15 sessions	The study suggests the effective pain management process in cancer patients
24	(Télez, Juárez-García, et al., 2017)	To find out the effectiveness of hypnotherapy in the betterment of the quality of life in breast cancer suffering women	20	6 months	There is increase in the quality of life observed but with a medium effect size
25	(Télez, Rodriguez-Padilla, et al., 2017)	To understand the role of hypnotherapy on the breast cancer patients	40	24 sessions	The use of hypnotherapy shows significant decrease in the anxiety levels, distress and enhances increase in self- esteem among the patients
26	(Beevi et al., 2016)	To find out the effect of hypnotherapy in terms of difficulties rising during	28	36 weeks	The implementation of hypnotherapy helps in reducing the

		pregnancy			symptoms both physical and psychological during pregnancy
27	(Haghighi et al., 2016)	To find out the effectiveness of group hypnotherapy sessions for the purpose of major depression sufferings	40	8 sessions	The use of hypnotherapy can be made in the recovery centres to cure depression
28	(Peters et al., 2016)	To compare using randomised trial among hypnotherapy and that of low FODMAP diet in treating irritable bowel disease	74	6 weeks	The role of hypnotherapy is found to be superior as compared to the low FODMAP diet
29	(Riehl et al., 2016)	To learn about the acceptability of hypnotherapy with respect to esophageal therapy	9	7 weeks	The use of hypnotherapy is preferred for patients who are non-responsive towards the medications and would want to go for a lifestyle intervention
30	(Shahbazi, 2016)	To compare the effect of hypnotherapy and medical treatment on the quality of life among the patients having bowel syndrome	60	6 months	The inclusion of hypnotherapy with that of medical treatment allows for improving the quality of life in the patients
31	(Artimon, 2015)	To analyse the effect of hypnotherapy in terms of a pain disorder	1	4-6 weeks	The goals set from the therapy has been successfully achieved and after the post treatment phases the results are found to be maintained
32	(Kisely et al., 2015)	To find the impact of hypnotherapy interventions in patients	1006	3 months	Hypnotherapy can be used as a very effective alternative to

		suffering from unspecific chest pains			the treatment of such problems
33	(Lövdahl et al., 2015)	To find out the results of having a nurse administered gut directed hypnotherapy	85	12 weeks	There is a positive impact observed on the participants after the 12 weeks complete treatment
34	(Patching, 2015)	To qualitatively measure the effect of hypnotherapy on women undergoing IVF processes	8	9 months	The effective use of hypnotherapy during this period in psychological terms can be expected
35	(Szigethy, 2015)	To find out the effectiveness of hypnotherapy for bowel disease across various lifespan	17	12 weeks	The use of hypnotherapy does help in curing the disease when integrated into the medical care
36	(Elkins et al., 2014)	To understand the impact of hypnotherapy on persistent difficulties in genital based disorders	1	9 sessions	There have been significant amount of results seen in every considered parameters
37	(Ersser et al., 2014)	To understand the role of for the interventions for atopic eczema treatment in children	992	12 weeks	Improvement in quality of life is seen
38	(Guse, 2014)	To understand about the increase in psychological well-being through the use of hypnosis	40	12 weeks	The use of hypnosis can generate quite effective results in both clinical and non-clinical practices
39	(Holdevici, 2014)	To find out the role played by hypnotherapy in the cure of depression and insomnia	61	2 months	Hypnotherapy sessions with relaxation techniques has significant impact
40	(Moser, 2014)	To find the role of hypnotherapy in the reduction of bowel disease	266	10-12 weeks	The use of gut directed hypnotherapy is quite

					effective in reducing symptoms and increasing quality of life
41	(Enea&Dafinoiu, 2013)	To find the effect of hypnotherapy on post traumatic disorder	1	23 sessions	There was reduction in symptoms found to an extent where further psychiatric care is not required
42	(Guse& Fourie, 2013)	To understand about psychological well- being through the use of hypnotherapy interventions	3	12 weeks	While the positive results from hypnotherapy are found, more sample facilitating the same is required
43	(Keefer et al., 2013)	To find out the effectiveness of gut-directed hypnotherapy	54	1 year	Positive results upon the use of hypnotherapy on the patients of ulcerative colitis is observed
44	(Lindfors et al., 2013)	To understand about patient satisfaction after gut directed hypnotherapy intervention	83	11- 12 weeks	There are 52% of the respondents who showed high levels of satisfaction from the therapy
45	(Lowén et al., 2013)	To find out effect of hypnotherapeutic and educational interventions of bowel syndrome patients	44	4 weeks	Symptom improvements are seen
46	(Alladin, 2012)	To analyse the enhancement of life through gut directed hypnotherapy	208	All aspects	It establishes as an effective treatment having long lasting results
47	(Plaskota et al., 2012)	To understand the use of hypnotherapy in cancer patients stress reduction	11	4 sessions	The sessions helped in the reduction of anxiety
48	(Vlieger et al., 2012)	To find the long term effects of hypnotherapy on irritable bowel syndrome	52	5 years	The effects are established after 5 years of the therapy sessions

49	(Fourie &Guse, 2011)	To understand its use in treating with sexual trauma	1	1 session	The treatment did show substantial effect on the subject
50	(Hely et al., 2011)	To find the effect of hypnotherapy on smoking cessation	7	6 weeks	Cigarette intakes on 3 respondents out of 7 is noted after the therapy
51	(Mathur & Khan, 2011)	To find the impact of hypnotherapy on examination anxiety of students in school	10	2 sessions	The use of the treatment can reduce examination anxiety and increase the scholastic performances

## Discussion

The primary aim of the study being to provide a holistic approach towards understanding the role played by hypnotherapeutic interventions in enhancement of the psychological well-being of individuals. From the systematic literature review conducted it is found that the use of hypnotherapeutic intervention have been made in the treatment of psychological attributes of varying nature. The studies incorporate conducting randomised controlled trials to find out empirically the difference between the group of individuals who are exposed to hypnotherapy and those who are not. These trials include respondents ranging from only one (for specific case study methods) to narrative reviews including summary of a number of such trials into one study. The duration of these trials are either based on sessions or on that of a definitive time frame. The sessions could last for an hour or forty five minutes and are provided based on the requirement of the patients. Now, depending on the thorough literature review conducted, it is found that the application of hypnotherapy is mostly found in case of three categories. There are three themes identified based on the areas where the application of hypnotherapy is found to be widely used.

## Stress and Insomnia

The very first area where there are a large amount of studies focused for the application of hypnotherapy and it is that of stress and insomnia. While stress is found to be quite common among individuals across different phases of their lives, insomnia associates to the inability of a person to get sufficient amount of sleep. The effects of both stress and insomnia can cause a very high effect on the psychological well-being of an individual. The studies in the literature focusing on hypnotherapy application these fields found that the implementation of this therapy can highly help in reducing stress and insomnia(Fisch et al., 2020; Haghghi et al., 2016; Holdevici, 2014; Olendzki et al., 2020; Phelps et al., 2017; Plaskota et al., 2012; Setyadi&Yunita, 2018). The studies using randomised controlled trials shows the effective use of hypnosis can bring about significant reduction in the symptoms of both stress and insomnia.

### **Gut Directed Hypnotherapy**

Another quite remarkable impact of hypnotherapy can be seen in the form of gut-directed method. The process is basically associated with the use of hypnosis for the purpose of bridging the communication gap between one's gut and brain. The use of this method is specially related to reducing the psychological distress of patients dealing with irritable bowel syndrome along with the medicinal treatments being offered to them. The studies have found that due to the implementation of gut-directed hypnotherapy, there is a higher effect reported in the medicinal benefits as well and the therapy proves to be quite effective in this aspect (Alladin, 2012; Gulewitsch & Schlarb, 2017; Keefer et al., 2013; Lowén et al., 2013; Moser, 2014; Peter et al., 2018; Vasant et al., 2021).

### **Relationship with Children**

One of the interesting aspects of analysing the literature on hypnotherapeutic interventions is that there are numerous evidences which show the impact of the method on curing various aspects of children's psychological problems (Ersser et al., 2014; Fourie & Guse, 2011; Jong et al., 2019; Mathur & Khan, 2011; Sharma et al., 2017; Vasant et al., 2021). The children go through a number of situations which affect their psychological state for a very long period of time. For example, a child undergoing sexual abuse undergoes a very high level of trauma and studies using hypnotherapy have found that it can reduce the trauma in children to a large extent. Similarly, the anxiety levels of children when appearing in examinations or for dealing with a pain at a young age, the use of hypnotherapy can help in handling these situations quite effectively.

### **Conclusion and Future Outlook**

The result of the study identifies a total of three themes from the systematic literature review conducted. It is found that the three identified themes have been put forward by researchers as the most effective impact of hypnotherapeutic interventions. The themes include the effect of hypnotherapy on curing the psychological distress and insomnia, secondly its impact in curing various diseases by easing the psychological aspect using gut-directed hypnotic therapy and lastly, the high effect of hypnotherapy on curing various psychological concerns in children. The study has found that three areas can be highly benefitted from the use of hypnotherapeutic interventions and innovative practices in the field is required hereafter. The study identifies these three aspects has the potential to explore various future implications in the research in the field. More comparative randomised controlled trials must be conducted to measure the effectiveness of hypnotherapy across all three of the identified themes with respect to a wide domain of demographic and geographic boundaries. The increasing role of technology in every field is seen in the present times, such implications on the aspect of these three themes must be considered in the future.

## References

- Abazari, N., Heydarinasab, L., Yaghubi, H., & Farahani, H. (2021). Efficacy of hypnotherapy on pain intensity and psychological distress among women with premenstrual dysphoric disorder, applicability of suggestions focused on cognitive flexibility and ego strength. *Research Square*, 1–13.
- Al-Asmi, A., Al-Rawahi, S., Al-Moqbali, Z. S., Al-Farsi, Y., Essa, M. M., El-Bouri, M., Koshy, R. P., Gujjar, A. R., Jacob, P., Al-Hodar, A., & al Adawi, S. (2015). Magnitude and concurrence of anxiety and depression among attendees with multiple sclerosis at a tertiary care Hospital in Oman. *BMC Neurology*, *15*(1), 131. <https://doi.org/10.1186/s12883-015-0370-9>
- Aliverdilou, M., & Jarareh, J. (2020). The Effectiveness of Cognitive Hypnotherapy on Students' Self-Efficacy. *Journal of Thought & Behaviour in Clinical Psychology*, *15*(57), 7–16.
- Alladin, A. (2012). Cognitive Hypnotherapy for Major Depressive Disorder. *American Journal of Clinical Hypnosis*, *54*(4), 275–293. <https://doi.org/10.1080/00029157.2012.654527>
- Amato, M. P., Ponziani, G., Rossi, F., Liedl, C. L., Stefanile, C., & Rossi, L. (2001). Quality of life in multiple sclerosis: the impact of depression, fatigue and disability. *Multiple Sclerosis Journal*, *7*(5), 340–344. <https://doi.org/10.1177/135245850100700511>
- Artimon, H. M. (2015). Hypnotherapy of a Pain Disorder: A Clinical Case Study. *International Journal of Clinical and Experimental Hypnosis*, *63*(2), 236–246. <https://doi.org/10.1080/00207144.2015.1002704>
- Barnes, J., McRobbie, H., Dong, C. Y., Walker, N., & Hartmann-Boyce, J. (2019). Hypnotherapy for smoking cessation. *Cochrane Database of Systematic Reviews*, *2019*(6). <https://doi.org/10.1002/14651858.CD001008.pub3>
- Beevi, Z., Low, W. Y., & Hassan, J. (2016). Impact of Hypnosis Intervention in Alleviating Psychological and Physical Symptoms During Pregnancy. *American Journal of Clinical Hypnosis*, *58*(4), 368–382. <https://doi.org/10.1080/00029157.2015.1063476>
- Brooker, E. (2018). Music performance anxiety: A clinical outcome study into the effects of cognitive hypnotherapy and eye movement desensitisation and reprocessing in advanced pianists. *Psychology of Music*, *46*(1), 107–124. <https://doi.org/10.1177/0305735617703473>
- Chu, D.-T., Minh Nguyet, N. T., Nga, V. T., Thai Lien, N. V., Vo, D. D., Lien, N., Nhu Ngoc, V. T., Son, L. H., Le, D.-H., Nga, V. B., van Tu, P., van To, T., Ha, L. S., Tao, Y., & Pham, V.-H. (2019). An update on obesity: Mental consequences and psychological interventions. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, *13*(1), 155–160. <https://doi.org/10.1016/j.dsx.2018.07.015>
- Elkins, G. R., Barabasz, A. F., Council, J. R., & Spiegel, D. (2015). Advancing Research and Practice: The Revised APA Division 30 Definition of Hypnosis. *American Journal of Clinical Hypnosis*, *57*(4), 378–385. <https://doi.org/10.1080/00029157.2015.1011465>
- Elkins, G. R., Ramsey, D., & Yu, Y. (2014). Hypnotherapy for Persistent Genital Arousal Disorder: A Case Study. *International Journal of Clinical and Experimental Hypnosis*, *62*(2), 215–223. <https://doi.org/10.1080/00207144.2014.869136>

- Elkins, G. R., Rhodes, J. R., Biggs, M. L., Zimmerman, K., Williams, W., Arring, N., & Barton, D. (2021). Feasibility of Attention Restoration Theory-Driven Hypnotherapy for Fatigue in Cancer Survivors. *International Journal of Clinical and Experimental Hypnosis*, 69(2), 203–214. <https://doi.org/10.1080/00207144.2021.1877088>
- Enea, V., & Dafinoiu, I. (2013). Cognitive Hypnotherapy in Addressing the Posttraumatic Stress Disorder. *Procedia - Social and Behavioral Sciences*, 78, 36–40. <https://doi.org/10.1016/j.sbspro.2013.04.246>
- Ersser, S. J., Cowdell, F., Latter, S., Gardiner, E., Flohr, C., Thompson, A. R., Jackson, K., Farasat, H., Ware, F., & Drury, A. (2014). Psychological and educational interventions for atopic eczema in children. *Cochrane Database of Systematic Reviews*. <https://doi.org/10.1002/14651858.CD004054.pub3>
- Fisch, S., Binting, S., Roll, S., Cree, M., Brinkhaus, B., & Teut, M. (2020). Group Hypnosis for Stress Reduction – A Feasibility Study. *International Journal of Clinical and Experimental Hypnosis*, 68(4), 493–510. <https://doi.org/10.1080/00207144.2020.1781537>
- Fisch, S., Brinkhaus, B., & Teut, M. (2017). Hypnosis in patients with perceived stress – a systematic review. *BMC Complementary and Alternative Medicine*, 17(1), 323. <https://doi.org/10.1186/s12906-017-1806-0>
- Flik, C. E., Laan, W., Zuithoff, N. P. A., van Rood, Y. R., Smout, A. J. P. M., Weusten, B. L. A. M., Whorwell, P. J., & de Wit, N. J. (2019). Efficacy of individual and group hypnotherapy in irritable bowel syndrome (IMAGINE): a multicentre randomised controlled trial. *The Lancet Gastroenterology & Hepatology*, 4(1), 20–31. [https://doi.org/10.1016/S2468-1253\(18\)30310-8](https://doi.org/10.1016/S2468-1253(18)30310-8)
- Fourie, G., & Guse, T. (2011). An Integrated Hypnotherapeutic Model for the Treatment of Childhood Sexual Trauma: A Case Study. *American Journal of Clinical Hypnosis*, 53(3), 193–205. <https://doi.org/10.1080/00029157.2011.10401757>
- Fuhr, K., Meisner, C., Broch, A., Cynry, B., Hinkel, J., Jaberg, J., Petrasch, M., Schweizer, C., Stiegler, A., Zeep, C., & Batra, A. (2021). Efficacy of hypnotherapy compared to cognitive behavioral therapy for mild to moderate depression - Results of a randomized controlled rater-blind clinical trial. *Journal of Affective Disorders*, 286, 166–173. <https://doi.org/10.1016/j.jad.2021.02.069>
- Gulewitsch, M. D., & Schlarb, A. A. (2017). Comparison of gut-directed hypnotherapy and unspecific hypnotherapy as self-help format in children and adolescents with functional abdominal pain or irritable bowel syndrome. *European Journal of Gastroenterology & Hepatology*, 29(12), 1351–1360. <https://doi.org/10.1097/MEG.0000000000000984>
- Guse, T. (2014). *Increasing Psychological Well-being Through Hypnosis* (pp. 91–102). [https://doi.org/10.1007/978-94-017-8669-0\\_6](https://doi.org/10.1007/978-94-017-8669-0_6)
- Guse, T., & Fourie, G. (2013). *Facilitating Psychological Well-Being Through Hypnotherapeutic Interventions* (pp. 539–555). [https://doi.org/10.1007/978-94-007-6368-5\\_25](https://doi.org/10.1007/978-94-007-6368-5_25)
- Haghighi, S., Movahedzadeh, B., & Malekzadeh, M. (2016). The Effectiveness of Group Cognitive Hypnotherapy on Major Depression Referred to Residential and Semi-residential Addiction Recovery Centers. *Armaghan-e-Danesh*, 21(9), 914–923.
- Hely, J. M., Jamieson, G. A., & Dunstan, D. (2011). SMOKING CESSATION: A COMBINED COGNITIVE BEHAVIOURAL THERAPY AND HYPNOTHERAPY

- SELF-HELP TREATMENT PROTOCOL . *Australian Journal of Clinical and Experimental Hypnosis*, 39(2).
- Holdevici, I. (2014). Relaxation and Hypnosis in Reducing Anxious-depressive Symptoms and Insomnia among Adults. *Procedia - Social and Behavioral Sciences*, 127, 586–590. <https://doi.org/10.1016/j.sbspro.2014.03.315>
- Jong, M. C., Boers, I., van Wietmarschen, H. A., Tromp, E., Busari, J. O., Wennekes, R., Snoeck, I., Bekhof, J., & Vlieger, A. M. (2019). Hypnotherapy or transcendental meditation versus progressive muscle relaxation exercises in the treatment of children with primary headaches: a multi-centre, pragmatic, randomised clinical study. *European Journal of Pediatrics*, 178(2), 147–154. <https://doi.org/10.1007/s00431-018-3270-3>
- Kanwal, S. (2022, March 7). *Leading reasons for stress India 2020*. Statista.
- Keefer, L., Taft, T. H., Kiebles, J. L., Martinovich, Z., Barrett, T. A., & Palsson, O. S. (2013). Gut-directed hypnotherapy significantly augments clinical remission in quiescent ulcerative colitis. *Alimentary Pharmacology & Therapeutics*, 38(7), 761–771. <https://doi.org/10.1111/apt.12449>
- Kisely, S. R., Campbell, L. A., Yelland, M. J., & Paydar, A. (2015). Psychological interventions for symptomatic management of non-specific chest pain in patients with normal coronary anatomy. *Cochrane Database of Systematic Reviews*, 2021(4). <https://doi.org/10.1002/14651858.CD004101.pub5>
- Lindfors, P., Ljótsson, B., Björnsson, E., Abrahamsson, H., & Simrén, M. (2013). Patient satisfaction after gut-directed hypnotherapy in irritable bowel syndrome. *Neurogastroenterology & Motility*, 25(2), 169–e86. <https://doi.org/10.1111/nmo.12022>
- Lövdahl, J., Ringström, G., Agerforz, P., Törnblom, H., & Simrén, M. (2015). Nurse-Administered, Gut-Directed Hypnotherapy in IBS: Efficacy and Factors Predicting a Positive Response. *American Journal of Clinical Hypnosis*, 58(1), 100–114. <https://doi.org/10.1080/00029157.2015.1030492>
- Lowén, M. B. O., Mayer, E. A., Sjöberg, M., Tillisch, K., Naliboff, B., Labus, J., Lundberg, P., Ström, M., Engström, M., & Walter, S. A. (2013). Effect of hypnotherapy and educational intervention on brain response to visceral stimulus in the irritable bowel syndrome. *Alimentary Pharmacology & Therapeutics*, 37(12), 1184–1197. <https://doi.org/10.1111/apt.12319>
- Malekzadeh, M., Hashemi Mohammadabad, N., Kharamin, S., & Haghghi, S. (2020a). The Effectiveness of Group-based Cognitive Hypnotherapy on the Psychological Well-being of Patients with Multiple Sclerosis: A Randomized Clinical Trial. *American Journal of Clinical Hypnosis*, 62(4), 364–379. <https://doi.org/10.1080/00029157.2019.1709149>
- Malekzadeh, M., Hashemi Mohammadabad, N., Kharamin, S., & Haghghi, S. (2020b). The Effectiveness of Group-based Cognitive Hypnotherapy on the Psychological Well-being of Patients with Multiple Sclerosis: A Randomized Clinical Trial. *American Journal of Clinical Hypnosis*, 62(4), 364–379. <https://doi.org/10.1080/00029157.2019.1709149>
- Mathur, S., & Khan, W. (2011). Impact of Hypnotherapy on Examination Anxiety and Scholastic Performance among School Children. *DELHI PSYCHIATRY JOURNAL*, 14(2).
- Moser, G. (2014). The role of hypnotherapy for the treatment of inflammatory bowel diseases. *Expert Review of Gastroenterology & Hepatology*, 8(6), 601–606. <https://doi.org/10.1586/17474124.2014.917955>
- Nier, von H. (2018, May 7). *Gestresste Arbeitnehmer*. Statista.

- Olendzki, N., Elkins, G. R., Slonena, E., Hung, J., & Rhodes, J. R. (2020). Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 151–166. <https://doi.org/10.1080/00207144.2020.1722028>
- Patching, A. (2015). A qualitative analysis of women who have undergone a multi-stage psychotherapy and hypnotherapy intervention to manage psychological stress while undergoing in-vitro fertilisation: What were their experiences and outcomes? *International Journal of Psychotherapy, Counseling & Psychiatry: Theory, Research and Clinical Practice*.
- Peter, J., Fournier, C., Keip, B., Rittershaus, N., Stephanou-Rieser, N., Durdevic, M., Dejaco, C., Michalski, M., & Moser, G. (2018). Intestinal Microbiome in Irritable Bowel Syndrome before and after Gut-Directed Hypnotherapy. *International Journal of Molecular Sciences*, 19(11), 3619. <https://doi.org/10.3390/ijms19113619>
- Peters, S. L., Yao, C. K., Philpott, H., Yelland, G. W., Muir, J. G., & Gibson, P. R. (2016). Randomised clinical trial: the efficacy of gut-directed hypnotherapy is similar to that of the low FODMAP diet for the treatment of irritable bowel syndrome. *Alimentary Pharmacology & Therapeutics*, 44(5), 447–459. <https://doi.org/10.1111/apt.13706>
- Phelps, A. J., Varker, T., Metcalf, O., & Dell, L. (2017). What Are Effective Psychological Interventions for Veterans With Sleep Disturbances? A Rapid Evidence Assessment. *Military Medicine*, 182(1), e1541–e1550. <https://doi.org/10.7205/MILMED-D-16-00010>
- Plaskota, M., Lucas, C., Evans, R., Pizzoferro, K., Saini, T., & Cook, K. (2012). A hypnotherapy intervention for the treatment of anxiety in patients with cancer receiving palliative care. *International Journal of Palliative Nursing*, 18(2), 69–75. <https://doi.org/10.12968/ijpn.2012.18.2.69>
- Popa, S.-L., Chiarioni, G., David, L., & Dumitrascu, D. L. (2019). The Efficacy of Hypnotherapy in the Treatment of Functional Dyspepsia. *American Journal of Therapeutics*, 26(6), e704–e713. <https://doi.org/10.1097/MJT.0000000000001033>
- Rajae, F., & Eshghi, R. (2018). The effect of behavioral-cognitive hypnotherapy on improving anxiety and sexual performance of vaginismus patients. *Journal of Clinical Psychology*, 9(4).
- Riehl, M. E., Pandolfino, J. E., Palsson, O. S., & Keefer, L. (2016). Feasibility and acceptability of esophageal-directed hypnotherapy for functional heartburn. *Diseases of the Esophagus*, 29(5), 490–496. <https://doi.org/10.1111/dote.12353>
- Roslim, N. A., Ahmad, A., Mansor, M., Aung, M. M. T., Hamzah, F., Hassan, H., & Lua, P. L. (2021). Hypnotherapy for overweight and obese patients: A narrative review. *Journal of Integrative Medicine*, 19(1), 1–5. <https://doi.org/10.1016/j.joim.2020.10.006>
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719–727. <https://doi.org/10.1037/0022-3514.69.4.719>
- Setyadi, A. W., & Yunita, A. (2018). The Effect of Hypnotherapy to the Changes of Stress Level to Odha (person who has been diagnosed HIV/AIDS) in the KDS Friendship Plus Kediri. *The 2nd Joint International Conferences*.
- Shahbazi, K. (2016). Comparison of Hypnotherapy and Standard Medical Treatment Alone on Quality of Life in Patients with Irritable Bowel Syndrome: A

- Randomized Controlled Trial. *JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH*. <https://doi.org/10.7860/JCDR/2016/17631.7713>
- Sharma, V., Banerjee, P., & Pura, A. (2020). SYSTEMATIC ANALYSIS OF CLINICAL HYPNOTHERAPY FOR THE ENHANCEMENT OF MENTAL HEALTH AND WELL BEING. *INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY EDUCATIONAL RESEARCH*, 9(5(2)).
- Sharma, V., Pandya, P., Kumar, R., & Gupta, G. (2017). Evaluation of hypnotherapy in pain management of cancer patients: A clinical trial from India. *Indian J Pain*, 31, 100–106.
- Statham, J., & Chase, E. (2010). *Childhood wellbeing: A brief overview*. Childhood Wellbeing Research Centre.
- Szigethy, E. (2015). Hypnotherapy for Inflammatory Bowel Disease Across the Lifespan. *American Journal of Clinical Hypnosis*, 58(1), 81–99. <https://doi.org/10.1080/00029157.2015.1040112>
- Tastan, K., Ozer Disci, O., & Set, T. (2018). A Comparison of the Efficacy of Acupuncture and Hypnotherapy in Patients With Migraine. *International Journal of Clinical and Experimental Hypnosis*, 66(4), 371–385. <https://doi.org/10.1080/00207144.2018.1494444>
- Téllez, A., Juárez-García, D. M., Jaime-Bernal, L., Medina De la Garza, C. E., & Sánchez, T. J. (2017). The effect of hypnotherapy on the quality of life in women with breast cancer. *Psychology in Russia: State of the Art*, 10(2), 228–240. <https://doi.org/10.11621/pir.2017.0216>
- Téllez, A., Rodríguez-Padilla, C., Martínez-Rodríguez, J. L., Juárez-García, D. M., Sanchez-Armass, O., Sánchez, T., Segura, G., & Jaime-Bernal, L. (2017). Psychological Effects of Group Hypnotherapy on Breast Cancer Patients During Chemotherapy. *American Journal of Clinical Hypnosis*, 60(1), 68–84. <https://doi.org/10.1080/00029157.2016.1210497>
- Vasant, D. H., Hasan, S. S., Cruickshanks, P., & Whorwell, P. J. (2021). Gut-focused hypnotherapy for children and adolescents with irritable bowel syndrome. *Frontline Gastroenterology*, 12(7), 570–577. <https://doi.org/10.1136/flgastro-2020-101679>
- Vlieger, A. M., Rutten, J. M. T. M., Govers, A. M. A. P., Frankenhuis, C., & Benninga, M. A. (2012). Long-Term Follow-Up of Gut-Directed Hypnotherapy vs. Standard Care in Children With Functional Abdominal Pain or Irritable Bowel Syndrome. *American Journal of Gastroenterology*, 107(4), 627–631. <https://doi.org/10.1038/ajg.2011.487>
- Wang, Y. (2020). Analysis of the Effect of Cognitive Hypnosis Therapy in the Intervention of Psychological Anxiety in Cancer Patients. *Investigación Clínica*, 61(3).
- Whitehouse, W. G., Dinges, D. F., Orne, E. C., & Orne, M. T. (1988). Hypnotic hypermnesia: Enhanced memory accessibility or report bias? *Journal of Abnormal Psychology*, 97, 289–295.
- Wohlers, K., & Hombrecher, M. (2016). Entspann dich, Deutschland: TK-Stressstudie 2016. *Techniker Krankenkasse*.