

Hypnotherapy is an effective solution for individuals with wellness concerns like anxiety, depression, lack of confidence, fear, sexual dysfunction, stress, problems concentrating and smoking cessation.

Browse the following clinical research, which includes clinical studies, case reports and other information, to learn more about the efficacy of hypnosis in real world application.

Anxiety and Stress Management

Rapid relaxation--practical management of preoperative anxiety.

Rapid Relaxation suggestions markedly improves the quality of the dental experience.

Published: J Can Dent Assoc. 2007 Jun;73(5):437-40

PubMed ID: [17555655](#)

Hypnosis reduces preoperative anxiety in adult patients.

On entrance to the operating rooms, the hypnosis group reported a significant decrease of 56% in their anxiety levels

Published: Anesth Analg. 2006 May;102(5):1394-6.

PubMed ID: [16632816](#)

Tele-hypnosis in the treatment of adolescent school refusal

This study illustrates the benefits of self-hypnosis in the treatment of school refusal, while also enabling the patient to maintain the connection with the therapist so that the anxiety may be confronted when it arises.

Published: Am J Clin Hypn. 2006 Jul;49(1):31-40

PubMed ID: [16889360](#)

Adjunctive self-hypnotic relaxation for outpatient medical procedures: a prospective randomized trial with women undergoing large core breast biopsy.

Concludes that, while both structured empathy and hypnosis decrease procedural pain and anxiety, hypnosis provides more powerful anxiety relief without undue cost and thus appears attractive for outpatient pain management.

Published: Pain. 2006 Dec 15;126(1-3):155-64

PubMed: [16959427](#)

Depression

Cognitive hypnotherapy for depression: an empirical investigation.

Results show that Cognitive Hypnotherapy produced 6%, 5%, and 8% greater reduction in depression, anxiety, and hopelessness, respectively.

Published: Int J Clin Exp Hypn. 2007 Apr;55(2):147

PubMed ID: [17365072](#)

Treating postpartum depression with hypnosis: addressing specific symptoms presented by the client.

A case report in which hypnotherapy was successfully utilized in the treatment of Postpartum Depression by attending to the specific problems presented by the client and developing client skills to resolve existing problems and prevent their recurrence.

Published: Am J Clin Hypn. 2007 Jan;49(3):219-23

PubMed ID: [17265979](#)

Cognitive change in patients undergoing hypnotherapy for irritable bowel syndrome.

HT resulted in improvement of symptoms, quality of life and scores for anxiety and depression. This study shows that symptom improvement in IBS with HT is associated with cognitive change. It also represents an initial step in unravelling the many possible mechanisms by which treatments such as HT might bring about improvement.

Published: J Psychosom Res. 2004 Mar;56(3):271-8

PubMed ID: [15046962](#)

Smoking Cessation

Intensive hypnotherapy for smoking cessation: a prospective study.

The rates of point prevalence smoking cessation, as confirmed by carbon-monoxide measurements for the intensive hypnotherapy group, was 40% at the end of treatment; 60% at 12 weeks, and 40% at 26 weeks

Published: Int J Clin Exp Hypn. 2006 Jul;54(3):303-15

PubMed ID: [16766441](#)

Clinical hypnosis for smoking cessation: preliminary results of a three-session intervention.

At the end of treatment, 81% of patients reported that they had stopped smoking, and 48% reported abstinence at 12 months posttreatment.

Published: Int J Clin Exp Hypn. 2004 Jan;52(1):73-81

PubMed ID: [14768970](#)

Hypnotic treatment of smoking: the single-treatment method revisited.

Treatment results after a single, one hour session indicate a 25% total abstinence rate after a six month review.

Published: Am J Psychiatry. 1979 Jan;136(1):83-5.

PubMed ID: [758833](#)

Weight Management

Participation in multicomponent hypnosis treatment programs for women's weight loss with and without overt aversion.

Significant weight loss was achieved by the hypnosis treatment group.

Published: Psychol Rep. 1996 Oct;79(2):659-68

PubMed ID: [8909095](#)

Effectiveness of hypnosis as an adjunct to behavioral weight management.

At the 8-month and 2-year follow-ups, study hypnosis clients showed significant additional weight loss as compared to other groups. More of the subjects who used hypnosis also achieved and maintained their personal weight goals.

Published: J Clin Psychol. 1985 Jan;41(1):35-41

PubMed ID: [3973038](#)

Weight loss for women: studies of smokers and nonsmokers using hypnosis and multicomponent treatments with and without overt aversion.

Smokers and nonsmokers achieved significant weight losses and decreases in Body Mass Index.

Published: Psychol Rep. 1997 Jun;80(3 Pt 1):931-3

PubMed ID: [9198396](#)

Hypnotic enhancement of cognitive-behavioral weight loss treatments--another meta-reanalysis.

Published: J Consult Clin Psychol. 1996 Jun

PubMed ID: [8698945](#)

Impotence and Sexual Enhancement

Acupuncture and hypnotic suggestions in the treatment of non-organic male sexual dysfunction.

Hypnosis was shown to be superior to placebo.

Published: Scand J Urol Nephrol. 1997 Jun;31

PubMed ID: [9249892](#)

Efficacy of testosterone, trazodone and hypnotic suggestion in the treatment of non-organic male sexual dysfunction.

Hypnosis was the only treatment method identified as being superior to placebo.

Published: Br J Urol. 1996 Feb;77(2):256-60

PubMed ID: [8800895](#)

General

Clinical hypnosis with school-age children

Substantial clinical literature demonstrates that hypnosis effectively reduces anxiety, enhances coping, and has been used successfully to treat behavior disorders, school phobias, and sleep disorders.

Published: Arch Psychiatr Nurs. 1990 Apr;

PubMed ID: [2357110](#)

Self-hypnosis relapse prevention training with chronic drug/alcohol users: effects on self-esteem, affect, and relapse.

Hypnosis can be a useful adjunct in helping chronic substance abuse individuals with their reported self-esteem, serenity, and anger/impulsivity.

Published: Am J Clin Hypn. 2004 Apr;46(4):281-97.

PubMed ID: [15190730](#)

Fractal analysis of EEG in hypnosis and its relationship with hypnotizability.

Analysis was applied to study the trends of EEG signals in the hypnotic condition. The present study has found that the application of the fractal analysis technique can demonstrate the electrophysiological correlations with hypnotic influence on cerebral activity.

Published: Int J Clin Exp Hypn. 2007 Jan;55(1):14-31

PubMed ID: [17135061](#)

Hypnosis and pain management.

Hypnosis is empirically proved best therapy for pain management.

Published: Nurs J India. 2006 Jun;97(6):129-31

PubMed ID: [17058581](#)

Teaching college students better learning skills using self-hypnosis.

Satisfaction and depth data indicated the students were involved all through the course.

Statistical testing showed that students who scored highest on the CIS had the lowest initial GPA, improved most during the course, and significantly increased their GPA in the quarter after.

Published: Am J Clin Hypn. 1996 Apr;38(4):277-87

PubMed ID: [8799036](#)