



# 2<sup>nd</sup> International Conference of Academy of Hypnosis

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**Indian School Psychology Association**



**Pondicherry University**





# Hypnosis & Stress across lifespan : Review

Prevention – Promotion – Intervention

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# INTRODUCTION

Stress is a demand of adjustment by environment from an individual across lifespan. Effective management of stress results into development and growth of an individual. Although if not managed can cause various ailments.

Hypnosis has emerged as a promising therapeutic method for the treatment of stress throughout different stages of life.

We conducted a narrative review to summarize hypnosis interventions used across lifespan in various ailments which may have caused due to stress.



# AIM & METHOD

Aim of this review article is to consolidate current research on the effectiveness of hypnosis for managing stress in children, adolescents, adults, and elderly.

We investigated the mechanisms behind hypnosis and its psychological and physiological impacts, emphasizing the role of suggestibility and altered states of consciousness in alleviating stress.

We employed qualitative method for this review. Included total of 100+ reviews from approximately 25+ years (1994 – 2024).



# STUDY PROTOCOL

Source of Information – Google Scholar, Researchgate, Frontiersin, ScienceDirect, ERIC & Web based articles and reports.

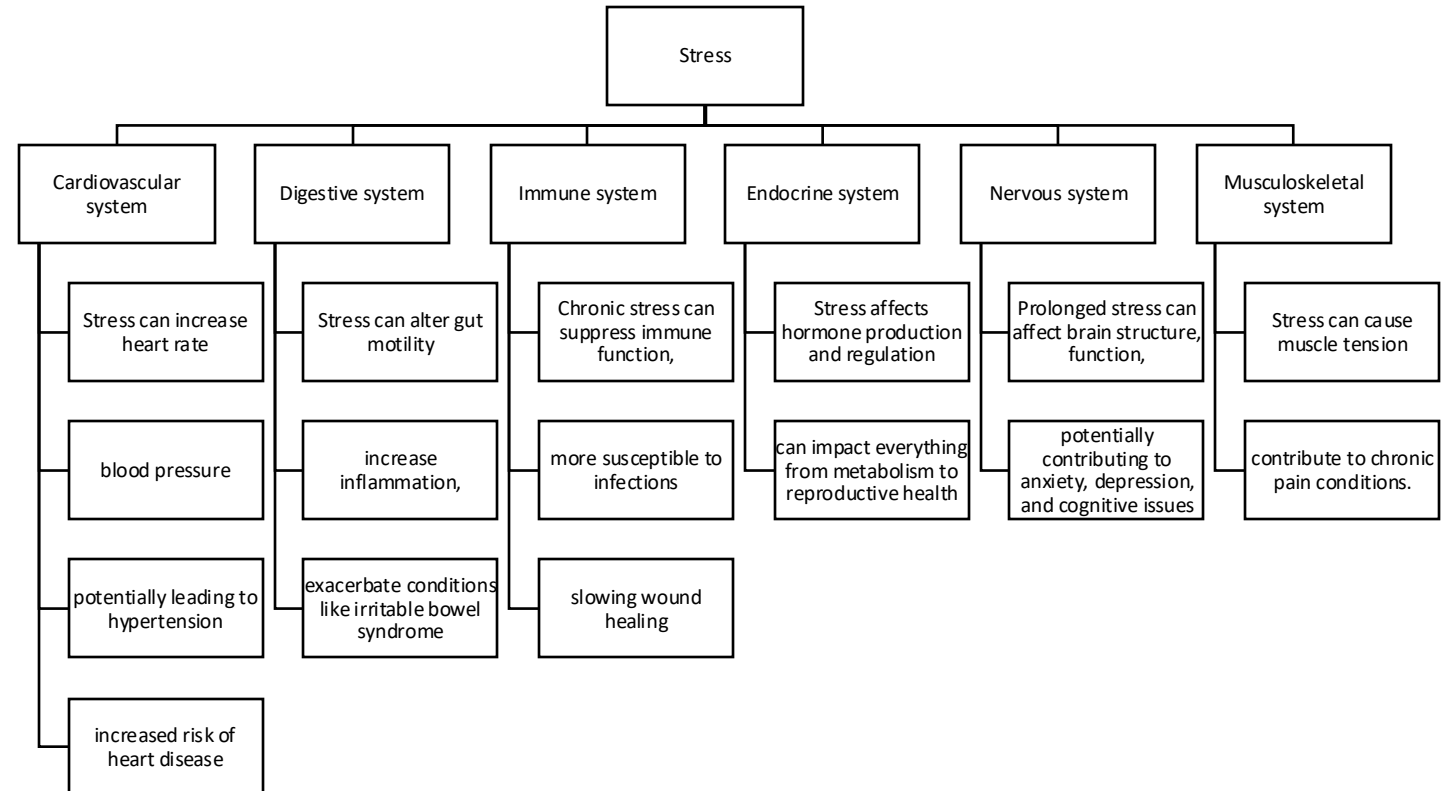
Search terms used – Hypnosis, Hypnotherapy, Stress, Lifespan, Therapeutic Techniques, Mental Health.

Selection Criteria - Since the study uses a narrative review method, no typical criteria for inclusion and exclusion have been pre defined. However the publications and articles that were selected were between year from 1994 onwards.

# DISCUSSION - Stress

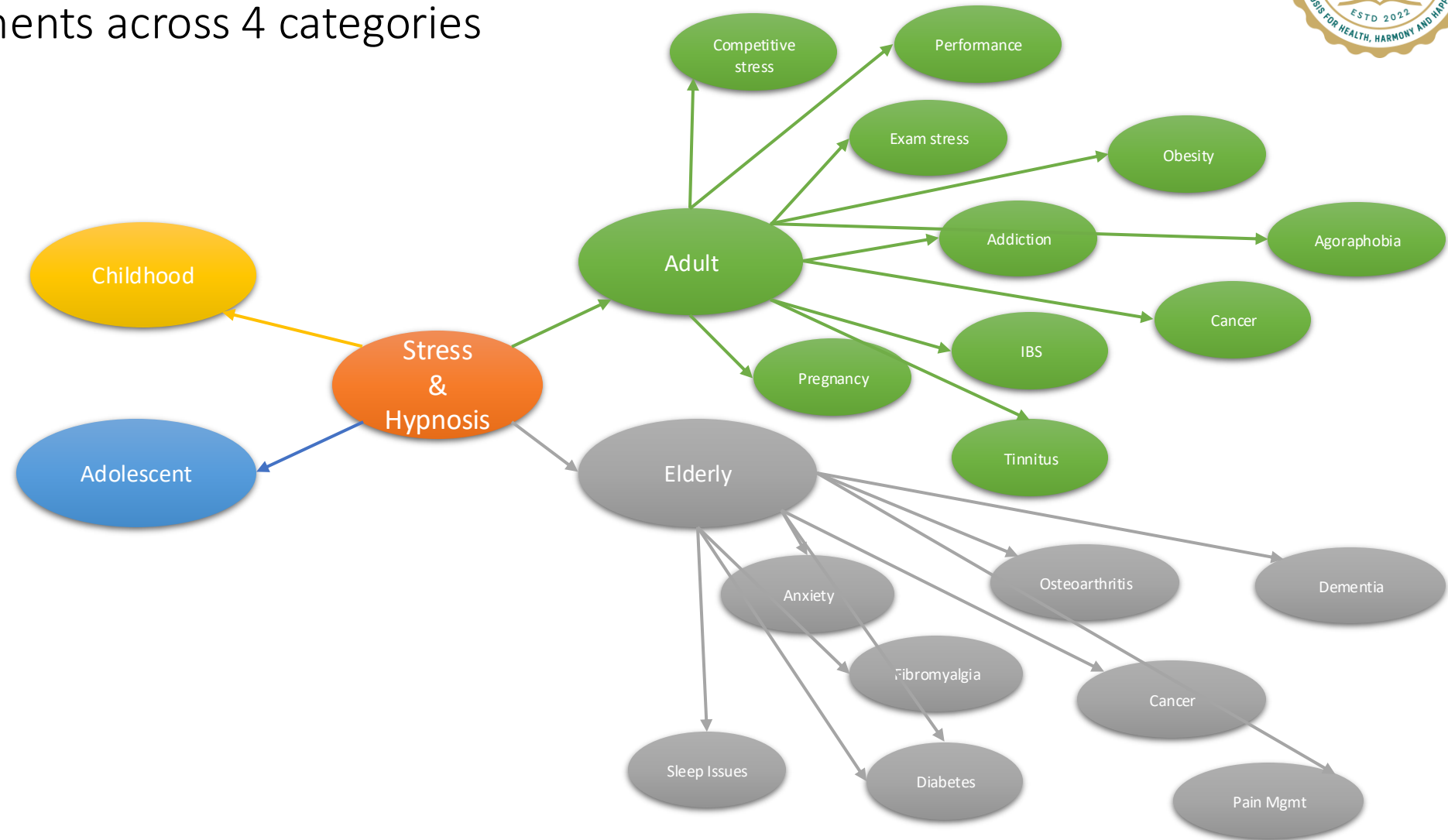
What is impact of Stress and how eventually it shows up in physiological or psychological ailments.

Hypnosis can help to manage stress effectively.



# DISCUSSION

mind map of ailments across 4 categories



# DISCUSSION

Children





# DISCUSSION

Adolescent





# DISCUSSION – Adult category

In 30+ literatures reviewed for the adult category, it has been seen that hypnotherapy intervention has given effective positive outcomes. Studies reviewed are from different continents – Europe, Asia, North America, Australia.

Issues covered are not limited to exam, competitive stress which are very common among young adults but other issues across adulthood like hypertension, addiction, obesity, IBS, fatigue and women health issues are also covered. We also covered studies where hypnotherapy interventions were used for working class - hospital staff, COVID-19 task force as well as railway employees.

For exam stress or competitive sports its used as preventive care. Through the review its been shown that self hypnosis can help in better experience during the entire pregnancy.

In certain cases hypnotherapy is used in adjunct with CBT, Music Therapy etc.

One of the interesting review is hypnotherapy using AR -augmented reality for stress.

Sessions were conducted by qualified hypnotherapist and then self hypnosis recordings were handed over for individuals to practice at their home in most of the studies/trials. Some were group sessions and some one-on-one. Almost all sessions were 30+ minutes and included relaxation, imagery etc.



# DISCUSSION-Elderly Category

In 20+ literatures reviewed for elderly population, it has been seen that hypnotherapy intervention has given effective positive outcomes. Studies reviewed are from different continents – Europe, Asia, North America

Issues covered are in area of anxiety, pain management, sleep issues, hypertension, diabetes which are most common.

Some of the studies used Hypnotherapy intervention in day care or hospital settings.

One of the study indicated increase in amount of deep sleep by 57% in the elderly by using hypnotic suggestions which is very impressive.

In the field of Dementia, one scoping review also indicates that using hypnosis can help having better quality of life.

Pain management studies focus on reducing prescription drugs by usage of hypnotherapy intervention. This may reduce the adverse effect on older adults.

In elderly population all the studies fall into intervention category. Sessions were guided one-on-one plus self hypnosis recordings provided to practice on regular basis. Almost all sessions were 30+ minutes and included relaxation, imagery etc.



# CONCLUSION

- According to the findings in literature reviewed, Hypnotherapy based interventions are used across continents, across countries and across lifespan.
- Most of the studies reviewed fall into intervention and may be few in prevention like exam stress for students or use of hypnosis during entire period of pregnancy.
- It has positive outcome in reduction of anxiety, hypertension, perceived stress, addictions, better experience during pregnancy, IBS, pain management, sleep issues, diabetes, fibromyalgia, osteoarthritis etc
- It needs to be noted that health issues if not completely eliminated, reduction in the symptoms and increase in well being is seen effectively as per outcome of the literature review. Eg in case of Tinnitus treatment, symptoms continued but they no longer affected patients lives. Patients learned to disregard disturbing noise.
- Similarly when we reviewed Cancer related studies – Hypnotherapy used to reduce fatigue and pain.



# CONCLUSION

Benefits of hypnosis identified are -

- Safe and Cost effectiveness
- Non addictive
- Non pharmacological technique specifically for older adults – in procedures like Lumber puncture etc
- Self administered
- Increases self awareness as well as self reliance
- Works great along with CBT, Music therapy and other modalities of treatment.
- Although, it is under prescribed and not used to its fullest extent.



# CONCLUSION

Even though Hypnosis is known from 18<sup>th</sup> century as per scientific history, based on the review of 100+ literature it seems like it has a great positive outcome although its under prescribed.

Some of the best usage that comes to mind are –

1. Self-hypnosis at the level of Yoga as it is practiced today – as a lifestyle change.
2. Maternity hospitals – introduction of self hypnosis training at state / government level
3. Schools & colleges – some avenue for students for learning self hypnosis
4. Corporates – training programs for new joiners , mgmt. trainees etc – Work stress mgmt. being one of the key in public health policy by Government.
5. Day care centres for elderly or old age homes can benefit from self-hypnosis.

Studies cover broad spectrum of ailments in all age groups, although have not come across any study which suggests that GP in Government Hospitals can make use of the hypnotherapy or self-hypnosis as no side effect and cost-effective option.



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