

## Scientific Research

In cancer patients, hypnosis and other mind-body techniques have been shown to improve quality of life, mood, and coping ability.

Listed below are some of the scientific studies:

- Bardia A, Barton DL, Prokop LJ, Baur BA, Moynihan TJ. Efficacy of complementary and alternative medicine therapies in relieving cancer pain: a systematic review. *J Clin Oncol.* (2006) 24(34): 5457-64 [[PUBMED](#)]
- [2.a, b, c.](#) Gruzelier J. Unwanted effects of hypnosis: a review of the evidence and its complications. *Contemporary Hypnosis* (2000). 17(4): 163-93.
- [3.](#) Kihlstrom JF. Hypnosis, memory and amnesia. *Philos Trans R Soc Lond B Biol Sci.* (1997) 352(1362): 1727-32. [[PUBMED](#)]
- [4.](#) Rainville P, Price DD. Hypnosis phenomenology and the neurobiology of consciousness. *Int J Clin Exp Hypn.* (2003). 51(2): 105-29 [[PUBMED](#)]
- [5.](#) Classen C, Butler LD, Koopman C, et al. Supportive-expressive group therapy and distress in patients with metastatic breast cancer: a randomized clinical intervention trial. *Arch Gen Psychiatry* (2001) 58: 494-501 [[PUBMED](#)]
- [6.](#) Elkins GR, Kendrick C, Koep L. Hypnotic relaxation therapy for treatment of hot flashes following prostate cancer surgery: a case study. *Int J Clin Exp Hypn.* 2014;62(3):251-9. [[PUBMED](#)]
- [7.](#) Kravits K. Hypnosis: adjunct therapy for cancer pain management. *J Adv Pract Oncol.* 2013 Mar;4(2):83-8. [[PUBMED](#)]
- [8.](#) Astin JA, Shapiro SL, Eisenberg DM, Forsys KL. Mind-body medicine: state of the science, implications for practice. *J Am Board Fam Pract.* (2003). 16(2): 131-47. [[PUBMED](#)]
- [9.](#) Neron S, Stephenson R. Effectiveness of hypnotherapy with cancer patients' trajectory: emesis, acute pain, and analgesia and anxiolysis in procedures. *Int J Clin Exp Hypn.* (2007) 55(3): 336-54. [[PUBMED](#)]
- [10.](#) Elkins G, White J, Patel P, Marcus J, Perfect MM, Montgomery GH. Hypnosis to manage anxiety and pain associated with colonoscopy for colorectal cancer screening: Case studies and possible benefits. *Int J Clin Exp Hypn.* (2006) 54(4): 416-31 [[PUBMED](#)]
- [11.](#) Porter LS, Keefe FJ. Psychosocial issues in cancer pain. *Curr Pain Headache Rep.* 2011 Aug;15(4):263-70. [[PUBMED](#)]
- [12.](#) Syrjala KL, Jensen MP, Mendoza ME, Yi JC, Fisher HM, Keefe FJ. Psychological and behavioral approaches to cancer pain management. *J Clin Oncol.* 2014 Jun 1;32(16):1703-11. [[PUBMED](#)]
- [13.](#) Finnegan-John J, Molassiotis A, Richardson A, Ream E. A systematic review of complementary and alternative medicine interventions for the management of cancer-related fatigue. *Integr Cancer Ther.* 2013 Jul;12(4):276-90.
- [14.](#) Minowa C, Koitabashi K. The effect of autogenic training on salivary immunoglobulin A in surgical patients with breast cancer: a randomized pilot trial. *Complement Ther Clin Pract.* 2014 Nov;20(4):193-6. [[PUBMED](#)]

- [15.](#) Walker LG, Walker MB, Ogston K, et al. Psychological, clinical and pathological effects of relaxation training and guided imagery during primary chemotherapy. *Br J Cancer* (1999) 80: 262-8. [[PUBMED](#)]
- [16.](#) National Library of Medicine. 2016. ClinicalTrials.gov Retrieved June 26, 2016 from the National Institutes of Health. [<http://clinicaltrials.gov/ct/search;jsessionid=C7A2AF96B6A98F522EC69182AD992021?term=hypnosis%2C+cancer>]
- [17.](#) Judson, Patricia. Outcomes in Ovarian Cancer and Fallopian Tube Cancer Patients Using Complementary Alternative Medicine. 2015. University of Minnesota, Randy Shaver Cancer Research Fund. Clinicaltrials.gov[NCT00293293]. [<https://clinicaltrials.gov/ct2/show/study/NCT00293293?term=hypnosis+cancer&rank=5&sect=Xfedcba9870156>]
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- [19.](#) Anonymous. Integration of behavioral and relaxation approaches into the treatment of chronic pain and insomnia. NIH Technology Assessment Panel on Integration of Behavioral and Relaxation Approaches into the Treatment of Chronic Pain and Insomnia. *JAMA* (1996) 276 (4):313-8. [[PUBMED](#)]
- [20.](#) Deng GE, Rausch SM, Jones LW, Gulati A, Kumar NB, Greenlee H, Pietanza MC, Cassileth BR. Complementary therapies and integrative medicine in lung cancer: Diagnosis and management of lung cancer, 3rd ed: American College of Chest Physicians evidence-based clinical practice guidelines. *Chest.* 2013 May;143(5 Suppl):e420S-36S. [[PUBMED](#)]