

Hypnotherapy as Empirically-Supported Treatment (EST)

Ratings using Chambless & Hollon (1998) criteria reviewed by David M. Wark (2008)

| “Specific” empirically supported treatments | | |
|---|--|---------------------------|
| Anxiety about asthma attack | | Brown, 2007 |
| Headaches and migraine | Relaxation + image modification > wait list control | |
| “Effective” empirically-supported treatments | | |
| Cancer pain | | Syrjala et al., 1992 |
| Distress during surgery | Hypnosis reduces distress & pain > controls | Lang et al., 2006 |
| Surgery pain (adult) | Self-hypnosis reduces drug use > attention control | Lang et al., 1996 |
| Surgery pain (child) | Hypnosis reduces pain + hospital time > control | Lambert, 1996 |
| Weight reduction | Hypnosis + CBT > CBT, differences increase over time | Kirsch, 1996 |
| “Possible” empirically-supported treatments | | |
| Acute pain (adult) | | Patterson & Jensen 2003 |
| Acute pain (children) | Hypnosis > distraction for bone aspiration | Zelter & LaBaron, 1982 |
| Anorexia | Staged treatment with hypnosis > same without hyp | Baker & Nash, 1987 |
| Anxiety about public speaking | Hypnosis > CBT | Schoenberger et al, 1997 |
| Anxiety about taking a test | Self-hypnosis > discussion control | Stanton, 1994 |
| Asthma | Hypnosis > attention control | Ewer & Stewart, 1986 |
| Bed wetting | Suggestion with/without hypno > wait list control | Edwards & Spuy 1986 |
| Bulimia | Hypnosis = CBT > wait list | Griffiths et al, 1996 |
| Chemotherapy distress | Hypnosis > conversation + antiemetic medication | Jacknow et al, 1994 |
| Cystic fibrosis | Self-hypnosis > wait list control | Belsky & Khanna, 1994 |
| Depression | Hypnosis enhances CNT | Alladin & Alibhai, 2007 |
| Duodenal ulcer relapse | Hypnosis + medication > medication only | Colgan et al, 1988 |
| Fibromyalgia | Hypnosis > physical therapy, subjective symptoms | Haanen et al, 1991 |
| Haemorrhage | Preoperative suggestion reduces blood flow | Enqvist et al., 1995 |
| High blood-pressure | Hypnosis > wait list in reducing BP long term | Gay, 2007 |
| Hip & knee osteoarthritis pain | Hypnosis = relaxation > wait list control | Gay et al, 2002 |
| Insomnia (primary) | Hypnosis + CBT > medication long-term | Graci & Hardie, 2007 |
| Irritable bowel syndrome | Hypnosis > psychotherapy | Whorwell et al, 1984 |
| Nausea & hyperemesis | Hypnotic-like relaxation > control | Lyles et al, 1982 |
| Obstetrics Apgar score | Hypnosis associated with higher Apgar score | Harmon et al, 1990 |
| Obstetrics pain | Hypnosis shortens labour & reduces analgesic use | Jenkins & Pritchard, 1983 |
| Smoking cessation | Hypnosis or relaxation > wait list controls | Schubert, 1983 |
| Trauma recovery | Desensitisation = hypnosis = psychodynamic > control | Brom et al, 1989 |
| Wart removal | Suggestion with/without hyp > control or medication | Spanos et al, 1990 |

Ratings derived from the review published by Wark (2008), in which the references and criteria are given in full.: Wark, David M. “What we can do with hypnosis: a brief note”, *American Journal of Clinical Hypnosis*, July 2008.