Table 3: Studies of hypnotherapy for other cancer-related symptoms

<table>
<thead>
<tr>
<th>First author, year</th>
<th>Study type</th>
<th>Participants (diagnosis, N)</th>
<th>Intervention groups</th>
<th>Results</th>
<th>Conclusion / Comments</th>
</tr>
</thead>
</table>
| Maclaughlan, 2013  | RCT        | Breast cancer patients, 15  | 1. Gabapentin 900 mg daily in three divided doses  
2. Standardised hypnosis | There were no statistically significant differences between groups in terms of treatment of hot flashes. | Hypnotherapy and gabapentin demonstrate efficacy in improving hot flashes. |
| Elkins, 2011      | RCT        | Breast cancer patients, 60  | 1. Five weekly sessions of hypnosis  
2. Wait-list control | Hypnosis intervention was more effective for participants who scored higher on measured hypnotizability | Moderating role of hypnotizability may be useful to consider in treatment of hot flashes with the hypnosis intervention |
2. Attention control | CBT+H group had significantly lower levels of fatigue at the end of radiotherapy and up to 6 mnth follow-up | Results support CBT+H as an evidence-based intervention to control fatigue in patients undergoing radiotherapy for breast cancer |
| Snow, 2012        | RCT        | Various ca types, 80        | 1. Hypnosis  
2. Standard care | Hypnosis intervention reduced the anxiety associated with procedure | Brief hypnosis administered concurrently reduces patient anxiety during bone marrow aspirates and biopsies |
| Bukhtoiarov, 2007  | CCT        | Adults with malignant melanoma stage II-IV (bx) and stomach tumours stage I-IV (control), 46 | 1. Malignant melanoma patients  
2. Stomach tumour patients All received individually-tailored hypnosis | Correlation analysis of data on group 1 identified 7 negative coefficients (p < 0.05 and p < 0.01) exactly in the monocytic macrophageal link | Potential of hypnosis for cancer patient immunity, feasibility of differentiated targeting specific links of immune system. |
| Hockenberry-Eaton, 1989 | RCT | Children with various ca types, 22 | 1. Taught self-hypnosis  
2. Standard care Four courses of cx | Decrease in Harter Perceived Self-Competence Profile scores in (2) as opposed to an increase in (1) | Need for nurses to become actively involved in helping children develop effective coping skills during cx No p-values provided |
| Montgomery, 2010 | RCT | Adults with mammaca, 200 | 1. Hypnosis group
2. Control group | Hypnotic effects on postsurgical pain were partially mediated by pain expectancy (p<0.0001) but not by distress (p=0.12); hypnotic effects on postsurgical nausea were partially mediated by presurgical distress (p=0.02) but not by nausea expectancy (p=0.10); hypnotic effects on postsurgical fatigue were partially mediated by both fatigue expectancy (p=0.0001) and presurgical distress (p=0.02) | Results demonstrate the mediational roles of response expectancies and emotional distress in clinical benefits associated with a hypnotic intervention |

**RCT** = randomized clinical trial

**CCT** = controlled clinical trial