

**Table 1: Studies of hypnotherapy for anticipatory nausea and vomiting (ANV) during medical procedures**

Source: Katja Boehm, CAM-Cancer Consortium. [Hypnotherapy \[online document\]](#). November 9, 2014.

First author, year	Study type	Participants (diagnosis, N)	Intervention groups	Results	Conclusion / Comments
Cotanch, 1985 <sup>18</sup>	RCT	Children with various types of ca, 20	1. Relaxation / self-hypnosis 2. Standard care Followed for 4 courses of cx.	Significant reduction in integrity and severity of nausea and vomiting and a significant increase in oral intake post chemotherapy for (1)	Chemotherapy-related ANV can be reduced and oral intake use improved with the use of behavioral interventions
Enqvist, 1997 <sup>16</sup>	RCT	Adult mamma ca, 50	1. Hypnosis group (audio tape daily 4-6 days prior to surgery) 2. Standard care	Significant reduction of nausea (p=0.009), vomiting (p=0.049) and analgesia use (p=0.02)	Preoperative relaxation and/or hypnotic techniques in breast surgery contribute to a reduction of both ANV and postoperative analgesic requirements
Jacknow, 1994 <sup>29</sup>	RCT	Children with various types of ca, 20	1. Hypnosis as a therapy for ANV, antiemetic medicine as a supplement when needed 2. Antiemetic medicine only	(1) used less antiemetic medicine during first (p<0.04) and second course (p<0.02) of cx compared to (2) (1) experienced less anticipatory nausea than (2) at 1 to 2 months postdiagnosis (p<0.02)	No differences in ANV severity
Oddby-Muhrbeck, 1995 <sup>15</sup>	RCT	Adults mamma ca, 70	1. Self-hypnosis 2. Blank tape with low background music	No significant differences in 24 hour period (1) less often recalled nausea and vomiting	No major effect of peroperative suggestion for postoperative nausea and vomiting Researchers cannot rule out some implicit processing during balanced anesthesia
Zeltzer, 1984 <sup>19</sup>	RCT	Children with various types of ca, 51	1. Hypnosis 2. Supportive counselling	Both (1) and (2) were associated with significant reductions in nausea, vomiting, and the extent to which these symptoms bothered patients (all p less than 0.001)	Chemotherapy-related nausea and emesis in children can be reduced with behavioral intervention. Reductions are maintained after intervention has been discontinued

Zeltzer, 1999 14	RCT	Children with various types of ca, 54	<ol style="list-style-type: none"> <li>1. Hypnosis</li> <li>2. Non-hypnotic distraction/relaxation</li> <li>3. Attention placebo</li> </ol>	Children in the hypnosis group reported greatest reduction anticipatory emesis ( $p < 0.05$ )	Emetic potential of the chemotherapy and the prophylactic use of antiemetics each appeared to contribute to the overall severity of symptoms
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RCT = randomized clinical trial

CCT = controlled clinical trial