

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

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
Maclaughlan, 2013 ³⁰	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 ³¹	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
Mongomery, 2014 ³²	RCT	Breast cancer patients, 200	1. Cognitive behavioural therapy plus hypnosis 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 ³³	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 ²⁶	CCT	Adults with malignant melanoma stage II-IV (tx) 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 ²⁷	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 ¹⁷	RCT	Adults with mamma ca, 200	<ol style="list-style-type: none"> 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
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RCT = randomized clinical trial
CCT = controlled clinical trial