Group hypnosis for stress reduction - a randomized multicenter study

Summary:
Summary: In this two-armed randomized prospective multicenter study, the effectiveness of a 5-week hypnotherapeutic group program for stress reduction will be evaluated in comparison to a control group that receives only a behavioral therapy oriented guide book.

80 healthy subjects with increased subjective stress levels in the last 4 weeks on the visual analogue scale > 40 mm (VAS 0 - 100 mm) participate in the study.

The participants of the intervention group will participate in a hypnotherapeutic stress reduction program in the group once a week for 120 minutes for 5 weeks and will receive an information brochure with information on stress reduction in addition at baseline. The participants of the control group only receive the information brochure.

The study takes place in Berlin, Coesfeld, Münster and Bad Pyrmont.

The primary outcome parameter is the subjective stress load on a visual analogue scale (0-100 mm) after 5 weeks, secondary outcome parameters are the subjective stress load on a visual analogue scale after 12 weeks and Cohen's Perceived Stress Scale 14 items, the assessment of the effect of stress management training on the stress load and the ability to cope with stress on a Likert scale, a Likert scale for goal attainment, depression (ADS-K), self-efficacy and the general quality of life (SF 36) after 5 and 12 weeks.

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Biometrics: Roll
Project duration: 2017-2020
Project status: publication phase
Funding: Investigator Initiated Trial

Publication: