A hypnotherapeutic group program for stress reduction - a feasibility study

Summary:
In this exploratory pilot study the feasibility of a 5-week hypnotherapeutic group program for stress reduction will be explored. The practical feasibility of intervention and evaluation, the subjective perceived effects and the experiences of the participants are explored. In addition, possible outcome parameters and effects are to be investigated for a future confirmatory study.

This study is a one-armed uncontrolled exploratory intervention study.

In the study, 10 healthy participants with increased subjective stress levels (visual analogue scale> 40 mm (VAS 0 - 100 mm)) over the last 4 weeks are invited to participate.

The participants take part in a hypnotherapeutic group stress reduction program for 5 weeks once a week for 120 minutes. All participants will in addition receive an information brochure with information on behavioral stress reduction.

Explorative outcome parameters after 5 weeks compared to baseline are the subjective stress intensity on a visual analog scale (0-100 mm), Cohens Perceived Stress Scale 10 items, the assessment of the effects of stress management training on the stress intensity and the ability to deal with stress on a Likert scale, a Likert scale for achieving goals, depression (ADS-K), self-efficacy as well as general quality of life (SF 36).

In addition, qualitative interviews will take part at the end of the study, the study participants are interviewed in two focus groups on the subjective effects and the feasibility of the intervention.

---

Principal investigator: Brinkhaus, MD
Project coordinator: Teut, MD
Research associate: Fisch
Data management: Binting

Biometrics: Project duration: 2017-2019
Project status: publication phase
Funding: Investigator initiated trial

Publication: