

## Self-hypnosis in attenuation of asthma symptoms severity

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### Abstract

According to probable effects of psychological stress on exacerbation of asthma symptoms, utilizing complementary therapies such as hypnosis may be an effective treatment for reduction of asthma symptoms severity. Forty asthmatic patients were randomly allocated to self-hypnosis and control groups. Person's subjective perception of dyspnoea in both groups was assessed in 2 different stages via modified MRC scale (Modified Medical Research Council Dyspnoea Scale; range 0-4). Also, the Forced Vital Capacity (FVC) and Forced Expiratory Volume in one second (FEV<sub>1</sub>) were measured through spirometry twice a time, once prior to and again at the end of this one month study period. Only 72.5% of the patients completed the trial. The median change in dyspnoea symptom scores was greater in self-hypnosis group than control group ( $p = 0.004$ ). There was no significant difference in FVC, FEV<sub>1</sub> and FEV<sub>1</sub>/FVC within each group and between them. According to the results, self-hypnosis can improve symptoms but does not seem to change lung function in asthmatic patients, at least in short periods of time. © 2009 Asian Network for Scientific Information.

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