

Research: hypnosis and depression

Cognitive Hypnotherapy for Depression: An Empirical Study: To investigate the effectiveness of cognitive hypnotherapy (CH), hypnosis combined with cognitive behavior therapy (CBT), on depression, 84 depressives were randomly assigned to 16 weeks of treatment of either CH or CBT alone.

At the end of treatment, patients from both groups significantly improved compared to baseline scores. However, the CH group produced significantly larger changes in Beck Depression Inventory, Beck Anxiety Inventory, and Beck Hopelessness Scale. Effect size calculations showed that the CH group produced 6%, 5%, and 8% greater reduction in depression, anxiety, and hopelessness, respectively, over and above the CBT group.

The effect size was maintained at 6-month and 12-month follow-ups. This study represents the first controlled comparison of hypnotherapy with a well-established psychotherapy for depression, meeting the APA criteria for a “probably efficacious” treatment for depression. (1)

Alternative Treatments for Long-Term Depressed Mood: Meditation and Hypnosis The purpose of this study is to examine the effectiveness to two alternative treatments for long-term depressed mood: mindfulness meditation and hypnosis. The need to find effective treatments for those suffering from long-term low-to-moderate level depression has been known for over a century.

Although, there have been some recent advances in the types of drug and psychotherapy treatments available for this condition, some people do not respond to such interventions, have considerable side effects (from the drugs), or are not satisfied for other reasons with these treatment options.

The present study represents an innovative investigation into two alternatives to traditional treatments for long-term depressed mood: mindfulness meditation (plus gentle hatha yoga) and hypnosis in a group therapy format. Although both meditation and hypnosis have shown success in treating stress, anxiety, and pain in studies of non-clinical populations, neither has been systematically investigated as a possible treatment for long-term depressed mood. (2)

References:

(1) Assen Alladin and Alisha Alibhai (2000) *The International Journal of Clinical and Experimental Hypnosis*; Volume 55, Number 2 – April 2000.

(2) Spiegel, D. MD; Butler, L.D. Ph.D. Xin-Hua Chen; Abramson, M. DDS, Waelde, L. Ph.D. *Mental Insight Foundation*