

Research: hypnosis and haemophilia

Haemophiliac patients taught self-hypnosis significantly reduced both their level of self-reported distress and the amount of the factor concentrate required to control bleeding when compared with a control group of patients who did not undergo Hypnosis.

References:

Swirsky-Saccetti, T.; Margolis, C.G. (1986). "The Effects of a Comprehensive Self- Hypnosis Training Program on the Use of Factor VIII in Severe Hemophilia." International Journal of Clinical and Experimental Hypnosis, 34, 71-83.