

Research: hypnosis and stress management

A trial compared Hypnosis with biofeedback or a combination of both. All groups had significant reduction in blood pressure. (1)

However, at six-month follow-up only patients receiving Hypnosis had maintained the reduction. (2)

References:

(1) Friedman, H. & Taub, H. (1977). "The Use of Hypnosis and Biofeedback Procedures for Essential Hypertension." *International Journal of Clinical and Experimental Hypnosis*, 25, 335-347.

(2) Friedman, H. & Taub, H. (1978). "A Six Month Follow-up of the Use of Hypnosis and Biofeedback Procedures in Essential Hypertension." *American Journal of Clinical Hypnosis*, 20, 184-188