

# Research: hypnosis and arthritis

Following Hypnotherapy, patients with arthritis achieved significant decreases in pain, anxiety, and depression, and an increases in beta-endorphin-like immunoreactive material.

## References:

*Domangue, B.B., Margolis, C.G., Lieberman, D. & Kaji, H. (1985). "Biochemical Correlates of Hypnoanalgesia in Arthritic Pain Patients." Journal of Clinical Psychiatry, 46, 235-238.*