

The Effectiveness of Hypnotherapy on Management of Mild Depression

Nupur Swarup*

ABSTRACT

Depressive disorder constitutes a serious problem in the world, though the treatment of it leaves plenty of room for improved approaches. This article endeavors to dispel the myth and misconceptions concerning the use of Hypnosis in the treatment of depression, which can be used in the context of a wide range of therapeutic approach. Research was conducted on 15 depressive patients with mild depression, who were examined, interviewed and administered the therapy of hypnosis. The pre-treatment and post-treatment scores were noted and analyzed. The rate of depression lowered with no side effects. What works for depression of course marks the change in perception and affirmation with hypnotherapy.

Keywords: Depression, Hypnotherapy, Treatment

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INTRODUCTION

In medicine hypnosis involves invoking a trance-like state. Hypnosis is a temporary condition of altered perception, in which patient has heightened focus, where a health care professional, a trained therapist guides the process. Depression is a feeling of sadness that lasts for a long time. Depression often has a cause, and when the cause is found and released and transformed, the depression lifts.

Need for the Study

- Depression leading cause of disability worldwide
- Including alternative therapies for better cure and no side effects
- Awareness (Removing misconceptions)
- To counsel people appropriately
- Need to know different ways to deal depression.

Aims and Objectives

- To develop a better health alternative therapies
- To compare between the pre-test and post-test behavior of depressive patients
- To spread awareness
- To help patients overcome their problems with a positive attitude
- To create long-term positivity.

Statement of the Problem

Effectiveness of hypnotherapy on depressive patients.

Hypothesis

1. H_0 : There will be no significant difference in the prognosis of depressive patients using Hypnotherapy along with medical treatment
2. H_1 : There will be a significant difference in the prognosis of depressive patients posthypnotherapy along with medical treatment.

Department of Nursing, NIMS University, Jaipur, Rajasthan, India

Corresponding Author: Nupur Swarup, NIMS University, Jaipur, Rajasthan, India. E-mail: nupurswarup28@gmail.com

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RESEARCH METHODOLOGY

Diagnosing Depression

A diagnosis of depression usually requires symptoms to occur for 2 weeks or more. A doctor can rule out symptoms with physical examination, a personal interview, and laboratory tests. Evaluation and discussing family history can also help in.

Diagnosis must also include changes in functioning that involves:

- Disruption of sleep or eating
- Lack of energy or concentration
- Problems with self-image
- Thoughts of suicide.

Research Approach

Quantitative research method.

Research Design

- Quasi-experimental research design, where the patients were selected and allocated randomly for therapeutic clinical trials
- Setting of study - AMOGHA Institute, Ghaziabad, MMG Hospital, Ghaziabad, Private health center at Ghaziabad
- Population - Both males and females suffering from depression.

Table 1: Pre-treatment score and post test score and percentage reduction in depression of patients given hypnotherapy

Patient	Pre-treatment score	Post-test score	% Reduction	Patient	Pre-treatment score	Post-test score	% Reduction
P1	50	20	60.00	P9	50	24	52.00
P2	42	22	47.60	P10	44	24	45.50
P3	44	22	50.00	P11	48	22	54.20
P4	48	20	58.30	P12	43	22	48.80
P5	38	20	47.40	P13	44	20	54.50
P6	35	20	42.90	P14	50	20	60.00
P7	40	20	50.00	P15	50	20	60.00
P8	42	20	52.40				

*Score of a normal person is 20

Inclusive criteria

- Those ready to participate
- Those who are suffering from depression.

Exclusive criteria

- Those not ready to participate
- Those not suffering from depression
- Those with negative perspective and non-co-operative attitude.

The Sample Size

The sample size comprised 15 patients for the study, who fulfilled the selection criteria.

Sampling Technique

The subjects were not selected randomly. Thus a non-random technique was used for selecting samples by non-probability method.

Data Collection Method

The tool used was semi-structured questionnaire and technique for the collection of data were paper and pencil method. This was done on basis of survey and interview. The data were on primary basis case studies collected by interview.

- Written permission from concerned authority
- Informed consent
- Confidentiality
- Samples selected - A Pre-test was done. A set of Questionnaire scored recorded
- Therapies are administered to the patients
- After 7 days post-test score was noted for the experimental group
- Questionnaire answered and Scores noted than therapies administered
- On 10th day a post test was conducted again
- Data collection procedure was terminated by post suggestions and thanks giving.

Data Analysis

- Mild-to-moderate symptoms
- The result of assessment after therapy
- Pre-test result compared to post-test.

Section A

Data before administering the therapy

- Therapy administered
- Verbal feedback and post suggestion
- Patients allowed to go.

Section B

- Patients reporting after 7 days of their 1st session
- Questionnaire was given
- Level of depression analyzed
- Reduction in level of depression noted in the patients
- Therapy administered again and patients allowed to go.

Section C

- Patients reporting after 3 days of their 2nd session
- Questionnaire was given
- Level of depression analyzed
- Reduction in level of depression noted in the patients
- General talk post suggestion was given.

The response

All the depressive patients, after receiving therapy sessions of Hypnotherapy show decrease in their level of depression. The scores and the level of depression have decreased by 50% in most of the cases and are reduced to the score of a normal/recovered patient or near to normal as shown in Table 1.

The outcome of the therapy administered to the Patients verbally reported as feeling of:

- "Relaxed"
- "At Peace"
- "Feeling Happy"
- "Comfortable"
- "Feeling Normal".

Specific outcomes

- Reduced Muscle tension
- Better sleep pattern
- Decreased agitation/sadness
- Improved perception
- Strength to discover new way in life
- Hope for self-growth and development
- Better self-care
- Positive attitude.

RESULTS

The result showed that hypnotherapy is a great boon in the management of mild depression without any side effects. It acts upon the central nervous system, has a relaxing effect, and changes the perception into positivity.

None of the patients reported any negative effects during and after the therapy and showed a major decrease in the level of depression. The results of the therapy were very promising and encouraging.

DISCUSSION

Outdated views of hypnosis has not developed hypnosis as an alternative therapy. But this study shows a positive effect of hypnotherapy on management of mild depression.

Cowen, Leon *et al.*^[1] states that "The efficacy of clinical Hypnotherapy is now being established. There are several compelling arguments for the use of hypnosis in the treatment of depression. Michael Yapko, has proposed that hypnosis has relevance to the treatment of depression because hypnosis can help build positive expectancy regarding treatment, address numerous depressive symptoms (including insomnia and rumination), and modify patterns of self-organization (such as cognitive, response, attentional, and perceptual styles) that contribute to depressed thinking and mood (Yapko, 2006).^[2]

The Pre-test and Post-test was conducted and the research design adopted for this study was Quasi experimental design. 15 patients were selected to assess the decrease in the level of depression among depressive patients. Receiving therapies led to improvement in their state of depression and enhancing a positive thought form.

CONCLUSION

The findings of the study help us to understand the importance of alternative therapies – Hypnotherapy. Clinicians and researchers who use Hypnosis are in a unique position to be able to test some of the underlying assumptions about how depression leads to dysfunction, and how brief or even single session interventions can contribute to rapid early response or sudden treatment gains. The present study identified the effectiveness of the therapy and there management for depressive patients.

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