Efficacy of a hypnosis-based intervention to improve well-being for prostate and breast cancer patients

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Efficacy of a hypnosis-based intervention to improve well-being during cancer: a comparison between prostate and breast cancer patients

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<table>
<thead>
<tr>
<th></th>
<th>Breast cancer</th>
<th>Prostate cancer</th>
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<tbody>
<tr>
<td><strong>Frequency</strong></td>
<td>Most frequent, worldwide</td>
<td>Most frequent in males, in developed countries</td>
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<tr>
<td><strong>Mortality</strong></td>
<td>Leading cause of cancer deaths</td>
<td>2nd leading cause of cancer deaths</td>
</tr>
<tr>
<td>% of new cancer cases</td>
<td>23%</td>
<td>14%</td>
</tr>
<tr>
<td>% of cancer deaths</td>
<td>14%</td>
<td>6%</td>
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</tbody>
</table>
Introduction

Cancer

Fatigue

Emotional distress

Pain

Physical dysfunction

Cognitive dysfunction

Sleep difficulties

Negative body-image

Specific consequences

Carter et al., 2011; Die Trill, 2013; Ewertz & Jensen, 2011; Fransson, 2010; Hutchinson et al., 2012; Jim et al., 2012; Mcginty et al., 2014; Miaskowski et al., 2011; Selli et al., 2014; Tojal & Costa, 2015; Weis & Horneber, 2015
Introduction

Emotional distress (anxiety + depression)

Cancer-related fatigue (CRF)

Sleep difficulties

Prevalence +++
Severity +++
Underdiagnosed
Undertreated

Interventions are needed

Dauchy et al., 2013;
Die Trill, 2013;
De Vries & Stiefel, 2014
Introduction

Cognitive-behavioural therapy (CBT)

↓ anxiety
↓ depression
↓ sleep difficulties

Hypnosis

↓ anxiety
↓ depression
↓ sleep difficulties
↓ fatigue

Problem:
Focus on breast cancer

Grégoire et al., 2017; Hammond, 2010; Faller et al., 2013; de Vries & Stiefel, 2014; Mitchell et al., 2014; Montgomery et al., 2014; Cramer et al., 2015; Gudenkauf et al., 2015
Objective

Comparing the efficacy of a hypnosis-based group intervention to improve emotional distress, fatigue, sleep difficulties and quality of life in breast and prostate cancer patients

Hypnosis: 6 x 120 min. Self-care techniques + hypnosis exercises. Homework assignments + at-home practice (Faymonville et al., 2010).
**Design**

**Breast**

- **T0**
  - Intervention
  - Hypnosis (N = 68)
  - Control group (N = 24)

- **T1**
  - Hypnosis (N = 68)
  - Control group (N = 24)

**Prostate**

- **T0**
  - Intervention
  - Hypnosis (N = 25)
  - Control group (N = 21)

- **T1**
  - Hypnosis (N = 25)
  - Control group (N = 21)
Methods

**Questionnaires:**

- Demographics and medical history
- Emotional distress (Hospital Anxiety and Depression Scale)
- Fatigue & Global Health Status (European Organization for Research and Treatment of Cancer – Core Questionnaire)
- Sleep difficulties (Insomnia Severity Index)
Results

**Breast cancer:** positive effects on:
- **Anxiety** \( (p = .000) \)
- **Depression** \( (p = .001) \)
- **Fatigue** \( (p = .003) \)
- **Sleep difficulties** \( (p = .018) \)
- **Global health status** \( (p = .020) \)

**Prostate cancer:** No effect

**Control groups:** No effect
Baseline differences between BC and PC patients:

- Psychological state & Sociodemographic data
  - BC > PC: Anxiety ($p = .048$); Fatigue ($p = .003$); Sleep difficulties ($p = .013$)
  - PC > BC: Age ($p = .000$)

- Treatments received:
  - BC: ongoing treatment; multimodal treatments
  - PC: off treatment; single treatment

Possible explanation of our results
Discussion

Efficacy of the intervention: contrasted results

Explanatory hypotheses:

- Baseline differences in patients’ psychological state

- Format of the intervention

- Interest for the intervention

Alosaimi et al., 2014; Bhattacharjeen & Banerjee, 2016; Linden et al., 2012; McLean et al., 2011; Mo et al., 2009; Nekolaichuk et al., 2011; Nolen-Hoeksema, 2001; Tang et al., 2012; Vanhaudenhuyse et al., 2017; Visser, 2013
Biases and limitations

- Small samples, with no a-priori sample size calculation
- Non-randomized design
- Baseline differences between BC and PC patients
- Format of the intervention

Clover et al., 2015; Mo et al., 2009; Nekolaichuk et al., 2011; Visser, 2013
Conclusion

**General conclusions**
- Originality of the study
- Comparison between BC and PC patients
- Importance of the gender

**Research perspectives**
- **Participants**: no baseline differences, emotional distress, treatment journey
- **Intervention**: same moment, same length
- **Evaluation**: randomized-controlled design
Thank you for your attention!
References

References

References