

Learning self-hypnosis/self-care improves cognitive complaints in cancer patients

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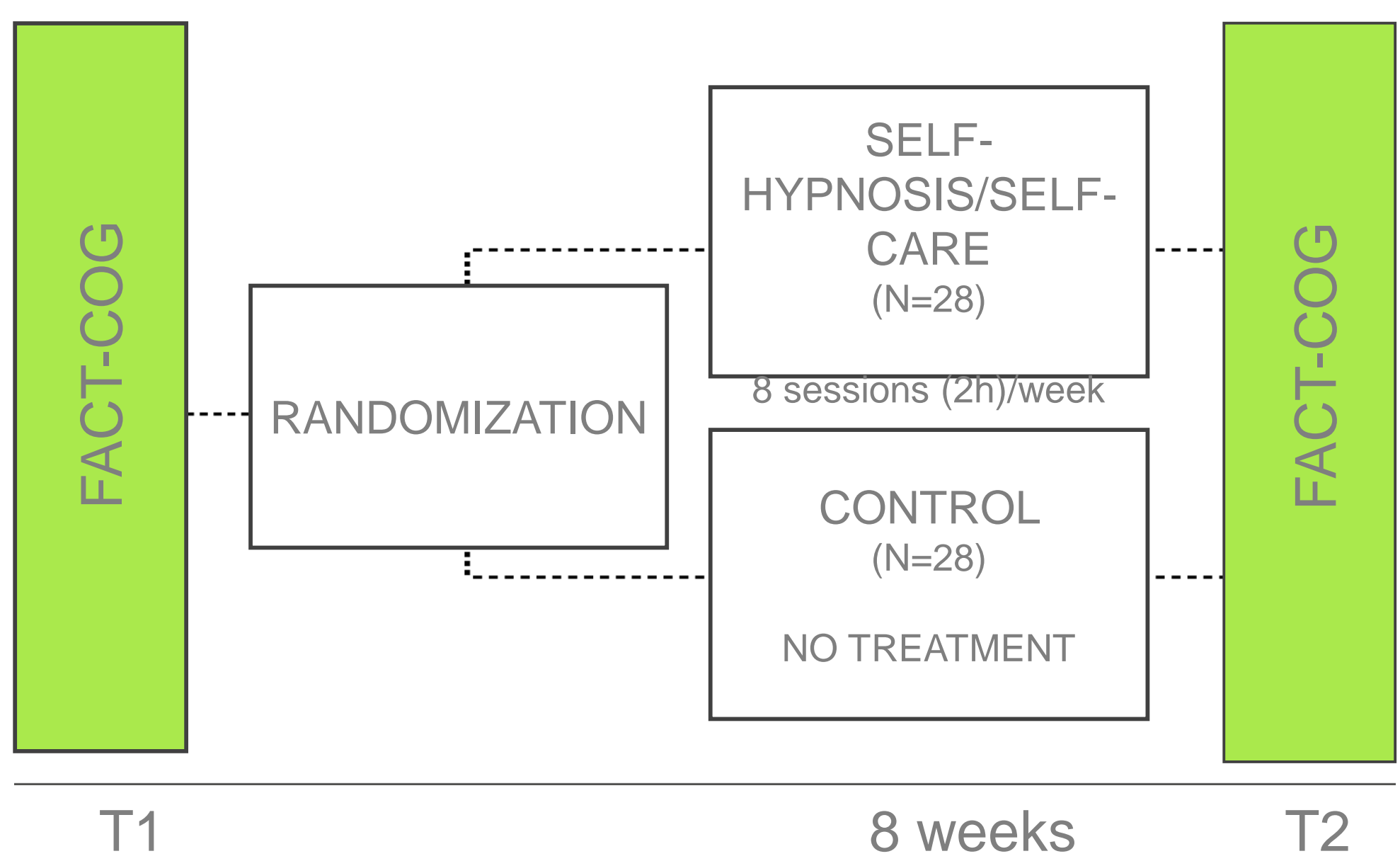
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Introduction

Cancer generates a number of physical, psychological and cognitive impairments such as memory, attentional and information processing deficits, that can undermine patients' quality of life (QoL). Self-hypnosis/self-care learning (SH/SC) has been used to improve global QoL of these patients. The aim of this study was to understand the impact of SH/SC upon the cognitive complaints by means of the Functional Assessment of Cancer Therapy-Cognitive Function (FACT-COG)¹. This questionnaire is divided into four subscales that assess (1) the functional implications of cognitive difficulties, (2) the cognitive difficulties perceived by others, (3) the self-perceived cognitive difficulties and (4) the impact of cognitive difficulties on the patients' QoL.

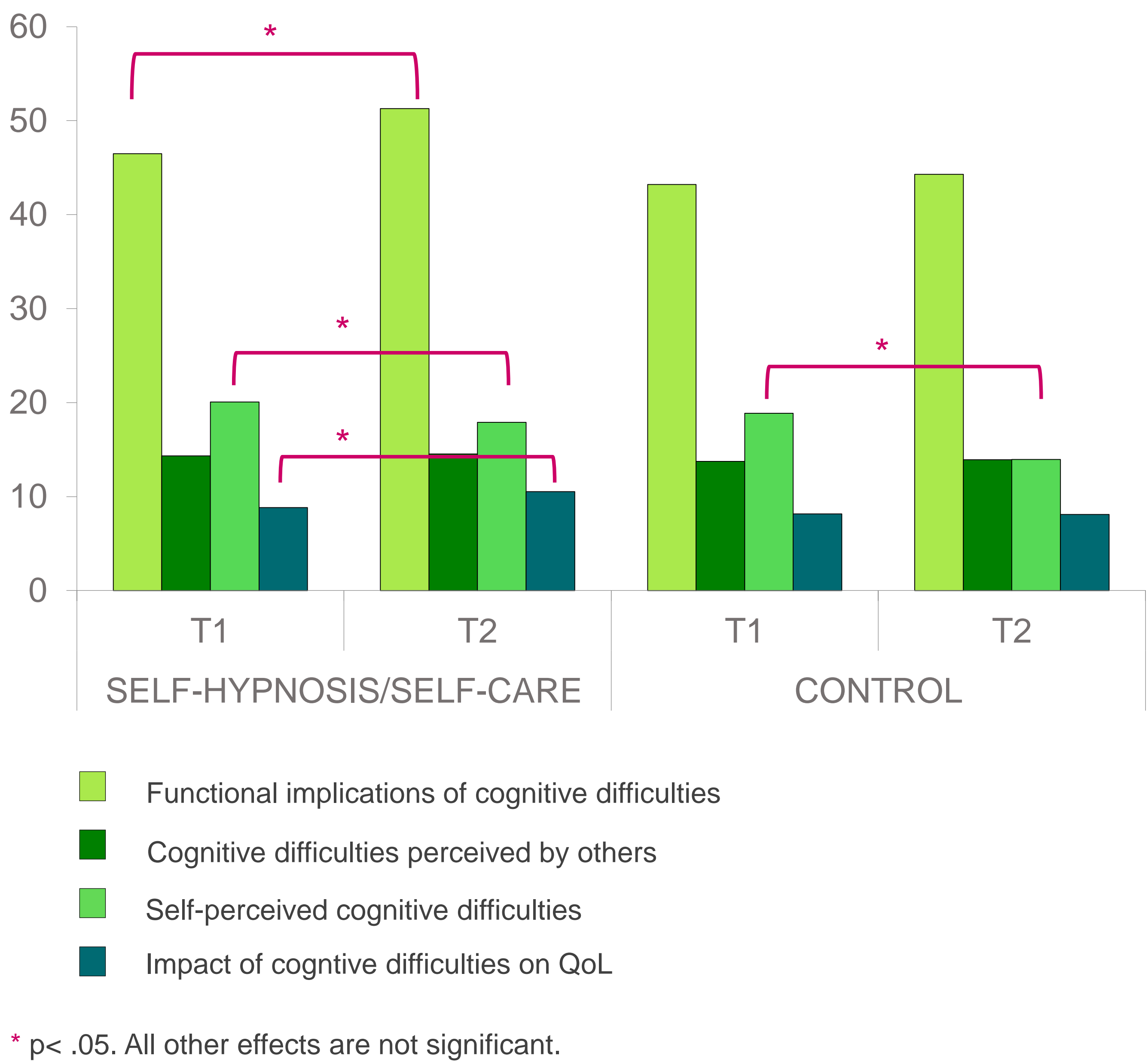
Method

- 56 patients with cancer (\bar{X} =54y., SD=13, 3 men, all type of cancer) who had ended their treatment (i.e. surgery, chemotherapy, radiotherapy).
- Exclusion criteria** : psychiatric and neurological disorders, metastatic cancer, relapse at time of inclusion.
- Figure 1: study's design**



- Statistical analysis:** Wilcoxon rank-sign. Significance level set at $p < .05$.

Results



Conclusion

The results indicate a beneficial effect of SH/SC learning upon cognitive complaints in cancer patients. Nevertheless, more studies are needed to generalize these results to the cancer patient population.

Reference :
1. Wagner et al. 2009 *The Journal of Supportive Oncology*, 7, 32-39.