**Abstract submission for 2nd BPS Young Researchers Day 2023**

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**Title:** Hypnosis, mindful self-compassion meditation, and self-induced cognitive trance to improve pain in post-treatment patients with cancer.

*Maximum 25 words.*

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**Presenting author** Marie Nolwenn

*Last and first name. The presenting author is expected to attend the BPS Young Researchers Day.*

◼ PhD student ☐ Postdoc ☐ Junior clinician and other healthcare professionals

**Abstract**

**Background and aims:** After a cancer, patients can endure several symptoms, such as fatigue, sleep difficulties, emotional distress, and pain. These symptoms reinforce each other. Several interventions have been tested to decrease cancer pain. Among them, mind-body approaches seem to represent a promising option. They also answer the need for non-pharmacological interventions expressed by patients with cancer. In this context, hypnosis has showed its efficacy to decrease pain. Hypnosis is a non-ordinary state of consciousness characterized by an increase of absorption, dissociation, suggestibility, and automaticity. The works done on this technique in the past decades open the way to the study of other non-ordinary states of consciousness such as mindful self-compassion meditation and self-induced cognitive trance. Mindful self-compassion meditation involves specific attentional sets, processes and practices that self-regulate the body and mind. First studies in oncology suggest that this approach can improve quality of life and decrease pain. Self-induced cognitive trance is inherited from traditional Mongolian shamanic practice and is induced through vocalizations and movements. Its potential benefits on quality of life have not been investigated yet. **Methods:** Our longitudinal controlled study aims to assess the short- and long-term (up to one year follow-up) impact of three group interventions based on these three non-ordinary states of consciousness on different symptoms presented by patients with cancer, including pain. **Results:** Preliminary results will be presented at the conference. **Hypotheses:** We expect that pain will decrease and that quality of life will improve after the intervention in the three groups.

*Maximum 250 words. The abstract should be understandable for a multidisciplinary audience. Choose a structured abstract with sections Background and Aims, Methods, Results (if available) and Conclusions (or hypotheses and possible implications). Protocols of ongoing or future studies are welcome. Acronyms should be defined. Generic names of drugs should be used. Please do not add references, tables, figures or graphs.*

**Word count** 263

*Count and report here the number of words for abstract title and body.*

Title: 16 words Abstract body: 247 words

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**Preferred format**

*We will try to follow your preference, but this cannot be guaranteed.*

☐ Poster presentation ◼ Oral presentation ☐ No preference

**I agree to my data being stored and used:**

◼ for publication in the conference booklet.

☐ to receive further information regarding the BPS Young Researchers Day

☐ to receive further information from the Belgian Pain Society