**Title :**

Self-hypnosis, mindful self-compassion meditation, and self-induced cognitive trance to improve quality of life in oncology

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**Abstract (1600 characters max, including spaces):**

Objectives: Patients with cancer can suffer from pain, fatigue, sleep and cognitive difficulties, and emotional distress. Interventions based on non-ordinary states of consciousness (NOSC), such as hypnosis or mindful self-compassion (MSC) meditation, showed promising results on these symptoms. Other NOSC, such as self-induced cognitive trance (SICT), could also have similar benefits. This technique, derived from traditional shamanic practice, is just starting to be scientifically studied. We aim to investigate the benefits of these three interventions on the quality of life of oncological patients.

Methods: We designed a longitudinal controlled study in which the 160 participants can chose their intervention (i.e., self-hypnosis, MSC meditation, SICT, control). The three techniques are taught through group workshops combined with individual at-home practice. The impact of each intervention on pain, fatigue, sleep and cognitive difficulties, and emotional distress, among others, as well as on various phenomenological and neurophysiological variables, will be assessed before the group sessions, right after them, then 3 months and 1 year later.

Expected results: A general improvement of every clinical variable is expected in each intervention group, with minor differences among conditions. Preliminary results will be presented at the congress.

Conclusion and clinical implication: This study will allow an evaluation of the benefits of three interventions based on NOSC and will eventually lead to an improvement of symptom management in oncology.