The effect of hypnosis on dysmenorrhea.

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Abstract

This randomized control trial studied the effect of hypnosis on dysmenorrhea. Fifty eligible nursing students were randomly divided into 2 groups according to baseline pain scores. One group was given hypnosis and the other given medications for pain relief for 3 menstrual cycles, followed by 3 cycles without any treatment. They were evaluated for functional restriction of activity on a 3-point scale. There was significant improvement in quality of life after the third cycle in both groups compared to baseline. The effect of hypnosis and medications on quality of life was similar in both groups at the third and sixth cycles.

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