



NeuRA

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SCHIZOPHRENIA Factsheet

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What is hypnosis?

Hypnosis may be experienced as an altered state of consciousness or as a state of relaxation. There is no agreed framework for administering hypnosis, but the procedure often involves induction (such as eye fixation), muscular and/or breathing relaxation, guided imagery and orientation to the surroundings. Hypnosis is a controversial intervention that must be investigated with clinician input.

What is the evidence for hypnosis?

Moderate to low quality evidence suggests no difference in study retention between patients receiving hypnosis and control conditions. Low quality evidence is unable to determine any benefit of hypnosis for symptoms or functioning. Review authors conclude that the studies in this field are few, small, poorly reported and outdated, and that better randomised studies are required to properly assess the benefits or harms of hypnosis.

For further information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.



NeuRA

Discover. Conquer. Cure.

NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

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