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The Effect of Hypnotherapy and Cognitive Therapy in Management of Multiple Sclerosis Pain

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Abstract

Multiple sclerosis is a severe disorder of the central nervous system. This chronic and progressive disease involves unpredictable episodes of inflammatory attacks. It can cause functional limitations, disability and reduced quality of life. Pain is a common and significant problem in lots of people with multiple sclerosis (MS). And it is inversely correlated with aspects of life quality in individuals with MS. Articles report a prevalence of 40-75% among the population. The presence and severity of pain in persons with MS has also been shown to be associated with catastrophizing, mood of the patient and depression. Unfortunately, relatively few treatments have been identified as efficacious for the treatment of MS-related pain. Literature reviews have concluded that hypnosis can be effective for a variety of acute and chronic pain conditions. So no pharmacological approaches such as cognitive restructuring (CR) and hypnosis have been evaluated as potential treatments for managing pain in these patients. In reducing pain intensity and pain interference from pre- to post-treatment, hypnosis was prior to progressive muscle relaxation.CR can also work and involves teaching patients to evaluate their thoughts about pain and give help to challenge them. Extra trials are necessary to show more supports for these findings in a larger population with controlling different variables. And also may determine if self-hypnosis training has any specific effects on chronic pain beyond the placebo effects. Pain is a common complaint in many MS people that affect their life quality. There are supports for the beneficial effects of self-hypnosis training for reducing pain intensity in individuals with MS. If these hypotheses are supported, then they would have important clinical implications. For example, patients with chronic pain who report high levels of pain intensity may benefit more from learning how to use self-hypnosis to control the pain.

Keywords: Multiple sclerosis, Pain, Cognition therapy, Hypnotherapy

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