
Subject: Hypnose und AA

Posted by alopezie.de on Sun, 29 Jun 2008 11:55:16 GMT

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Die folgende Literaturstelle mal ohne weitere Kommentierung:

Zitat:

Autoren: Willemsen R; Vanderlinden J

Titel: Hypnotic approaches for alopecia areata.

Quelle: The International journal of clinical and experimental hypnosis; VOL: 56 (3); p. 318-33 /200807/

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Alopecia areata (AA) is an autoimmune disease leading to loss of scalp hairs. The disease seems triggered by stress. Data on the possibility of using hypnotherapy in the treatment of AA are very limited. Twenty-eight patients with extensive AA, all refractory to previous conventional treatment, were treated with hypnosis at the Academic Hospital UZ Brussel, Brussels, Belgium. This paper describes in detail the authors' hypnotherapeutic approach combining symptom-oriented suggestions with suggestions to improve self-esteem. Twelve out of 21 patients, including 4 with total loss of scalp hair, presented a significant hair growth. All patients presented a significant decrease in scores for anxiety and depression. Although the exact mechanism of hypnotic interventions has not been elucidated, the authors' results demonstrate that hypnotic interventions may ameliorate the clinical outcome of patients with AA and may improve their psychological well-being.

Kurz in Deutsch: Eine Studie zeigt eine Verbesserung bei 12 von 21 Patienten durch Hypnose-Behandlung. Als Mechanismus wird die Verminderung von Stress angesehen, auch die Parameter für "Angst" und "Depression" verbesserten sich.
