Accepted Manuscript

Effects of hypnosis during pregnancy: A psychophysiological study on maternal stress

Fabien Legrand, Corinne Grévin-Laroche, Elisabeth Josse, Guillaume Polidori, Hervé Quinart, Redha Taïar

PII: S0306-9877(17)30206-2
DOI: http://dx.doi.org/10.1016/j.mehy.2017.03.026
Reference: YMEHY 8516

To appear in: Medical Hypotheses

Received Date: 27 February 2017
Accepted Date: 21 March 2017

Please cite this article as: F. Legrand, C. Grévin-Laroche, E. Josse, G. Polidori, H. Quinart, R. Taïar, Effects of hypnosis during pregnancy: A psychophysiological study on maternal stress, Medical Hypotheses (2017), doi: http://dx.doi.org/10.1016/j.mehy.2017.03.026

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.
Effects of hypnosis during pregnancy: A psychophysiological study on maternal stress

Fabien Legrand\textsuperscript{a}, Corinne Grévin-Laroche\textsuperscript{b}, Elisabeth Josse\textsuperscript{c}, Guillaume Polidori\textsuperscript{d}, Hervé Quinart\textsuperscript{e}, Redha Taïar\textsuperscript{d*}

\textsuperscript{a} Fabien Legrand: EA 6291 ‘Cognition Health and Socialisation’, Department of Psychology, University of Reims, France
\textsuperscript{b} Corinne Grévin-Laroche: independent midwife, Reims and Château-Thierry offices, France
\textsuperscript{c} Elisabeth Josse: independent midwife, Médic Formation, Franconville, France
\textsuperscript{d} Guillaume Polidori: GRESPI, Research Group in Engineering Sciences, University of Reims, France
\textsuperscript{e} Hervé Quinart: Regional training Institute, Reims University Hospital, Reims, France
\textsuperscript{d} Redha Taïar * Corresponding author: GRESPI, Research Group in Engineering Sciences, University of Reims, France

Abstract
Because it induces a state of reduced awareness and deep relaxation, hypnosis is thought to be efficient at relieving stress and anxiety. This study examined whether hypnosis may alter the pattern and time evolution of maternal and fetal stress. Here we report a 23-yr-old primigravida woman at 31-weeks’ gestation who underwent daily sessions of hypnosis during one week. An A (baseline)-B intervention) - A’ (return to baseline) design was used. Each study phase lasted one week. The State Anxiety Inventory (SAI) was completed daily. Uterine contractions as well as maternal and fetal heart rate were recorded over 24-hour periods in each of the study phase. Uterine contractions and maternal systolic blood pressure showed clear reductions during the hypnosis phase. In addition, a statistically significant declining trend in anxiety scores was observed during the hypnosis phase, and anxiety re-increased in the return-to-baseline phase ($p < .05$). Coefficient of variation of maternal heart rate was found to be considerably lower during the hypnosis phase. Our results suggest that a short-lived hypnosis intervention (combined with standard care) holds sufficient promise for antenatal stress relief to justify testing its efficacy in larger groups of pregnant women.

Keywords: complementary and alternative therapies, antepartum care, maternal and fetal stress.
دریافت فوری متن کامل مقاله

امکان دانلود نسخه تمام متن مقالات انگلیسی
امکان دانلود نسخه ترجمه شده مقالات
پذیرش سفارش ترجمه تخصصی
امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
امکان دانلود رایگان ۲ صفحه اول هر مقاله
امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
دانلود فوری مقاله پس از پرداخت آنلاین
پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات