

Presentation

15th Annual Meeting of the European Association for Consultation-Liaison psychiatry and psychosomatics (EACLPP) and 29th European Conference on Psychosomatic Research (ECPR) (Aarhus, Denmark; date: 2012, June 27-30)

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Effect of cognitive coping in hypnorelaxation in stressed students and in anxious patients

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Objective: Our aim was to compare the effect of standard and cognitive hypnorelaxations on the psycho-neuro-immunological status of healthy stressed students (before-during examination term) and in chronic anxious patients.

Methods: The patients (n=30, mean age: 47.5) and the students (n=20, mean age: 20.5) completed perceived stress and coping (Rahe), depression (BDI), hypnotizability (Harvard), trait and state anxiety (Spielberger) tests. The tensions of 7 muscles were measured by computer-assisted surface EMG. Special immunological markers (LL-37, lactoferrin, sICAM-1, IL-6, galectin-3) were assayed in blood plasma by ELISA. ACTH and cortisol levels were determined by chemiluminescence. Biosamples were collected before and after one cognitive and two standard hypnorelaxations.

Results: In students, significant decrease of ACTH level was detected after each hypnorelaxation session ($p < 0.05$). Cognitive hypnorelaxation appeared to be less effective in downregulating cortisol concentration, but there were significant changes during the standard sessions ($p < 0.01$). Contrary to students, state anxiety score was significantly decreased after each hypnorelaxation in patients ($p < 0.05$). Onset of the examination term enhanced muscle tension dramatically in students ($p < 0.0001$). Interestingly, cognitive hypnorelaxation resulted in an increase of muscle tension (especially on the left side) both in students and in patients. However, standard hypnorelaxation could reduce muscle tension only in patients ($p < 0.01$). No significant changes were seen in the immunological markers in students.

Conclusions: Muscle tension scores appeared to be sensitive indicators of psychological stress in addition to stress hormones (ACTH, cortisol). Relaxed psychosomatic state was more facilitated by standard hypnorelaxation than by a cognitive coping one.

Keywords: stress, anxiety, hypnorelaxation, cognitive coping, muscle tension

(There was no possibility to add acknowledgement /like BIAL/ in the printed abstract.)

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Oral presentation: Session: Stress and coping
30. June (10.30- 12.00 am)

(first and last slides)

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Have a nice (hypno)relaxation!

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