

Self-hypnosis reduces anxiety following coronary artery bypass surgery. A prospective, randomized trial

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Self-hypnosis reduces anxiety following coronary artery bypass surgery. A prospective, randomized trial. At Columbia Presbyterian Medical Center, Ashton, Whitworth, et al found that patients who were taught self-hypnosis/relaxation techniques before undergoing first-time elective coronary artery bypass surgery were significantly more relaxed following the operation, as compared to a control group. They also used significantly less pain medication. Surgical outcomes were the same for both groups.

Citation: Ashton C Jr, Whitworth GC, et al. Self-hypnosis reduces anxiety following coronary artery bypass surgery. A prospective, randomized trial. J. Cardiovascular Surgery(Torino). 1997 Feb; 38(1): pp. 69-75.