

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of self hypnosis on pain in women with multiple sclerosis

Protocol summary

Summary

Aim: This study conduct with the aim of effect of self-hypnosis on degree of pain in patients with multiple sclerosis. Design: Double blind Setting and conduct: The data collection tools were General health questionnaire-28 (GHQ-28), Stanford hypnotic susceptibility scale(SHSS), numerical rating scale, McGill pain questionnaire and record of pain pills. After initial assessments, patients were randomly assigned to two groups of intervention and control. Participants: This study was carried out on 60 patients with MS in Urmia city. The most important inclusion criteria: A definitive diagnosis of multiple sclerosis ; a member of MS society of Urmia; reported pain at least in one area of their body(pain score at least 4 of 10); Hypnotic susceptibility score higher than 24 on Stanford Hypnotic Susceptibility Scale; General Health Questionnaire score less than 23; The absence of any sign of psychosis, suicidal thoughts in the past 6 months, The most important exclusion criteria: Hospitalization in a hospital or exacerbation during the study. Interventions: Education of Self-Hypnosis for the intervention group was performed within 6 half-hour sessions, with no intervention for control group. Variables: pain intensity, pain quality

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021216564N1**

Registration date: **2015-07-13, 1394/04/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-07-13, 1394/04/22

Registrant information

Name

Molood Radfar

Name of organization / entity

Urmia University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences and Health Service

Expected recruitment start date

2014-07-16, 1393/04/25

Expected recruitment end date

2014-08-16, 1393/05/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self hypnosis on pain in women with multiple sclerosis

Public title

Effect of self hypnosis on pain in multiple sclerosis patients

Purpose

Treatment

Inclusion/Exclusion criteria

The most important inclusion criteria: A definitive diagnosis of multiple sclerosis was carried out by a specialist; a member of MS society of Urmia city; women aged between 18-50 years; to be literate; reported pain at least in one area of their body(pain score at least 4 of 10); willingness to participate in the study; Hypnotic susceptibility score higher than 24 on Stanford Hypnotic

Susceptibility Scale; General Health Questionnaire score less than 23; The absence of any sign of psychosis, suicidal thoughts in the past 6 months, substance abuse, personality disorders, cognitive disorders, epilepsy is listed in the patient's medical documents. The most important exclusion criteria: Hospitalization in a hospital or exacerbation during the study.

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethic committee of Urmia university of Medical Scinces

Street address

Urmia University of Medical Sciences and Health Service, Next Emergency Center, Resalat Blvd

City

Urmia

Postal code

5714783734

Approval date

2014-07-15, 1393/04/24

Ethics committee reference number

umsu.rec1393.108

Health conditions studied**1****Description of health condition studied**

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

2**Description of health condition studied**

pain

ICD-10 code

R52.2

ICD-10 code description

Other chronic pain

Primary outcomes**1****Description**

Severity of pain

Timepoint

Every day

Method of measurement

Numerical rating scale

2**Description**

Quality of pain

Timepoint

Every day

Method of measurement

Mc gill

Secondary outcomes

empty

Intervention groups**1****Description**

Self hypnosis was trained by researcher, approved by Iranian society of clinical hypnosis. patients in intervention group received 6 sessions, 30 minute each, with one week intervals. Induction of self hypnosis was started with progressive muscle relaxation and followed by appropriate suggestions (for pain control, relaxation and increasing self-esteem). Patients in the intervention group were asked to perform self-hypnosis at least 10 times or more each day. Then change of pain severity and quality and amount of pain pills were evaluated after one month. all of patients receive their standard care as suggested by the attending neurologist.

Category

Treatment - Other

2**Description**

no intervention for control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

West Azarbaijan MS Society

Full name of responsible person

Street address

Unit 33, 6 Floor, Delgosha building, Delgosha Alley,
Atayi Street, Urmia

City

Urmia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Urmia University of Medical Sciences, Vice Chancellor
of Research

Full name of responsible person

Erag Mohebbie

Street address

Urmia University of Medical Sciences and Health
Service, Next Emergency Center, Resalat Blvd

City

Urmia

Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Urmia University of Medical Sciences, Vice Chancellor of
Research

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Urmia University of Medical Sciences

Full name of responsible person

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Position

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty