

# 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

Iran (Islamic Republic of)

##### Phone

+98 44 1275 4961

##### Email address

radfar.m@umsu.ac.ir

##### 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**

Fariba Hosseinzadegan

**Position**

MSc student

**Other areas of specialty/work**

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**Web page address**

## Person responsible for scientific inquiries

### Contact

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Moloud Radfar

**Position**

Phd of Nursing

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## Person responsible for updating data

### Contact

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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*