

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

The effectiveness of hypnotherapy in reducing the symptoms of pain in patients with psychosomatic disorder

Protocol summary

Summary

The purpose of this study is to evaluate the effectiveness of hypnosis in reducing pain symptoms in patients that suffered from psychosomatic disorders. The inclusion of study involves the diagnosis of psychosomatic disorders among people having pain symptoms and suffered from it. Exclusion of study involves lack of cooperation and malingering during intervention. The population consists of all patients who suffered from somatic disorders that from 22 may 2015 admitted in psychosomatic section of Chamran martyr hospital in Shiraz and psychiatric wards of Medical Sciences in Shiraz University. Sample size involves 22 people for both intervention and control groups. Hypnosis sessions for each of these groups are estimated about 8 sessions over two weeks, when control group treated with hypnosis, no treatment was performed and at the same time they benefited from standard drug treatment .in the case of pain; both groups were compared with each other. In addition to the standard drug treatment intervention group, behavioral intervention can be done by hypnotherapy. Hypnosis sessions for each of experimental group considered about 8 meetings in two weeks. After test, in terms of pain both groups will be compared with each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015050520378N1**

Registration date: **2015-07-11, 1394/04/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-07-11, 1394/04/20

Registrant information

Name

seyed ali dastgheib

Name of organization / entity

shiraz university of medical sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-03-23, 1394/01/03

Expected recruitment end date

2015-05-22, 1394/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of hypnotherapy in reducing the symptoms of pain in patients with psychosomatic disorder

Public title

The effectiveness of hypnosis in the treatment of psychosomatic pain

Purpose

Treatment

Inclusion/Exclusion criteria

The inclusion of study involves the diagnosis of psychosomatic disorders among people having pain symptoms and suffered from it. Exclusion of study

involves lack of cooperation and malingering during intervention.

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Shiraz, Hafez Hospital, Chamran Blvd.

City

Shiraz

Postal code

Approval date

2015-02-28, 1393/12/09

Ethics committee reference number

CT- P- 9382-8592

Health conditions studied

1

Description of health condition studied

Psychosomatic disorder

ICD-10 code

F45.0

ICD-10 code description

Hypnotherapy can unconsciously be effective in symptoms and pain reductions in the patient.

Primary outcomes

1

Description

Pain Reduction

Timepoint

After two week

Method of measurement

Pain-using McGill Pain Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In the experimental group, in addition to traditional drug treatment, behavioral interventions can be done with hypnotherapy. Treatment protocol consists of 8 sessions of hypnotherapy, which pain reduction suggestion is given to the patient.

Category

Behavior

2

Description

The control group received only traditional drug therapy in reducing pain in handling psychosomatic disorders.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz Chamran Hospital and other Health Centers in Shiraz Psychology

Full name of responsible person

Seyed Ali Dastghayb

Street address

Shiraz, Chamran Blv, Hafez Hospital Psychiatric Ward

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Seyed Ali Dastghayb

Street address

Shiraz, Iran Chamran, Hafez Hospital psychiatric ward

City

SHIRAZ

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source
Shiraz University of Medical Sciences

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
Shiraz University of Medical Sciences

Full name of responsible person
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Position
Master of Science in Psychology

Other areas of specialty/work

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Position
Psychiatrist

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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