Resumen

Según la AAHEA, la hipnosis es una construcción social en la que hay un acuerdo explícito o implícito entre el hipnotizador y el hipnotizado. El rol del hipnotizador es intentar influir en los sentimientos, pensamientos y conductas del hipnotizado, siendo la labor de este concentrarse en las ideas e imágenes que el hipnotizador le evoca. Una de las áreas de aplicación de la hipnosis que muestra mayor evidencia empírica de su eficacia es el manejo del dolor, y más concretamente, la hipnosis se ha utilizado para tratar el dolor en el parto. Asimismo, en el presente estudio se plantea como objetivo evaluar la eficacia de la hipnosis para el dolor en el parto. Con este fin, se ha realizado la búsqueda de artículos siguiendo el modelo PRISMA. Por una parte, las palabras clave son "*hipnosis*" y "*dolor en el parto*" y por otra, los criterios de inclusión son "del año 2000 a la actualidad", "idiomas español-inglés" y "estudios cuantitativos experimentales", y los criterios de exclusión "no tener acceso al artículo", "que el tema principal no sea hipnosis para el dolor en el parto" y "que la hipnosis no sea aplicada por un profesional". Se ha encontrado que las mujeres que usan esta técnica informan de experiencias positivas, aunque también se ha descubierto que el estado de relajación profunda que estas experimentan, no es reconocido por los parteros, quienes deben conocerlo si se quiere implementar la intervención en el servicio de maternidad. Sin embargo, estos hallazgos deben interpretarse como una visión preliminar de un aspecto poco examinado para la atención materna, ya que el estudio se ha visto restringido por el número de artículos. Por esta razón y para probar estos resultados, se requiere más investigación y más estudios experimentales cuantitativos.

Palabras clave: hipnosis, eficacia, dolor, parto.

Abstract

According to the AAHEA, hypnosis is a social construction in which there is an explicit or implicit agreement between the hypnotist and the hypnotized. The role of the hypnotist is to try to influence the feelings, thoughts and behaviors of the hypnotized. And the task of the hypnotized is to concentrate on the ideas and images that the hypnotist evokes. One of the areas of application of hypnosis that shows the most empirical evidence of its efficacy is pain management. More specifically, hypnosis has been used to treat pain during labor. Likewise, the present study aims to evaluate the efficacy of hypnosis for pain during labor. To achieve this, the search for articles was carried out following the PRISMA model. On the one hand, the keywords are "hypnosis" and "labor during pain", and on the other hand, the inclusion criteria are "from the year 2000 to the present", "Spanish-English languages" and "experimental quantitative studies", and finally, the exclusion criteria are "not having access to the article", "that the main topic is not hypnosis for pain during childbirth" and "that hypnosis is not applied by a professional". It has been found that women who use this technique report positive experiences, although the state of deep

relaxation that they experience is not recognized by midwives, who must know it if the intervention is to be implemented in the maternity health service. However, these findings should be interpreted as a preliminary view of an under-examined aspect of maternal care, as the study has been restricted by the number of articles. For this reason and to prove these results, more research and more quantitative experimental studies are required.

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UNIVERSITAT JAUME I

SYSTEMATIC REVIEW ON THE EFFICACY OF HYPNOSIS FOR PAIN DURING LABOR

INTRODUCTION

According to the AAHEA, hypnosis is a social construction in which there is an explicit or implicit agreement between the hypnotist and the hypnotized. The role of the hypnotist is to try to influence the feelings, thoughts and behaviors of the hypnotized. Thus, the hypnotized has to concentrate on the ideas and images that the hypnotist evokes. There are several myths surrounding hypnosis. One of the most common ones is that it does not belong to the field of scientific psychology. However, one of the areas of application of hypnosis that shows the most empirical evidence of efficacy is pain management. Findings show that hypnosis can relieve 75% of the population from different types of pain, and they also prove that hypnotic analgesia techniques are superior to medication and other treatments. More specifically, hypnosis has been used to treat pain during labor. Some studies report that it increases the satisfaction of women who give birth, reducing the use of medication and painkillers during and after it. Likewise, the present study aims to evaluate the efficacy of hypnosis for pain during labor.

METHOD

Figure 1. PRISMA Flow Diagram
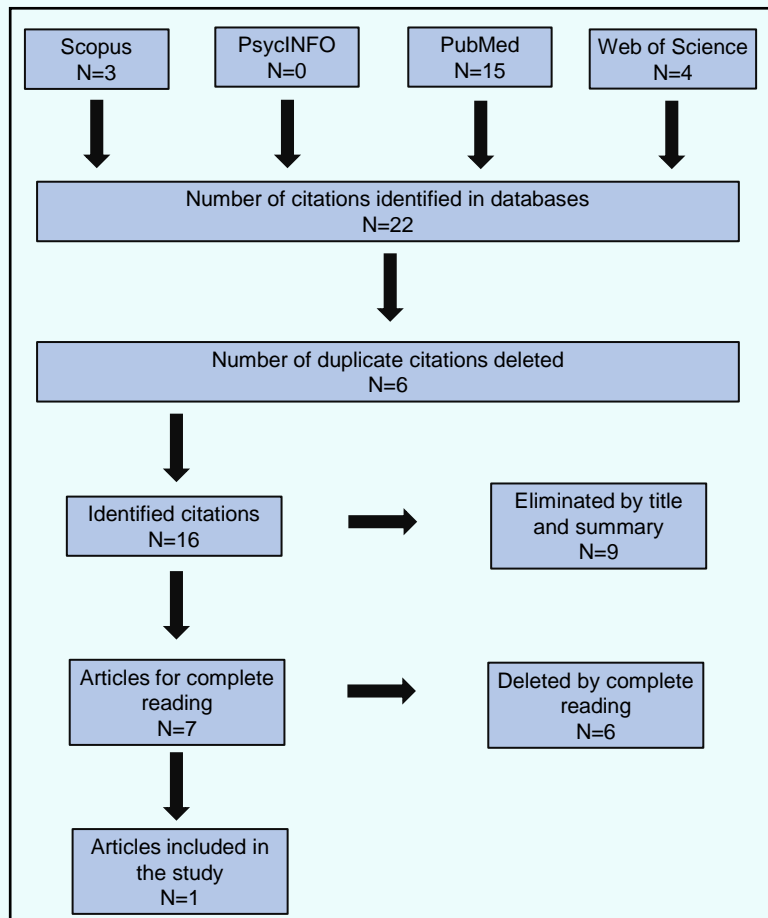
KEYWORDS
-Hypnosis
-Labor pain

INCLUSION CRITERIA
-From 2000 to the present
-Languages: Spanish-English
-Quantitative experimental studies

EXCLUSION CRITERIA
-Not having access to the article.
-The main topic not being hypnosis for pain in labor.
-Hypnosis not being applied by a professional.

RESULTS

Table 1
Results.

First author, year of publication, sample	Investigation groups	Variables	Evaluation	Effects of hypnosis for childbirth
Finlayson et al. (2015) N=678	HG* UCG*	Epidural use rates. Views and experience of women on the use of self-hypnosis in childbirth (pain, anxiety, fear).	SHIP* trial follow-up questionnaires. Qualitative interviews on the use of self-hypnosis.	There were no significant differences in the use of epidurals between the groups. The women reported positive experiences with self-hypnosis for childbirth, but were disappointed with the competence of the midwives regarding this technique, as well as the difference between their expectations and their practice.

HG= autohypnosis group
UCG= usual care group
Ensayo SHIP= randomized controlled trial investigating the effect of an antenatal self-hypnosis program on rates of epidural use in women in labor

CONCLUSIONS

- Women subjected to self-hypnosis training for labor pain report positive experiences during labor.
-For other women, self-hypnosis raised expectations and led to disappointment when labor and delivery did not meet expectations.
-The state of focused relaxation experienced by women who use this technique must be recognized by midwives if the intervention is to be implemented in the maternity service.
-These results should not be interpreted as definitive characteristics, but rather as a preliminary vision of a little examined aspect for maternal care, since the study has been restricted by the number of articles. For this reason and to prove these results, more research and more quantitative experimental studies are required.

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