

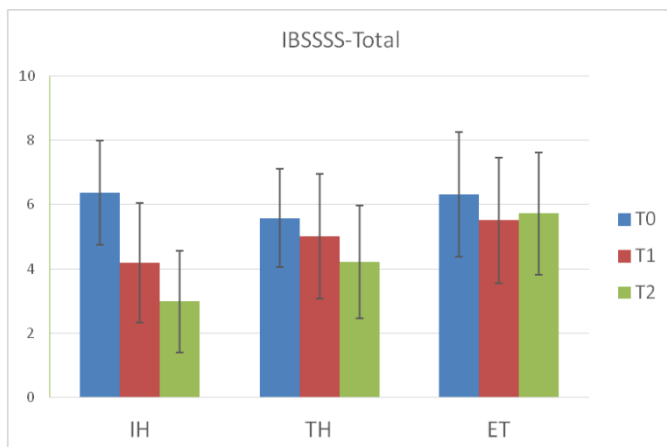
Research results

Department of Social Work and Social Administration at The University of Hong Kong conducted an evidence-based study on hypnotherapy for IBS that published in 2022. There were totally 144 subjects with IBS recruited in the study.

Background of 144 subjects

Age	Mean (SD)	44.01 (10.49)
Gender		
Male		30.3%
Female		69.7%
Educational Background		
Completed secondary or below		39.3%
Completed tertiary or above		60.7%

1. Irritable Bowel Syndrome – Severity Scoring System (IBSSSS)

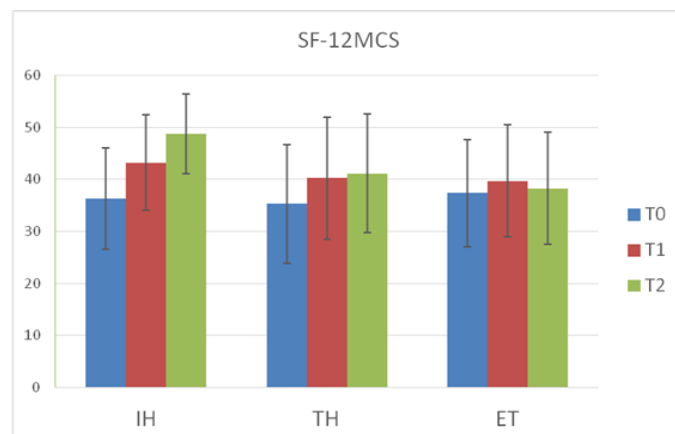


1. The severity of symptoms was measured through standardized assessment scales. It was found that the symptoms of IBS were greatly improved, both in hypnotherapy groups and educational talks, immediately after the intervention. (T_1) ($ps < .01$)
2. However, the persistent improvement was found only in integrative hypnotherapy groups (IH) and traditional hypnotherapy groups (TH) (T_2) ($ps < .01$).

Research participants in Baseline (T_0) Completion of intervention (T_1) 3-month follow up after completion of intervention (T_2)

Note: IH - Integrative hypnotherapy; TH - Traditional hypnotherapy; ET - Educational talks

2. SF – 12 Health related Quality of Life Mental Component Score (MCS)⁶



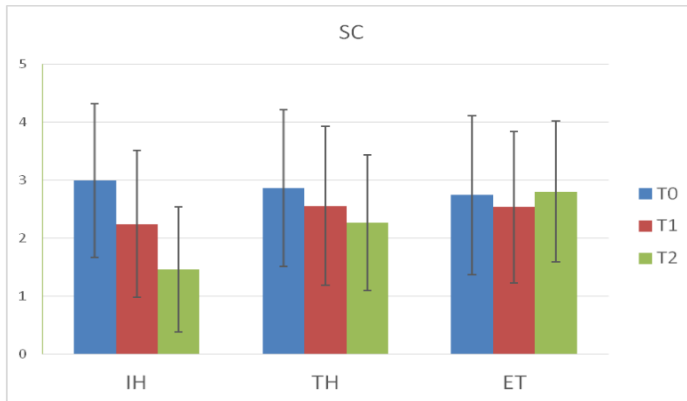
1. SF 12 health related quality of life - mental component score increased significantly in both hypnotherapy groups after completion of intervention (lasted a month) (T_1) ($ps < .01$) and the persistent improvement was found only in both hypnotherapy groups (T_2) ($ps < .01$).

Research participants in Baseline (T_0) Completion of intervention (T_1) 3-month follow up after completion of intervention (T_2)

Note: IH - Integrative hypnotherapy; TH - Traditional hypnotherapy; ET - Educational talks

6. Lam, C. L. K., Tse, E. Y. Y., & Gandak, B. (2005). Is the standard SF-12 health survey valid and equivalent for a Chinese population? *Quality of Life Research*, 14, 539-547.

(3) Symptom catastrophizing (SC)

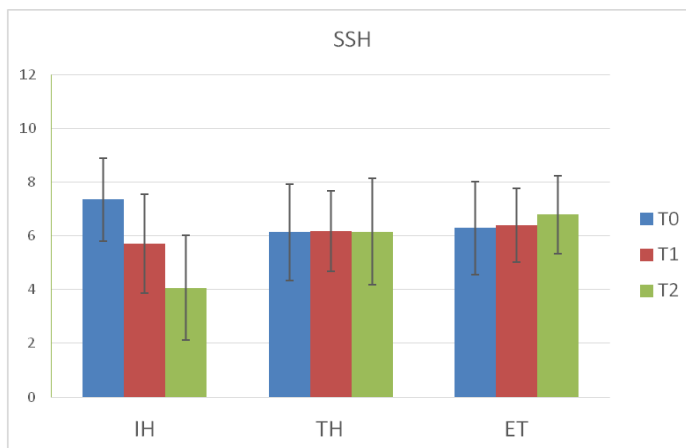


1. Regarding symptom catastrophizing, both hypnotherapy groups got immediate improvement after the intervention (T_1) ($p < .01$).
2. However, concerning the persistent improvement, it was confined in integrative hypnotherapy groups (IH) only (T_2) ($p < .01$).

Research participants in Baseline (T_0) Completion of intervention (T_1) 3-month follow up after completion of intervention (T_2)

Note: IH - Integrative hypnotherapy; TH - Traditional hypnotherapy; ET - Educational talks

(四) Symptoms-related social hypervigilance (SSH)



1. Symptoms-related social hypervigilance, only integrative hypnotherapy groups got both immediate and persistent improvement IH (T_0 - T_2) ($p < .01$).
2. A significant regression across the intervention in educational talks ET (T_0 - T_2) ($p < .01$).

Research participants in Baseline (T_0) Completion of intervention (T_1) 3-month follow up after completion of intervention (T_2)

Note: IH - Integrative hypnotherapy; TH - Traditional hypnotherapy; ET - Educational talks