

Effect of Hypnotic Suggestions on Breast Cancer Pain Management



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DECLARATION

I, Ms. **Saba Maqsood** ID: **S2016146020** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session 2016 to 2018** hereby declare that the matter printed in the thesis **Effect of Hypnotic Suggestions on Breast Cancer Pain Management** is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc in Pakistan or abroad.

Dated: 28-05-2018

Signature of deponent

Certificate of Approval

Accepted by the Faculty of the Institute of Clinical Psychology, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology

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Saba Maqsood

Dedication

I would like to dedicate this thesis to my parents, who have been my constant support in all stages of life and had guided me with immense love. I would like to pay my gratitude towards my elder brother, for his support, effort, motivation and guidance. He had not just helped me but also inspired me this could never be possible without him.

Abstract

The current study is conducted to assess the effects of the hypnosis on breast cancer pain management. For this purpose an intervention plan for breast cancer patients was developed comprising on psycho education, progressive muscle relaxation, eye fascination and circle therapy and constructed two sessions for systematic application of intervention plan to reduce the cancer induce pain. Furthermore the manual of intervention plan was written. The sample size was of 60 females, stage 2 ongoing through chemotherapy, from Jinnah Hospital Lahore by using of convenience and purposive sampling technique. Subjective pain rating scale was used for the pre and post assessment of the pain. The results of this research showed a significant correlation between breast cancer pain management and hypnosis. Two hypnosis sessions with pretest and posttest each were carried out for managing pain and the pain was decreased at the end of each session. The result revealed that pain of the participants with emotional suggestibility was decreased more as compared to the participants with physical suggestibility. Further results findings showed that the pain of the participants from the age range of 30 to 35 years was reduced considerably more as compared to other two age group. Moreover the pain of the group of participants who were taking chemo with medicine had significantly decreased pain more than the group of chemo alone. The repeated measure Anova and Multivariate analysis was done for statistical analysis.

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Introduction

The present study plans to examine the effect of Hypnotic Suggestions in the Breast Cancer Pain Management. The current study will be helpful in understanding the nature of breast cancer pain moreover its management without drugs. It will create awareness in breast cancer patients about the psychological treatment of pain that it is harmless, has no side effects and understandable. As the pharmacological treatment (pain relief medicines) are highly expensive and come up with various side effects.

In this regard this research would be carried out to provide the Psychological Intervention of pain management among cancer patients along with the pharmacological treatments. Because evidences demonstrated the effectiveness of psychological interventions in diminishing the effect of the disease and its treatment (Flory, Martinez Salazar, & Lang, 2007). The findings of the study will be used to device an effective psychological intervention plan for cancer pain management.

Pain is the most widely recognized side effect experienced by cancer patients during their course of illness. Pain experienced in cancer patients can be due to the additional side effect of the treatment such as chemotherapy, radiotherapy or surgery (Hui & Bruera, 2014). The sensory intensity of cancer pain vary from patient to patient due to the stage of illness, its duration, location and type of cancer (Watson et al., 1991)

The cancer pain has both biological and psychological factors. With respect to numerous cancer patients and survivors, the event of pain may build concern about disease, that it is moving gradually towards a more advanced state. Cancer pain get worse due to interaction of both physical and psychological pain mechanisms as distress is assumed to elevate the pain (Syrjala et al., 2014).

