Study protocol summary for online Ericksonian hypnotherapy in hypertension

Why this study is being done

Arterial hypertension is treated with antihypertensive medication and lifestyle measures. Psychological stress may also affect blood pressure regulation. It is not yet clear whether Ericksonian hypnotherapy can improve blood pressure control. This study will examine whether adding online hypnotherapy to usual care is associated with a greater reduction in blood pressure over 24 weeks.

Study design and participants

This prospective study will follow two groups for 24 weeks. It is open-label and non-randomised. Adults aged 18-50 years may take part if they have grade I-II essential hypertension and suboptimal blood pressure control. Key exclusions include secondary hypertension, an acute cardiovascular event in the previous six months, severe or decompensated medical conditions, and conditions that could make participation unsafe.

People recruited through www.drvladt.com will enter the online hypnotherapy group. People recruited at MHCC in Misrata, Libya, will form the comparison group. Participants are assigned by recruitment route. There is no random allocation. Recruitment is planned at the beginning in Libya and Romania.

What each group will receive

Treating clinicians will make all medication decisions. No medication will be stopped for the study.

What we will measure

The primary outcome is the change in mean 24-hour systolic blood pressure from the start of the study to week 24. We will compare this change between the two groups. Blood pressure will be measured by 24-hour ambulatory blood pressure monitoring (ABPM) at baseline, week 12 and week 24. Home based BP char will also be collected.

Participants will complete three questionnaires at baseline and week 24: the SCL-90-R for psychological distress, the Beck Anxiety Inventory for anxiety, and the PSS-10 for perceived stress.

Sample size and analysis

The current target is 200 participants. A formal sample-size calculation and the planned number in each group have not yet been finalised. The main analysis will compare the change in mean 24-hour systolic blood pressure between groups. Before the outcome data are reviewed, a statistical analysis plan will define the analysis population, adjustment for baseline differences and treatment of missing data. The groups may differ because they are recruited in different ways and settings. We will account for measured differences where possible.

Dates, ethics and safety

Public invitations began in August 2026. As of 3 October 2026, no participant had signed consent or entered the study. We plan to enrol the first participant by 31 December 2026 and the last by 30 June 2030. Final data collection is planned for 31 December 2030. These dates are estimates. Enrolment will begin only after the required ethics and site approvals and ISRCTN registration are in place.

Sponsor, funding and contact

MHCC is the primary sponsor. IP Academia Tezaurului Universal LLC may provide additional financial or organisational support. Dr Tettegah is a certified hypnotherapy specialist and may deliver the sessions. This role will be disclosed.

After publication, researchers may request de-identified participant data. Access will depend on participant consent, approval from the sponsor and ethics committee, privacy safeguards and a data-use agreement.

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