

# Clinical hypnosis to improve subjective well-being and quality of life in individuals with depression

<b>Submission date</b> 11/08/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 16/09/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 10/02/2025	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The purpose of this study was to test the effectiveness of clinical hypnosis to improve subjective well-being and quality of life in people with depression. Developing appropriate modules for use in the clinical practice of treating depression, as well as developing standard operating procedures for governance in health facilities.

### Who can participate?

Adults who have symptoms of depression

### What does the study involve?

The design of this study used a randomized controlled trial to prove the effectiveness of clinical hypnosis in improving subjective well-being and quality of life before and after the intervention. During the intervention process, it will also be recorded through biofeedback and salivary component biomarkers to determine the dynamics and changes in physiological changes that occur due to the intervention. The data will then be analyzed and integrated into a single unit to answer research questions.

### What are the possible benefits and risks of participating?

The advantages that participants get are, first, increasing knowledge about the treatment of depressive symptoms. Second, participants receive direct treatment to improve subjective well-being and quality of life. There is no significant risk that may occur to the participants.

### Where is the study run from?

Faculty of Psychology Universitas Gadjah Mada (Indonesia)

### When is the study starting and how long is it expected to run for?

June 2019 to February 2023

### Who is funding the study?

Investigator initiated and funded

Who is the main contact?

Mr Baskoro

danangsetyobudibaskoro@gmail.com

## Contact information

### Type(s)

Scientific

### Contact name

Mr Danang Baskoro

### Contact details

Bulaksumur

Caturtunggal

Kec. Depok

Kabupaten Sleman

Daerah Istimewa

Yogyakarta

Indonesia

55281

+62 0274 588688

danangsetyobudibaskoro@gmail.com

### Type(s)

Scientific

### Contact name

Mr Danang Baskoro

### Contact details

Bulaksumur

Caturtunggal

Kec. Depok

Kabupaten Sleman

Daerah Istimewa

Yogyakarta

Indonesia

55281

+62 0274 588688

danangsetyo86@mail.ugm.ac.id

## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

**Protocol serial number**

Nil known

## Study information

**Scientific Title**

Clinical hypnosis to improve subjective well-being and quality of life in individuals with depression

**Study objectives**

Clinical hypnosis can improve subjective well-being and quality of life in individuals with depression

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 06/12/2019, Medical and Health Research Ethics Committee (MHREC) Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada - Dr Sardjito General Hospital (Bulaksumur Yogyakarta 55281, Indonesia; +62 (274) 588688; info@ugm.ac.id), ref: KE/FK/1413/EC/2019

**Study design**

Randomized controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Depression

**Interventions**

The design of this study used a randomized controlled trial to prove the effectiveness of clinical hypnosis in improving subjective well-being and quality of life before and after the intervention. During the intervention process, biofeedback and salivary component biomarkers will also be recorded to determine the dynamics and changes in physiological changes that occur due to the intervention. The data will then be analyzed and integrated into a single unit to answer research questions.

Participants who register are selected based on the inclusion criteria. Researchers conducted an examination to ensure the eligibility of participants. After being judged worthy and meeting the specified number of 75 participants, randomization was carried out to avoid bias from confounding variables.

Randomization was performed on participants to be grouped into three groups, namely 25 participants were in the clinical hypnosis group, 25 participants were in the relaxation group and 25 others were in the control group. Interventions are carried out individually by clinical psychologists who have competence in clinical hypnosis.

The clinical hypnosis group was given the clinical hypnosis intervention in two sessions with a duration of 90-100 minutes (not including the installation of equipment), where the distance between the first and second sessions was a minimum of one week and a maximum of two weeks. In the clinical hypnosis group, they will also be given homework assignments, namely doing self-hypnosis with guidance through audio and recorded every day in a journal.

The relaxation group was given the intervention for two sessions with a duration of 30-45 minutes (not including the installation of equipment), where the distance between the first and second sessions was a minimum of one week and a maximum of two weeks.

While the control group was not given therapeutic treatment. The control group participants still came to the laboratory and met with research assistants to conduct questions and answers about everyday topics for 30 minutes. The control group will be given treatment after the experiment is complete.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Current primary outcome measure as of 10/02/2025:

### Subjective Well-Being

1. Subjective wellbeing measured using the Personal Well-being Index (PWI) consisting of seven mandatory items, including standard of living, life achievement, personal health, personal relationships, personal safety, social relationships, future security, and two additional items that have been adapted to the Indonesian culture at baseline and 14 days

### Quality of Life

2. Quality of Life (QoL) measured using the WHOQOL-BREF scale which measures the quality of life of individuals based on four domains, namely physical health, psychological, social relationships, and the environment at baseline and 14 days

### Positive and Negative Emotions

3. Positive and negative emotions measured using the Expanded Form of Positive and Negative Affects Schedule (PANAS-X), which contains 60 items with a Likert scale that specifically measures positive and negative emotions as well as other emotions at baseline, two hours (after therapy), and 14 days

### Depression

4. Depression of participants measured using the Patient Health Questionnaire (PHQ-9). The PHQ-9 scale has 9 items, with 4 answer choices using a Likert scale at baseline and 14 days

---

Previous primary outcome measure:

### Subjective Well-Being

1. Subjective wellbeing measured using the Personal Well-being Index (PWI) consisting of seven mandatory items, including standard of living, life achievement, personal health, personal relationships, personal safety, social relationships, future security, and two additional items that have been adapted to the Indonesian culture at baseline and 14 days

### Quality of Life

2. Quality of Life (QoL) measured using the WHOQOL-BREF scale which measures the quality of life of individuals based on four domains, namely physical health, psychological, social relationships, and the environment at baseline and 14 days

### Positive and Negative Feelings

3. Positive and negative feelings measured using the Expanded Form of Positive and Negative Affects Schedule (PANAS-X), which contains 60 items with a Likert scale that specifically measures positive and negative emotions as well as other emotions at baseline, two hours (after therapy), and 14 days

### Depression

4. Depression of participants measured using the Patient Health Questionnaire (PHQ-9). The PHQ-9 scale has 9 items, with 4 answer choices using a Likert scale at baseline and 14 days

### Key secondary outcome(s)

Current secondary outcome measures as of 10/02/2025:

#### Biofeedback

1. Physical condition measured using heart rate variability (HRV), and galvanic skin response (GSR) during the hypnosis process. HRV and GSR use a tool made by CV Amakusa Instrumentation Technology called GSR AIT - 06.

#### Biomarkers

2. Salivary cortisol biomarkers and alpha-amylase levels in saliva measured using standard ELISA procedures in a laboratory at baseline and then 14 days

---

Previous secondary outcome measures:

#### Biofeedback

1. Physical condition measured using electroencephalogram (EEG), heart rate variability (HRV), and galvanic skin response (GSR) during the hypnosis process. The specifications of the EEG tool used are Digital Brain Electric Activity Mapping, Contec™ brand, Model: KT88-3200. While HRV and GSR use a tool made by CV Amakusa Instrumentation Technology called GSR AIT - 06.

#### Biomarkers

2. Salivary cortisol biomarkers and alpha-amylase levels in saliva measured using standard ELISA procedures in a laboratory at baseline and then 14 days

### Completion date

15/02/2023

## Eligibility

**Key inclusion criteria**

1. Aged 21 – 50 years old
2. Symptoms of depression
3. Willing to follow COVID-19 health procedures and all series of offline research activities as evidenced by signing informed consent
4. Do not have conditions that prevent them from following the course of therapy, do not have problems understanding instructions, comorbid with other physical and psychological illnesses that do not allow Clinical Hypnosis intervention, such as schizophrenia, attention disorders and so on
5. Not currently involved in other psychotherapy/research

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. 20 years old and under or 51 years old and over
2. No symptoms of depression
3. Unwilling to follow COVID-19 health procedures and the entire series of offline research activities
4. Have conditions that prevent them from following the course of therapy, have problems capturing instructions, comorbid with other physical and psychological illnesses that do not allow clinical hypnosis intervention, such as schizophrenia, attention disorders and so on
5. Involved in psychotherapy/other research

**Date of first enrolment**

10/08/2022

**Date of final enrolment**

31/08/2022

**Locations****Countries of recruitment**

Indonesia

**Study participating centre**

**Faculty of Psychology Universitas Gadjah Mada**

Jl Socio Humanities of Bulaksumur

Karang Malang Caturtunggal

Kec. Depok  
Sleman Regency, Yogyakarta Special Region  
Indonesia  
55281

## Sponsor information

### Organisation

Gadjah Mada University

### ROR

<https://ror.org/03ke6d638>

## Funder(s)

### Funder type

University/education

### Funder Name

Universitas Gadjah Mada

### Alternative Name(s)

Gadjah Mada University, UGM

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Universities (academic only)

### Location

Indonesia

## Results and Publications

### Individual participant data (IPD) sharing plan

The data-sharing plans for the current study are unknown and will be made available at a later date

### IPD sharing plan summary

Data sharing statement to be made available at a later date