

Can hypnosis be used to manage breathlessness and anxiety in people with severe COPD?

Submission date 19/12/2019	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 07/01/2020	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 28/02/2023	Condition category Respiratory	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Patients with chronic obstructive pulmonary disease (COPD) are prone to asthma-like wheezing, breathlessness, chest tightness and other anxiety-inducing symptoms. Drug treatments for the condition focus on improving these symptoms and preventing exacerbations (short periods where the disease becomes much worse). However, as the disease progresses, the drugs stop working as effectively as previously. Patients with advanced COPD and those who are dying often feel less benefit from the treatment in terms of relief from their symptoms and relief from anxiety about their breathing. This lack of relief can worsen their illness over time. Hypnosis is known to induce immediate changes in how a person thinks and experiences their body. These changes can break vicious cycles of anxiety. Hypnosis has already been used successfully people with breathing problems to reduce anxiety and improve breathing. This trial aims to investigate the effect of hypnosis on breathlessness and anxiety in severe and dying COPD patients.

Who can participate?

Patients who suffer from severe COPD, already admitted at the Bligny Hospital Center (CHB)

What does the study involve?

Each participant will receive a 15-min session of hypnosis and a 15-min session of active listening in a random order. Active listening involves the therapist reading aloud and the participant will be encouraged to pay attention and visualize the images that are being described. Participants will have their anxiety level, breathing rate and blood oxygen level measured before and after each session.

What are the possible benefits and risks of participating?

The risks are minimal because hypnosis poses no real threat or adverse effects to a person's mental or physical health. As long as people accept 15 minutes of 'playing the game', it should make them relax and feel good. The same applies to active listening.

Where is the study run from?

Bligny Hospital Center (France)

When is the study starting and how long is it expected to run for?
September 2017 to January 2020

Who is funding the study?
Bligny Hospital Center (France), Fondation pour les Soins Palliatifs (France) and the Japanese Society for the Promotion of Science (JSPS)

Who is the main contact?
Dr François Larue, head of the Palliative Care Unit at the CHB, flarue@chbligny.fr

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
2019-A02016-51, NTS 19.07.16.35413.

Study information

Scientific Title
Hypnosis for management of breathlessness and anxiety in severe and palliative-care COPD patients: a sham-controlled crossover trial

Acronym
HYPNOBPCO_1

Study objectives

Hypnosis constitutes a non-drug complementary procedure capable of diminishing subjective feelings of breathlessness and anxiety, while improving patient's awareness and subjective appreciation of their breathing mechanics. We posit that hypnosis will diminish anxiety in severe and terminal COPD patients, improving their breathing and quality of life (QoL).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 07/11/2019, Comité de Protection des Personnes Ile de France 1 (Hôtel-Dieu-1, Place du Parvis Notre-Dame, 75181, Paris, France; +33 (0)1 42 34 80 52; cpp.iledefrance1@htd.aphp.fr /cppiledefrance1@orange.fr), ref: CPPIDF1-2019-ND75

Study design

Randomized sham-controlled crossover study

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Dyspnea (breathlessness) in patients with severe chronic obstructive pulmonary disease (COPD)

Interventions

Treatment: Hypnosis (15-minute script, available on request)

Sham: Active listening session (15-minute script, available on request)

6-week, randomized, sham-controlled, crossover, non-drug interventional study conducted at the Bligny Hospital Center in Briis-sous-Forges, France. Patients underwent two 15-minute individual interventions, hypnosis (A) and sham (B), in randomly assigned order (AB or BA), with a 24-h washout period between sessions.

20 COPD patients (mean FEV1/FVC <0.7) underwent two 15-minute individual sessions, Active Listening and Hypnosis, in the form of a crossover trial with a 24-h washout period. A total of 4 pairs of investigators (medical practitioners specialized in pneumonology and/or palliative care, trained in hypnotherapy) are charged with administering both sessions and obtaining patient data. Session order and assignment of investigator pair (Mp1, Mp2, Mp3 or Mp4) are counterbalanced across patients, so that in a random fashion:

1. Approximately half of the sample goes through Active Listening first and Hypnosis second, and approximately the other half goes through Hypnosis first and Active Listening second.
2. Each pair of experimenters is in charge of testing at least one patient belonging to the first half, and one patient belonging to the second half.
3. No prior clinical relationship shall exist between patients and medical practitioners.

Intervention Type

Behavioural

Primary outcome(s)

Anxiety assessed using the STAI-6 questionnaire at baseline and immediately after intervention

Key secondary outcome(s)

1. Respiratory rate in cycles/min measured manually, following the accepted standard procedure, at baseline and immediately after intervention
2. Oxygen saturation (SpO₂) measured with a pulse oximeter at baseline and immediately after intervention

Completion date

20/02/2020

Eligibility

Key inclusion criteria

1. Aged 35-80 years
2. Affiliated to a Social Security scheme or beneficiary of such a scheme
3. Absence of neurological disease interfering with the passing of tests
4. Capable of giving free, informed consent.
5. Severe COPD with dyspnea and distension
6. Hospitalized, with or without a tracheotomy
7. Non-obese
8. Predicted FEV₁ <60% and FEV₁/FVC <70%, with distension evidenced by chest x-ray or predicted TLC >120% in pulmonary function tests
9. Severity marked by ongoing hospitalization, with at least one prior instance of decompensation
10. Dyspneic, with resting Borg Scale score ≥3
11. Not having yet participated in the complementary care protocol offered by the hospital, a pulmonary rehabilitation program (PRP) protocol, or any hypnosis protocol

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Mixed

Sex

All

Total final enrolment

21

Key exclusion criteria

1. Pregnancy
2. Mechanical ventilation during the session
3. Known severe cardiac insufficiency
4. Known severe pulmonary arterial hypertension
5. Cancer diagnosis
6. Significant cognitive impairment, hypercapnic encephalopathy or confusional syndrome
7. Deafness

8. Anemia (hemoglobin \leq 8 g/dl)

9. Psychotic pathology

10. Anti-epileptic treatment

Date of first enrolment

10/12/2019

Date of final enrolment

18/02/2020

Locations

Countries of recruitment

France

Study participating centre

Bligny Hospital Center

Rue de Bligny

Briis-sous-Forges

Paris

France

91640

Sponsor information

Organisation

Bligny Hospital Center

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Centre Hospitalier de Bligny

Funder Name

Japanese Society for the Promotion of Science (JSPS)

Funder Name

Fond pour les Soins Palliatifs

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during this study will be made public alongside the results publication.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/10/2020	23/10/2020	Yes	No
Protocol article		07/02/2022	28/02/2023	Yes	No
Participant information sheet	version v2	19/06/2019	07/01/2020	No	Yes