

The use of sophrology for anxiety disorders

Submission date 19/08/2026	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 20/08/2026	Overall study status Completed	☐ Protocol
Last Edited 20/08/2026	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☒ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

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Additional identifiers**Study information****Scientific Title**

A preliminary study of sophrology: a complementary approach to health

Study objectives

This study evaluates the anti-anxiety effects of sophrology on moderate anxiety in patients.

Ethics approval required

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Ethics approval(s)

Approved 01/12/1994, Cantonal Hospital Service Ethical Commission Psychiatry (Commission d'éthique clinique Route de Cery 60, Prilly, 1008, Switzerland; +41 (0)213142967; ethique@chuv.ch), ref: 01121994

Primary study design

Observational

Secondary study design

Cohort study

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

Anxiety disorders

Interventions

This pilot study was a single-group, 6-week, pretest-posttest design with multiple outcomes.

Following enrollment but prior to initiation of sophrology therapy, participants completed the Hamilton Anxiety Scale (HAM-A; 0-56 scale; higher scores indicate more anxiety) in the office of the principal investigator (RW). Over the next 7 days (week 1), participants self-administered a salivary cortisol test (0-25 mcg/dl normal range) in the morning, afternoon, and evening of each day (samples were frozen and analyzed by an independent laboratory at Cochin Hospital, Paris); at each cortisol test, participants also completed the Norris Visual Analogical Scale (NVAS) for anxiety (0-100 scale; higher scores indicate more anxiety). During weeks 2-6 participants attended weekly sophrology sessions.

During week 6, participants repeated the week 1 protocol. At the end of week 6, the HAM-A was re-administered in the office setting.

Intervention Type

Behavioural

Primary outcome(s)

1. Anxiety measured using the Hamilton Anxiety Scale at before and after 4 weeks of sophrology treatment
2. Anxiety measured using the Visual Analogue Scale for Anxiety (VAS-A) at three times per day for 7 days before and after 4 weeks of sophrology treatment
3. Anxiety measured using salivary levels of cortisol at three times per day for 7 days before and after 4 weeks of sophrology treatment

Key secondary outcome(s)

Completion date

11/04/2016

Eligibility

Key inclusion criteria

Patients with anxiety symptoms that were primarily social/situational and did not require psychotropic medication

Healthy volunteers allowed

Yes

Age group

Adult

Lower age limit

20 Years

Upper age limit

49 Years

Sex

All

Total final enrolment

20

Key exclusion criteria

Patients taking medications, abusing substances, or using medications that interfere with cortisol levels

Date of first enrolment

06/01/2000

Date of final enrolment

20/12/2007

Locations**Countries of recruitment**

Switzerland

Sponsor information**Organisation**

University of Lausanne

ROR

<https://ror.org/019whta54>

Funder(s)**Funder type****Funder Name**

Dr Randolph Willis

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not expected to be made available