



Hypnotherapy and Relaxation Intervention on Anxiety and Depression Level of Hiv/Aids Patients

KEYWORDS

Human immunodeficiency virus, acquired immune deficiency syndrome hypnotherapy, Jacobson progressive muscular relaxation, anxiety, depression

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ABSTRACT Globally HIV/AIDS raised as a biggest health problem. Normally only pharmacological techniques are using for controlling HIV/AIDS symptoms. But some alternative techniques are also available which can control major psychological symptoms like anxiety and depression in HIV/AIDS patients. Present meta analysis emphasis effect of those alternative techniques hypnotherapy and Jacobson progressive muscular relaxation on anxiety and depression. The combined model of pharmacology and alternative techniques could be more useful than single technique model.

INTRODUCTION

HIV/ AIDS is a global pandemic, with cases reported from virtually every country. At the end of 2009, an estimated 33.3 million individuals were living with HIV infection according to the Joint United Nations Programme on HIV/AIDS (UNAIDS). More than 95% of people living with HIV/AIDS reside in low-and middle-income countries; 50% are female, and 2.5 million are children < 15 years. (Anthony S Fauci, H Clifford Lane. 2009).

In 2006 UNAIDS estimated that there were 5.6 million people living with HIV in India, which indicated that there were more people with HIV in India than in any other country in the world (UNAIDS 2006). In 2007 following the first survey of HIV among the general population, UNAIDS and NACO agreed on a new estimate – between 2 million and 3.1 million people living with HIV (UNAIDS 2007, 6th July). In 2008 the figure was estimated to be 2.31 million (UNAIDS 2008).

Purpose of the Research:-

On the basis of the review of different researches, it can be concluded that although most of the work is been done in the area of HIV and AIDS but in less focus is been given to the different clinical stages of HIV/AIDS in relation to depression and anxiety. The study might assist Hypnotherapeutic and JPMR intervention for the reducing Anxiety and Depression at different level of HIV/AIDS patients. This research work purpose to "Effect of hypnotherapy and (JPMR) relaxation intervention on anxiety and depression level of HIV/AIDS Patients".

Hypnotherapy and HIV/AIDS

A lot of researches were conducted to study the effect of hypnotherapy on HIV/AIDS. A similar research was conducted by Laidlaw, Kerstein, Bennett, 2000. In this study thirteen subjects were given hypnosis training sessions (2 hours each) and told to practice self-hypnosis on a daily basis. The outcome of the study was that those who were highly

hypnotizable ended up with significantly higher the levels of CD4, t-lymphocytes when compared to those who were not hypnotizable. (Laidlaw, Kerstein, Bennett, 2000).

The effects of a behavioural stress-management program on anxiety, mood, self-esteem, and T-cell count in a group of HIV-positive men who were asymptomatic except for T-cell below 400. (Taylor, 1995). The results suggest that stress management to reduce arousal of the nervous system and anxiety would be an appropriate component of a treatment regimen for HIV infection.

This study was conducted in two groups: one serving as the control group, and the other receiving training in hypnosis for relaxation. (Kiecolt-Glaser, Marucha, Atkinson, Glaser, Aug. 2001), the study concluded that hypnotherapy can help in reducing the negative effect of highly stressful situations that we have on our immune system. The use of hypnosis for relaxation was associated with higher levels of CD3 + and CD4 + T – Lymphocytes.

Present meta analysis of above studies shows positive trend between hypnotherapy and higher levels of CD3 + and CD4 + T – Lymphocytes. The hypnotherapeutic intervention positively manages of stressful situations and control to the other opportunistic infections in HIV/AIDS patients.

Hypnotherapy, anxiety and depression

The use of Hypnotherapy to treat Anxiety and depression is well proven. Hypnotherapy is an effective treatment for stress symptoms such as insomnia, muscle tension, rushing, worrying etc but is also a great approach to dealing with stress and anxiety. (Alladin and Alibhai 2007). The results suggest that hypnosis provide effective treatment, compared to other psychotherapy techniques, for Depression. The hypnotherapeutic intervention is ideally suited to helping for the reduce feeling of anxiety and depression. Some researches prove these claims.

The study was examined the effectiveness of hypnosis on lowering aggression and depression in depressed college undergraduates. (Suzuki, 2003). Participants were evaluated in both their waking states and in their hypnotherapeutic state after undergoing hypnotherapy. The results of the study showed that depressed individuals reported being less depressed while in the hypnotized state. Finding of the study that hypnosis may be able to help eliminated unwanted behaviors and thoughts of the individuals.

Dobbin, Maxwell, and Elton (2009) assessed to self-hypnosis treatment for depression in primary care setting. Patients were given the choice of being randomized to a treatment group or be assigned to the treatment group of their preference. These treatment groups were either self-help (self hypnosis) or a drug therapy treatment consisting of antidepressant medications. Evaluations were given using the Beck Depression Inventory, Brief symptom Inventory, and an evaluation called the SF-36. The outcome of the study shed favorable light on the possibility of using self-hypnosis in primary care for the treatment of depression.

The study concludes that hypnosis can be used to improve the quality of life for AIDS patients who are in the terminal stage of this illness. His in turn has a ripple effect because it reduces feelings of stress, tension and anxiety. Hypnosis can also be used to help them to deal more directly with their emotional distress. (Marcus, 2002)

The meta analysis studies shows the hypnotherapy intervention technique is ideally suitable to helping to reduce the effects of anxiety and depression in HIV/AIDS patients and reduce the emotional distress, tension and their illness. The hypnosis may be able to help eliminated unwanted behaviors and thoughts of the individuals.

Hypnotherapy and immune system

A lot of researches were conducted to study the effect of hypnotherapy on immune system. A similar research was conducted to study the effect training in self-hypnosis on mood, health and the functioning of the immune system during exam time. (Gruzelier, Levy, Williams, 1989). This study was conducted on two group one serving as the control group and second is study group. This study concluded that self-hypnosis can improve the functioning of the immune system and lead to improvements in well-being.

Hypnosis strengthens the disease-fighting capacity of two types of immune cells, reports Patricia Ruzyla-Smith (1993) and her co-workers at Washington State University in Pullman. Students who underwent Hypnosis displayed larger jumps in two important classes of white blood cells than participants who received relaxation or no method. The greatest immune enhancement occurred among highly Hypnotizable students in the Hypnosis group.

The meta analysis studies shows the hypnotherapy intervention technique is help enhance the functioning of immune system and enhance to the quality of life and well-being of people living with HIV/AIDS.

Conclusion

Meta analysis study done on hypnotherapy and relaxation intervention on anxiety and depression level of HIV/AIDS patients concluded that the hypnotherapeutic intervention is recognized and accepted by Council of Indian Medicines and the Union Ministry of Health & Family Welfare, Government of India as a alternative form of therapy as a fastest and effective form the therapy. It is viewed as a complimentary medicine. There is plenty of evidence that hypnotherapy can help to reduce the feelings of Anxiety and Depression of people living with HIV/AIDS. Hypnotherapy helps enhance the positive effects and reduce the effects of Anxiety and Depression and in a number of important ways. Improve their quality of life and well-being.

People living with HIV/AIDS can derive considerable benefits from hypnotherapy. As it is a drug-free process it works alongside existing medication programme without any risk of drug interaction /complications. The key use of hypnotherapy with HIV/AIDS clients is Anxiety and Depression reduction. Levels of Anxiety are naturally elevated when living with the condition. Hypnosis is an effective method of enhancing the immune system. Further studies should be conducted to conform this hypnotherapeutic intervention should be tested for management of anxiety and depression of HIV/AIDS patients.

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