Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of self hypnosis on pain in women with multiple sclerosis

Protocol summary

Summary

Aim: This study conduct with the aim of effect of self-hypnosis on degree of pain in patients with multiple sclerosis. Design: Double blind Setting and conduct: The data collection tools were General health questionnaire-28 (GHQ-28), Stanford hypnotic susceptibility scale(SHSS), numerical rating scale, McGill pain questionnaire and record of pain pills. After initial assessments, patients were randomly assigned to two groups of intervention and control. Participants: This study was carried out on 60 patients with MS in Urmia city.The most important inclusion criteria: A definitive diagnosis of multiple sclerosis ; a member of MS society of Urmia; reported pain at least in one area of their body(pain score at least 4 of 10); Hypnotic susceptibility score higher than 24 on Stanford Hypnotic Susceptibility Scale; General Health Questionnaire score less than 23; The absence of any sign of psychosis, suicidal thoughts in the past 6 months, The most important exclusion criteria: Hospitalization in a hospital or exacerbation during the study. Interventions: Education of Self-Hypnosis for the intervention group was performed within 6 half-hour sessions, with no intervention for control group. Variables: pain intensity, pain quality

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021216564N1**
Registration date: **2015-07-13, 1394/04/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-13, 1394/04/22

Registrant information

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Name of organization / entity

Urmia University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences and Health Servivce

Expected recruitment start date

2014-07-16, 1393/04/25

Expected recruitment end date

2014-08-16, 1393/05/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self hypnosis on pain in women with multiple sclerosis

Public title

Effect of self hypnosis on pain in multiple sclerosis patients

Purpose

Treatment

Inclusion/Exclusion criteria

The most important inclusion criteria: A definitive diagnosis of multiple sclerosis was carried out by a specialist; a member of MS society of Urmia city; women aged between 18-50 years; to be literate;reported pain at least in one area of their body(pain score at least 4 of 10); willingness to participate in the study; Hypnotic susceptibility score higher than 24 on Stanford Hypnotic

Susceptibility Scale; General Health Questionnaire score less than 23; The absence of any sign of psychosis, suicidal thoughts in the past 6 months, substance abuse, personality disorders, cognitive disorders, epilepsy is listed in the patient's medical documents. The most important exclusion criteria: Hospitalization in a hospital or exacerbation during the study.

Age
From **18 years** old to **50 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethic committee of Urmia university of Medical Scinces

Street address
Urmia University of Medical Sciences and Health Service$_9$, Next Emergency Center, Resalat Blvd

City
Urmia

Postal code
5714783734

Approval date
2014-07-15, 1393/04/24

Ethics committee reference number
umsu.rec1393.108

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis

ICD-10 code
G35

ICD-10 code description
Multiple sclerosis

2

Description of health condition studied
pain

ICD-10 code
R52.2

ICD-10 code description
Other chronic pain

Primary outcomes

1

Description
Severity of pain

Timepoint
Every day

Method of measurement
Numerical rating scale

2

Description
Quality of pain

Timepoint
Every day

Method of measurement
Mc gill

Secondary outcomes

empty

Intervention groups

1

Description
Self hypnosis was trained by researcher, approved by Iranian society of clinical hypnosis. patients in intervention group received 6 sessions, 30 minute each, with one week intervals. Induction of self hypnosis was started with progressive muscle relaxation and followed by appropriate suggestions (for pain control, relaxation and increasing self-esteem). Patients in the intervention group were asked to perform self-hypnosis at least 10 times or more each day. Then change of pain severity and quality and amount of pain pills were evaluated after one month. all of patients receive their standard care as suggested by the attending neurologist.

Category
Treatment - Other

2

Description
no intervention for control group.

Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
West Azarbaijan MS Society
Full name of responsible person
Street address
Unit 33, 6 Floor, Delgosha building, Delgosha Alley, Atayi Street, Urmia
City
Urmia

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Urmia University of Medical Sciences, Vice Chancellor of Research
Full name of responsible person
Erag Mohebbie
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Urmia University of Medical Sciences and Health Service, Next Emergency Center, Resalat Blvd
City
Urmia
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Urmia University of Medical Sciences, Vice Chancellor of Research
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty

Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty