

# Hypnotherapy (hypnosis)

Type	Safety	Efficacy	Recommended?
			
Alternative therapy	Limited potential for harm	No evidence that it is effective	May be used as a relaxation technique

## In detail:

<b>Claims for treatment</b>	Deals with the psychological aspects of tinnitus, such as anger, stress, anxiety. <sup>1</sup>
<b>What is the treatment?</b>	The treatment involves using hypnosis, positive suggestions and guided imagery. The therapist will guide patient into a deeply relaxed state either in person or via a sound recording.
<b>What are the downsides of this treatment?</b>	Cost - this can be around £50-£150 per session. <sup>2</sup> Can be offered by people with little training. Hazardous for people with psychosis or certain types of personality disorder. <sup>3</sup>
<b>Has there been research into this treatment?</b>	Yes, but very few recent papers mention hypnotherapy as a tinnitus treatment at all. Previous papers have been small scale trials of poor quality. <sup>4</sup>

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<p><b>What does the research say?</b></p>	<p>There is no evidence available to show whether hypnotherapy is effective in people with tinnitus.<sup>4</sup></p> <p>A systematic review of hypnotherapy in patients with stress concluded that the effectiveness of this intervention is still unclear.<sup>5</sup></p> <p>There is some evidence that hypnotherapy reduces anxiety, but it is more effective when combined with other psychological interventions.<sup>6</sup></p> <p>A systematic review of hypnotherapy for insomnia concluded that the effectiveness of this intervention is still unclear.<sup>7</sup></p> <p>There is very little evidence on whether hypnotherapy causes adverse effects, but one systematic review showed no evidence that it does.<sup>8</sup></p> <p>Tinnitus guidelines do not make any mention of using hypnotherapy as a treatment for tinnitus.<sup>9-12</sup></p>
<p><b>How high quality is the research?*</b></p>	<p>A</p>
<p><b>Tinnitus UK's opinion on this treatment:</b></p>	<p>Current tinnitus management guidelines suggest the use of relaxation strategies to help manage tinnitus. Hypnotherapy may be considered as a way to improve relaxation.</p>
<p><b>Would Tinnitus UK support further studies into this treatment?</b></p>	<p>Yes, if a high quality, large scale study.</p>

\* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

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## For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**  
Web chat **tinnitus.org.uk**  
Email **helpline@tinnitus.org.uk**  
Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at [takeontinnitus.co.uk](https://takeontinnitus.co.uk)

## References

All online references accessed 5 July 2024 unless noted.

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# Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **[communications@tinnitus.org.uk](mailto:communications@tinnitus.org.uk)** or by writing to us at the address below.

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