

Hypnosis for nausea and vomiting in early pregnancy: a randomised controlled trial

ACTRN12607000127404

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| Status | RECRUITING |
| Phase | Phase 4 |
| Sponsor | Dr A.M Cyna |
| Enrollment | 62 participants |

Plain Language Summary

This study is for women who experience nausea and vomiting during early pregnancy. It tests whether a type of therapy called hypnosis (or hypnotherapy) — done before the baby is born — can reduce how much suffering women go through because of these symptoms. Morning sickness can range from mild discomfort to a seriously debilitating condition, and this study looks for a non-medication option that may help.

You may be eligible if:

- You are female and at least 16 years old
- You are pregnant and experiencing nausea and vomiting

You may NOT be eligible if:

- You have an active psychological or psychiatric illness
- You have difficulty understanding or speaking English
- You have a medical or pregnancy-related condition (other than morning sickness) that is causing your nausea and vomiting

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Suffering from nausea and vomiting of pregnancy.

Exclusion (1)

- Active psychological or psychiatric illness, poor understanding of english; underlying medical or obstetric condition contributing to nausea and vomiting.

Locations (1 total)

Australia