

Randomized e-Hypnotherapy for Chronic Pelvic Pain Study (REST)

ACTRN12623000368639

Status	RECRUITING
Sponsor	Deakin University
Enrollment	132 participants

Plain Language Summary

Chronic pelvic pain (CPP) is a persistent pain condition lasting more than three months that affects the lower abdomen or pelvis, and it significantly impacts quality of life, relationships, and mental wellbeing. It can have many causes — including endometriosis, bladder conditions, or nerve sensitivity — and is often difficult to treat. Hypnotherapy is a psychological treatment that works by using a deeply relaxed, focused state to change how the brain processes pain signals. Research in gut and pelvic pain has shown it can be effective, but access to qualified hypnotherapists is limited.

This trial is delivering e-hypnotherapy — an online, self-guided hypnotherapy program — and comparing it against a relaxation program and a waitlist control to determine whether it reduces pain, improves quality of life, and is cost-effective. Participants are followed up to 12 months after the program.

You may be eligible if you are 18 or older, live in Australia, have experienced pelvic pain for at least 3 months, have at least mild psychological distress, are not pregnant, and can read and understand English. People who have recently had pelvic surgery, had hypnotherapy recently, or have severe mental illness (including psychosis, PTSD, or bipolar disorder) would not be eligible.

Key Eligibility Criteria

Inclusion (16)

- Trial participants:
-)Self-reported chronic pelvic pain, with pain persisting for at least 3-months.
-)At least mild psychological distress (score of 16 or above on the Kessler Psychological Distress Scale (K10)).
-)At least 18 years of age.
-)Capacity to provide informed consent.
- ... and 11 more (see full listing online)

Exclusion (11)

- Trial participants:
-)Absence of pain as indicated by a score below 3 on the pain Numerical Rating Scale (NRS).
-)Recent pelvic area surgery (within the past 3 months).
-)Recent engagement in hypnotherapy (within the past 6 months).
-)Dissociative experiences as indicated by a score of 2.5 or above on the Brief Dissociative Experiences Scale (DES-B).
- ... and 6 more (see full listing online)

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000368639>

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