INPLASY PROTOCOL

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Psychological impact of hypnosis for pregnancy and childbirth: A systematic review

Catsaros, S[1]; Wendland, J[2].

Review question / Objective: Evaluate the impact of hypnosis during pregnancy and childbirth on women's mental health in the perinatal period.
Condition being studied: Pregnancy in adult women.
Eligibility criteria: Articles referring to hypnosis used to accompany women for miscarriages, pregnancy terminations, or that assisted them in conceiving, and articles measuring pain only as a quantitative outcome with no reference to psychological aspects were excluded.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 18 November 2022 and was last updated on 18 November 2022 (registration number INPLASY2022110089).

INTRODUCTION

Review question / Objective: Evaluate the impact of hypnosis during pregnancy and childbirth on women's mental health in the perinatal period.

Rationale: Hypnosis has been used for many decades in various medical fields, including pregnancy. This period is particularly challenging for women's mental health. Yet, there is little litterature concerning the psychological impact of hypnosis in the perinatal period.

The goal of this review is to explore the impact of perinatal, hypnosis-based interventions on women's mental health and to examine their designs, results and intervention contents.

Condition being studied: Pregnancy in adult women.

METHODS

Search strategy: Search string : (hypnosis OR hypnotherapy OR "self-hypnosis") AND (pregnancy OR childbirth OR perinatal) Databases : PubMed, PsycInfo, ScienceDirect
Articles in English, published from January 2000 till December 2021. A literature search was also performed for further articles on Google Scholar.

Participant or population: Adult pregnant women.

Intervention: Hypnosis based interventions during pregnancy and childbirth.

Comparator: Not applicable.

Study designs to be included: Studies with experimental between or within subject designs, both qualitative and/or quantitative, evaluating a hypnosis intervention.

Eligibility criteria: Articles referring to hypnosis used to accompany women for miscarriages, pregnancy terminations, or that assisted them in conceiving, and articles measuring pain only as a quantitative outcome with no reference to psychological aspects were excluded.

Information sources: PubMed, PsycInfo, ScienceDirect. A literature search was also performed on Google Scholar. Authors were contacted in one case for further information about the design of their study.

Main outcome(s): Hypnosis contributes to a better subjective experience of pregnancy and childbirth and enhances women's overall wellbeing in the perinatal period.

Quality assessment / Risk of bias analysis: The Critical Appraisal Skills Program (CASP) Checklists was used to systematically assess the design of studies.

Strategy of data synthesis: The selection process was conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-analyses (the PRISMA statement). Data gathered was qualitatively and thematically analyzed.

Subgroup analysis: Not performed.

Sensitivity analysis: Not performed.

Language restriction: English.

Country(ies) involved: France.

Keywords: hypnosis; pregnancy; childbirth; psychological impact; systematic review; qualitative analysis.

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