

**HYPNOTHERAPY IN OBSTETRIC CARE:  
SYSTEMATIC REVIEW OF EVIDENCE AND POTENTIAL USE IN CLINICAL  
PRACTICE**

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**ABSTRACT**

Kehamilan, persalinan, dan masa nifas merupakan rangkaian peristiwa yang mengubah kehidupan seorang ibu secara signifikan dan seringkali disertai dengan berbagai tantangan dan permasalahan fisik dan emosional. Tinjauan penelitian ini adalah untuk menganalisis tren dan efektivitas intervensi hipnoterapi pada kehamilan dan persalinan secara nasional dan internasional melalui database elektronik seperti PubMed, MEDLINE, PsycINFO dan Google Scholar untuk mengidentifikasi studi yang relevan. Penilaian kualitas artikel menggunakan Critical Appraisal Tools for Systematic review. Hasil tinjauan literatur menunjukkan bahwa intervensi hipnoterapi memberikan hasil yang menjanjikan dalam mengurangi nyeri persalinan, menghilangkan kecemasan, mengurangi gejala mual dan muntah, meningkatkan kepuasan ibu dan meningkatkan pengalaman persalinan secara keseluruhan. Hipnoterapi dapat digunakan sebagai salah satu intervensi pelengkap dalam bidang pelayanan obstetri dan maternitas. Penelitian lebih lanjut perlu fokus pada penetapan protokol standar, eksperimen dengan metode pengambilan sampel acak pada subjek yang lebih besar dan mengeksplorasi efek jangka panjang dan efektivitas biaya dari intervensi hipnoterapi dalam berbagai perawatan obstetrik.

Kata Kunci : Hipnoterapi, Kehamilan, Persalinan, Kebidanan, Hipnosis

**ABSTRACT**

Pregnancy, childbirth and postpartum are a series of events that significantly change a mother's life and are often accompanied by various physical and emotional challenges and problems. This review of this study was to analyze the trends and effectiveness of hypnotherapy interventions in pregnancy and childbirth nationally and internationally through electronic databases such as PubMed, MEDLINE, PsycINFO and Google Scholar to identify relevant studies. Article quality assessment uses Critical Appraisal Tools for Systematic review. The results of the literature review show that hypnotherapy interventions provide promising results in reducing labor pain, relieving anxiety, reducing symptoms of nausea and vomiting, increasing maternal satisfaction and improving the overall labor experience. Hypnotherapy can be used as one of the complementary interventions in the field of obstetrics and maternity care. Further research needs to focus on the establishment of standard protocols, experiments with random sampling methods on larger subjects and exploring the long-term effects and cost-effectiveness of hypnotherapy interventions in various obstetric treatments.

**Keywords** : Hypnotherapy, Pregnancy, Childbirth, Obstetrics, Hypnosis

## BACKGROUND

Pregnancy and childbirth are physiological processes that are accompanied by various physical and emotional changes for the mother. This series of processes often causes complaints in the form of physical discomfort, feelings of anxiety, fear and stress in pregnant women and can have a negative impact on the health of mothers and babies as well as increase the risk of childbirth complications, postpartum depression, trauma and increase additional costs in the health care system (Badaoui, Kassm and Naja, 2019). Hypnotherapy has been increasingly used in obstetric health care. Hypnotherapy refers to the practice that involves the induction of deep awareness and relaxation with the aim of modifying a person's thoughts, behaviors and physical responses. In obstetrics, hypnotherapy is aimed at improving the labor experience and reducing anxiety and pain associated with the labor process. Hypnotherapy techniques involve the use of hypnosis that induces a state of deep relaxation so that it can help reduce fear and anxiety, increase feelings of empowerment and control during labor and improve the overall quality of the labor process (Beebe, 2014; Catsaros and Wendland, 2020a; Fernández-Gamero *et al.*, 2024).

The application of hypnotherapy is recognized as a pain management method worldwide and is used in several hospitals and clinics, especially in the context of hypnobirthing (Buran and Aksu, 2022). Hypnobirthing is a method that uses hypnotherapy techniques to help mothers cope with the physical and emotional aspects of childbirth with the aim of reducing pain, anxiety and the need for pharmacological intervention (Puri, 2023). Early in the gestational period, hypnotherapy can be used as one of the intervention modalities for hyperemesis gravidarum by addressing emotional and psychological aspects that can help reduce anxiety, alter perception and promote relaxation (Ozgunay *et al.*, 2022a). The use of hypnotherapy in pregnancy is also able to reduce anxiety and treat insomnia symptoms in mothers as pregnancy ages increase and pregnancy discomfort appears (Ng and Lee, 2008; Anonymous *et al.*, 2022). This study aims to look at hypnotherapy in midwifery care in midwifery practice.

## METHOD

This study is a literature study with the Systematic Literature Reviews (SLR) method which comprehensively summarizes the studies that have been conducted on the effects of hypnotherapy on problems experienced by mothers during pregnancy both in Indonesia and in various other countries.

Articles are assessed using a Critical Appraisal checklist and the article screening process is carried out with a PRISMA diagram. The data bases used in this literature study are ProQuest, Pubmed and Google Scholar with keywords; hypnotherapy and pregnancy, hypnotherapy and maternity, hypnotherapy and anxiety and pregnancy, hypnotherapy and pain and labor, hypnotherapy and hyperemesis and pregnancy, hypnosis and anxiety and pregnancy, hypnosis and anxiety and labor, hypnosis and pain and labor and pregnancy, hypnosis and anxiety and pain management and labor. The literature search has been carried out since January 2024. Seven articles were selected based on inclusion criteria such as articles with Cross sectional, Clinical Trial, Randomized Controlled Trial, Pre-experimental, English or Indonesian, full text, free full-text and are academic journals.

## RESULTS AND DISCUSSION

### A. Result

The process of searching for articles until it is used as a primary source of data in this study can be seen from the Prisma Diagram Flow where at the beginning of the search through three databases were found as many as 1369 articles and after various stages of screening were carried out 7 articles that met the requirements from Indonesia, Turkey, the United Kingdom and Australia.

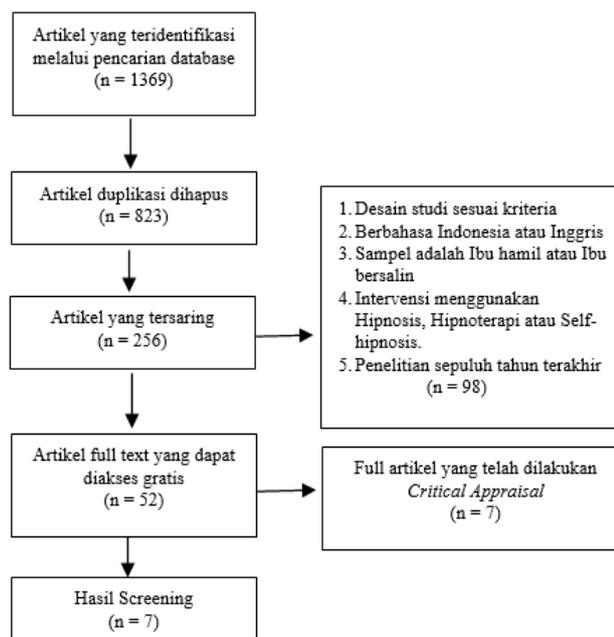


Figure 1. PRISMA Flow Diagram



Table 1. Research included in the Systematic Review

<b>Study</b>	<b>Participants</b>	<b>Intervention</b>	<b>Comparison</b>	<b>Outcome</b>
Hypnobirthing as Self Hypnosis in Lowering Anxiety Levels of Pregnant Women (Anggraeni and Lubis, 2022).	Jakarta, Indonesia. A sample of 50 pregnant women.	Hypnobirthing as self-hypnosis in reducing anxiety in pregnant women with quasi-experimental research methods. The anxiety measurement instrument uses the Hamilton Rating Scale For Anxiety (HARS).	This study uses a one group pre-post test approach, which is an experimental research design that uses one group of subjects and makes measurements before and after giving treatment (intervention) to the research subjects.	The results of the analysis showed a value of $p = 0.0001$ or there was a difference in anxiety levels between before and after hypnobirthing. So it can be concluded that hypnobirthing is effective in reducing the anxiety of pregnant women.
The Effectiveness Of Antenatal Hypnotherapy On Anxiety In Facing The Childbirth Process (Octavia, Hasibuan and Siahaan, 2024)	Medan, Indonesia. A sample of 16 pregnant women in the third trimester.	The treatment given to the respondents was to provide antenatal hypnotherapy. The anxiety measure uses the Hamilton Rating Scale for Anxiety (HRSA).	This study uses a one group pre-post test approach, which is an experimental research design that uses one group of subjects and makes measurements before and after giving treatment (intervention) to the research subjects.	The results of the Paired t-test showed a value of $p = 0.000$ which means that the value of $p < 0.05$ so that $H_0$ was rejected and it can be concluded that there is a significant difference between the level of maternal anxiety before and after the administration of hypnotherapy which indicates the influence of antenatal hypnotherapy on anxiety in pregnant women in the 3rd trimester.
Self-hypnosis lowers anxiety in pregnant women. (Lilik	Malang, Indonesia. The subjects of this study are pregnant women	Pregnant women are trained in self-hypnosis by hypnosis facilitators who have participated in basic hypnosis training. Researchers motivated	This type of research is a pre-experimental pre-post test design. Pregnant women are measured in their anxiety before and	Wilcoxon's statistical test shows $p$ value = $0.000 < 0.05$ . These results illustrate that self-hypnosis can reduce the level of anxiety of pregnant women.

<p>Indahwati and Farahmita, 2024)</p>	<p>in the second to third trimester who take prenatal hyponosis classes at the Malang Healthy Friends Clinic and As Syifa Malang Clinic. The subjects who met the criteria for indiction were 31 people.</p>	<p>pregnant women to practice self-hypnosis at home for 1 week with the help of audio and a guidebook. Measurement of anxiety of pregnant women using the Indonesian hypnobirthing anxiety questionnaire.</p>	<p>after self-hypnosis.</p>	<p>Thus, health workers can train pregnant women to do self-hypnosis.</p>
<p>Reduction Of Anxiety In Parting Women With Intervention Hypnosis Five Finger In The Hospital Aura Syifa. (Kusuma Wardani and Divas Nassyra, 2024).</p>	<p>The population is mothers who have given birth at Aura Syifa Hospital with a sample of 28 people.</p>	<p>The intervention given is Hypnosis with the Five Fingers technique in childbirth.</p>	<p>A type of quantitative study with a pre-experimental design of one group pretest-posttest.</p>	<p>The results of the Wilcoxon Test obtained a value of Asymp.Sig. (2-tailed) 0.001 where the value of <math>p &lt; 0.05</math> so it can be concluded that the five-finger hypnosis intervention can reduce the level of anxiety in mothers giving birth at Aura Syifa Hospital.</p>
<p>Hypnosis antenatal training for childbirth: a randomised</p>	<p>Australia, a sample of 448. The hypnotherapy group +CD</p>	<p>The first group was given a Hypnosis+CD Audio treatment guided by a hypnotherapist for 3 times. The second group was given CD</p>	<p>The control group was given only standard prenatal services, without hypnotherapy or audio CDs.</p>	<p>No difference was found in the use of pharmacological analgesia during labour and birth when comparing hypnosis + CD with control (81.2 versus</p>

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<p>controlled trial (Cyna <i>et al.</i>, 2013)</p>	<p>(n=143), the CD-only group (n=143) and the control group (n=151).</p>	<p>treatment alone without hypnotherapy guided by nurses.</p>		<p>76.2%; relative risk, RR 1.07; 95% confidence interval, 95% CI 0.95 to 1.20), or comparing CD alone with control (76.9 versus 76.2%, RR 1.01, 95% CI 0.89 to 1.15). Conclusions The antenatal hypnosis group using the Hypnosis Antenatal Training for Childbirth (HATCH) intervention in late pregnancy did not reduce the use of pharmacological analgesia during labor and birth.</p>
<p>Self-hypnosis for intrapartum pain management in pregnant nulliparous women: a randomised controlled trial of clinical effectiveness (Downe <i>et al.</i>, 2015)</p>	<p>The sample was that women did not plan elective caesarean sections, without hypertension treatment and without psychological illness.</p>	<p>Randomization in the gestational age group of 28-32 weeks with usual prenatal care, group with prenatal care plus short self-hypnosis training and given daily audio self-hypnosis CDs. Monitoring and evaluation in the 2nd and 6th weeks after childbirth.</p>	<p>The group was given prenatal services only without being given hypnotherapy training.</p>	<p>Use of group self-hypnosis in the second and third trimesters does not reduce the use of epidural analgesia or a series of clinical and other treatments.</p>
<p>Is hypnosis an effective alternative to medical therapy for</p>	<p>Ankara, Turkey. The sample was 40 pregnant women who were</p>	<p>This study uses a cross sectional method by providing the same medical care and hypnotherapy to all respondents. The instrument for measuring</p>	<p>PUQE scores are compared between before and after hypnosis. The group was compared based on the results of</p>	<p>The median PUQE score was lower and the median hospitalization time was significantly shorter in the hypnosis group (P&lt;0.001;</p>

<p>hyperemesis gravidarum? (Soysal and Yilmaz, 2022)</p>	<p>hospitalized for hyperemesis with a gestational age between 6-20 weeks.</p>	<p>hyperemesis gravidarum uses PUQE.</p>	<p>PUQE, the length of hospital treatment and the time of the first meal.</p>	<p>P=0.010). The hypnosis group switched to oral nutrition earlier than the control group and this was statistically significant (P=0.034).</p>
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Research by Anggraeni and Lubis 2022 shows that there is a difference in the level of anxiety of pregnant women between before and after hypnobirthing. This is also supported by a similar study conducted by Hasibuan and Siahaan 2024 which concluded that there was a significant difference between the level of maternal anxiety before and after being given hypnotherapy interventions which indicated the influence of antenatal hypnotherapy on anxiety in pregnant women in the third trimester. The use of hypnotherapy can be done by various methods. Among them are self-hypnosis and five-finger hypnosis in accordance with research by Indahwati and Farahmita 2024 and Wardani and Nasyra 2024 with the conclusion that both self-hypnosis and hypnosis The five-finger technique has an effect on reducing anxiety in pregnant women and childbirth mothers.

A study conducted by Cyna et al. 2013 in Australia actually found that the use of hypnosis antenatal training for labor did not reduce the use of pharmacological analgesia during labor so it can be concluded that the effect of hypnotherapy on labor pain is meaningless. This is in line with other studies conducted in the United Kingdom that concluded that self-hypnosis does not significantly reduce the use of intra-partum epidural analgesia or a series of other clinical and psychological variables. The effectiveness of hypnosis on labor pain was found to be significant in several studies that have been summarized in a regular study conducted by (Catsaros and Wendland, 2020) which states that there is a positive influence of hypnotography on the experience of childbirth by reducing fear and confusion and by increasing the mother's sense of control during childbirth. Hypnotherapy in labor can provide mothers with a way to control pain during labor through the provision of pain suggestions and reinterpretation of pain perceptions with hypnoalgesia.

During pregnancy, a study from Soysal and Yilmaz 2022 in Turkey stated that hypnotherapy can also be used as an alternative therapy option in cases of hyperemesis gravidarum. The study found that respondents' PUQE scores became lower and the duration of hospitalization due to hyperemesis gravidarum became shorter in the hypnosis group. In addition, the intervention group switched to oral nutrition more quickly than the control group, indicating that hypnotherapy may significantly reduce hyperemesis gravidarum. Hypnotherapy can be used as one of the intervention modalities for hyperemesis gravidarum by addressing emotional and psychological aspects that can help reduce anxiety, alter perceptions and promote relaxation (Ozgunay *et al.*, 2022). Hypnosis physiology involves the induction of trance where a person's attention is released from his

immediate environment and absorbed by inner experiences such as cognition and imagination (Williamson, 2019). Hypnotherapy carried out for two weeks can reduce stress, fatigue and improve maternal well-being, provide a feeling of calm, increase self-confidence, increase self-empowerment (Finlayson *et al.*, 2015), helping to reduce anxiety, pain and improve quality of life (Fernández-Gamero *et al.*, 2024).

Hypnotherapy provides a relaxing and comfortable effect on patients that is able to reduce the symptoms of psychological disorders in pregnant women. Hypnosis alters activity *dorsal Anterior Cingular Cortex* (dACC) and *Dorsolateral Prefrontal Cortex* (DLPFC). A study by examining using *functional Magnetic Resonance Imaging* (fMRI) shows that the functional connectivity between DLPFC, dACC, anterior insula, amygdala and ventral striatum becomes greater when the body is relaxing or resting. The region is involved in detecting, integrating and filtering somatic, autonomous and emotional information. These changes in neural activity lead to increased focus, increased somatic and emotional control and reduced self-awareness. So that the increase in connectivity between these regions is physiologically relevant in reducing stress (Halsband and Gerhard Wolf, 2019).

Hypnotherapy in labor aims to provide mothers with a way to control pain during labor through the provision of pain suggestions and reinterpretation of pain perception with hypnoalgesia (Catsaros and Wendland, 2023). These techniques are aimed at increasing the pain threshold limit and giving mothers control over their physical experiences. One of the main goals of hypnosis is to transform the experience of childbirth into a non-threatening and happy experience. This is achieved by changing words used in the medical world in general such as 'more painful' to 'less comfortable' (Aghniya, 2024).

Hypnosis and self-hypnosis are intended to empower mothers during the pregnancy process until postpartum to protect themselves from a stressful environment. The feeling of having control over her own body is very important for the mother because the lack of control is one of the main elements of fear of the birth process. High subjective control during labor was positively correlated with less pain, stronger positive emotions and lower negative emotions (Madden *et al.*, 2016). The physiological mechanism in pain management using hypnotherapy involves suppressing neural activity between the sensory cortex and the amygdala-limbic system that inhibits emotional interpretation of sensations such as pain. This process is supported by evidence from Positron Emission Tomography (PET) studies which show that the anterior cingulate gyrus, a brain region affected by pain

modulation, is suppressed during hypnosis (Madden et al., 2016). In addition, the use of hypnosis also has the potential to be used as an alternative therapy to overcome insomnia problems in pregnant women. keeping it in a sleeping condition.

Hypnotherapy can be a tool used to address insomnia during pregnancy by utilizing psychological techniques to promote relaxation, reduce anxiety and improve sleep quality. Psychologically, hypnotherapy focuses on creating a state of deep relaxation, calming the mind, reducing stress and anxiety that can lead to sleep disturbances. By guiding pregnant women through hypnotic sessions, the goal of hypnotherapy is to change negative thought patterns, increase positive sleep associations and encourage good sleep patterns. This approach can help pregnant women manage insomnia by providing a sense of control over their sleep, reducing waking up in the middle of a night's sleep and improving overall well-being during pregnancy.

#### **AUTHOR CONTRIBUTIONS**

Rofana Aghniya as the first author and corresponding author plays a role in literature search, literature assessment and literature review writing. Septi Widiyanti plays a role in helping to find sources of literature to be reviewed. Ika Oktaviani plays a role in assisting in the assessment and screening process of articles which will then be reviewed in this study.

#### **THE IMPORTANCE OF CONFLICT**

There is no conflict of interest in this study.

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