

Attached list 18: Sham effect in hypnosis therapy

Authors	Disease	Parameter	Groups	Number of participants	Before	After	Improve rate
Haanen HCM (1990)	Fibromyalgia	VAS at 24 weeks	Physiotherapy	20	9.5	8.8	7.4%
			Hypnosis	20	9.3	7.1	23.7%
Gay MC (2001)	osteoarthritis	Vas after 8 weeks	Waiting list	10	4.4	4.23	3.9%
			Relaxation	13	3.68	2.37	35.6%
			Hypnosis	13	4.16	1.85	55.5%
Jones H (2006)	Non-cardiac chest pain	Pain score	Supportive group	13	60.62	47.31	22.0%
			Hypnosis	15	59.7	29.13	51.2%
Tan G (2015)	chronic low back pain	Vas	Hypnosis	75	23.29	14.99	35.6%
			Bio-feedback	25	25.5	21.18	16.9%
Edelson J (1989)	chronic low back pain	McGill Pain Intensity	CBT	27	8.11	7	13.7%
			Hypnosis	27	9.56	6.89	27.9%
			Control	27	7.67	7.76	-1.2%
Melzack R (1975)	Chronic pain	Pain rating	Alpha-feed back	6			7.0%
			Hypnosis	6			31.0%
			Hypnosis + feedback	12			20.0%
Picard P (2013)	Fibromyalgia	FIQ total score at 6 month	Hypnosis	30	49.5	44.9	9.3%
			Waiting list	29	50.1	49.4	1.4%
ter Kuile MM	Recurrent	Daily	Autogenic training	48	27.2	22.5	17.3%

(1993)	headaches	headache index score	cognitive self-hypnosis	58	24.2	16.2	33.1%
			waiting-list control	40	25.9	25.4	1.9%
Winocur E (2002)	Myofascial pain disorder		Hypnorelaxation	15	60.8	26.2	56.9%
			Occlusal appliance	15	63.07	32.94	47.8%
			Minimal treatment group	10	53.1	46.5	12.4%
Simon EP (2000)	Temporomandibular disorder	VAS	Hypnosis	24	6.22	3.52	43.4%
Castel A (2012)	Fibromyalgia	Vas	Control	30	6.9	6.5	5.8%
			CBT	34	6.1	5.6	8.2%
			CBT+hypnosis	29	6.6	5.3	19.7%
Rasouyar A (2014)	Rheumatoid Arthritis		Cognitive-behavioral group therapy		18.1	6.1	66.3%
			Control group		18	18.75	-4.2%
Chiang KJ (2015)	Depression	BDI-II scores	Cognitive-behavioral group therapy	30	40.3	10.17	74.8%
			Control group	32			
Ardigo S (2016)	Chronic pain in elderly	Vas	Hypnosis	26	5.4	4	25.9%
			Massage	27	5.5	5.4	1.8%