

Letter to Editor

Use of Hypnosis in Magnetic Resonance Imaging Process for Patients with Claustrophobia

The Editor,

Sir,

We present a successful magnetic resonance imaging (MRI) performed after three sessions of hypnosis and prevent of claustrophobia in a patient, who had MRI under sedation twice earlier.

Hypnosis is used to treat addiction, depression, psychiatric diseases, gastrointestinal system disorders like irritable bowel syndrome, enuresis, sexual problems, immunological and rheumatologic disorders; even in dentistry and in anaesthesia for sedation and analgesia (1). Medical hypnosis is applied in cases where the patient cannot tolerate the diagnostic techniques (2). Claustrophobia is a common problem precluding MRI hypnotic techniques decrease the anxiety of the patient and help psychological status to be taken under control (1, 3).

The 40-year-old female patient with claustrophobia applied to our Anesthesia Outpatient Clinic for MRI examination under sedation. Psychiatry consultation indicated that she had panic disorder and claustrophobia (according to the DSM-IV diagnostic criteria). She was scheduled to have the third MRI under hypnosis. The first hypnosis session was made three days before the MRI appointment. Autohypnosis was also taught to the patient in the 2nd session. She was convinced that enclosed area was not a hazardous place and what she could do to deal with her fears in the hypnosis sessions. After third session of hypnosis, MRI was performed without sedation. She stated that she was very happy and could not believe how she had MRI without fear. She was told to apply autohypnosis when necessary in her daily

life. A week later, we had a meeting with the patient and she told that she used autohypnosis in her daily life and her claustrophobia had considerably improved.

Hypnosis can be used as the main therapy by experienced hypnotists or as supportive care in many fields of medicine (4, 5).

In conclusion, hypnosis should be considered to facilitate MRI of claustrophobic patients.

Keywords: Claustrophobia, hypnosis, magnetic resonance imaging

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