

# A Pilot Practice based Observational Investigation on outcomes associated with Quest Cognitive Hypnotherapy Services

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## Aim

- To determine the client base attracted to a private hypnotherapy practice in UK
- To understand the profile of private clients presenting on Anxiety (GAD-7), Depression (PHQ-9) and well-being (SWEMWBS) scale
- To use the Personal Questionnaire (PQ) to understand the nature of the presenting issue and how it changes with therapy
- To measure the effects of Quest Hypnotherapy in a Client Population

## Methods

- Clients visiting a private Hypnotherapy Practice were invited to enrol in a Practice based research programme from 2012 to 2013.
- During therapy, clients responded to Self-Determined Questionnaires of presenting Issue and severity (PQ), Anxiety (GAD-7), Depression (PHQ-9) and Wellbeing (SWEMWBS).
- Data was captured using the Pragmatic Research Network Core 10 portal.
- 19 Therapists collected data from individuals willing to enter the programme.

## Key Demographics (Accepted for therapy n=273)

- Age
  - Average 39 years ± 12
- Gender
  - 191 of 273 were female (70%)
  - 82 of 273 were male (30%)
- Ethnicity
  - Majority White British
- Relationships
  - Majority in Full/Part- time employment

## Results -1

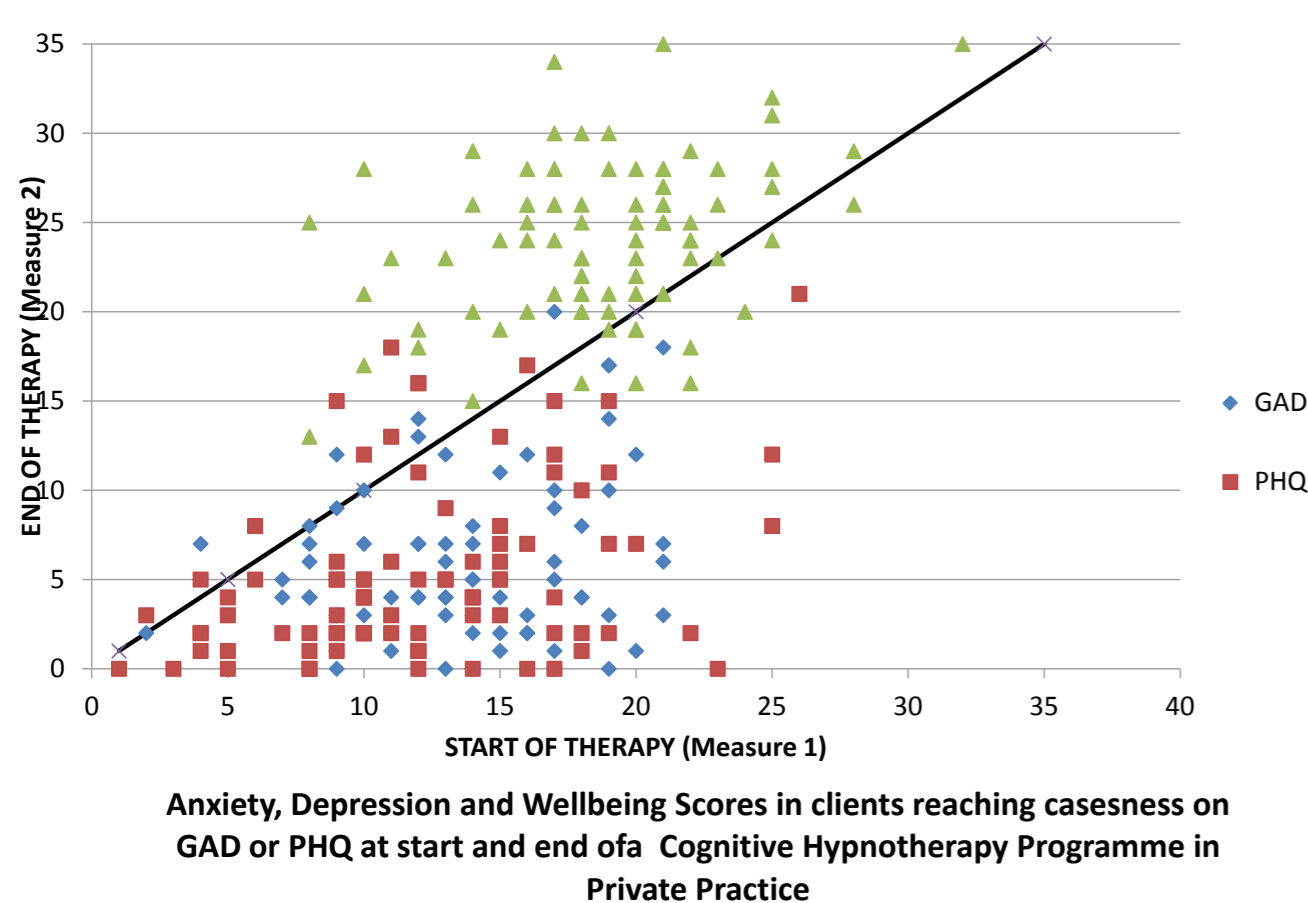
- The client base is between 18-78 with an average age of 39.
- The population is mainly White, Female and employed part or full time.
- 171 of 273 clients (63%) report clinically meaningful levels of anxiety and depression
- 102 of 273 clients (37%) were below clinical significance

## Results -2

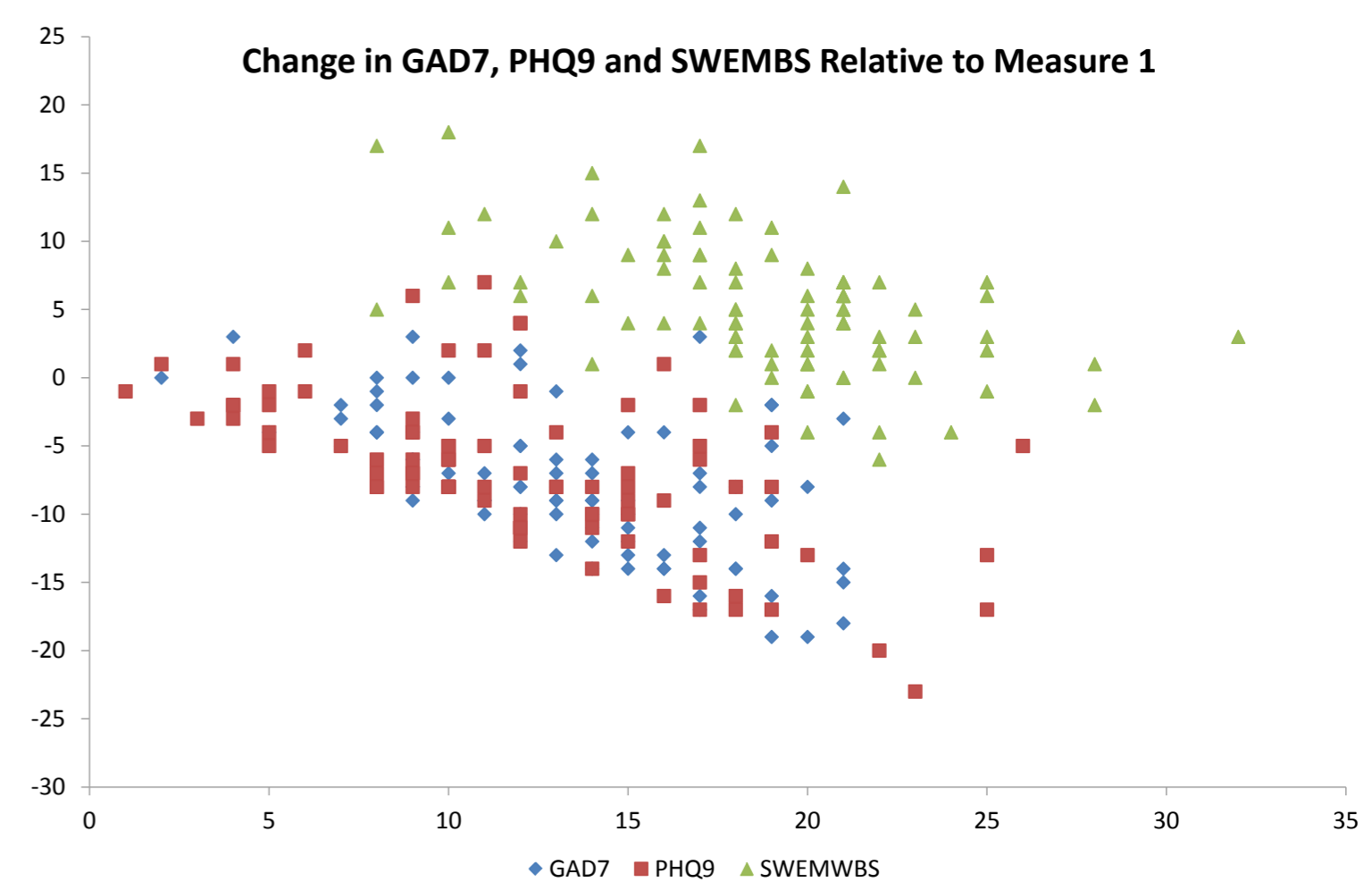
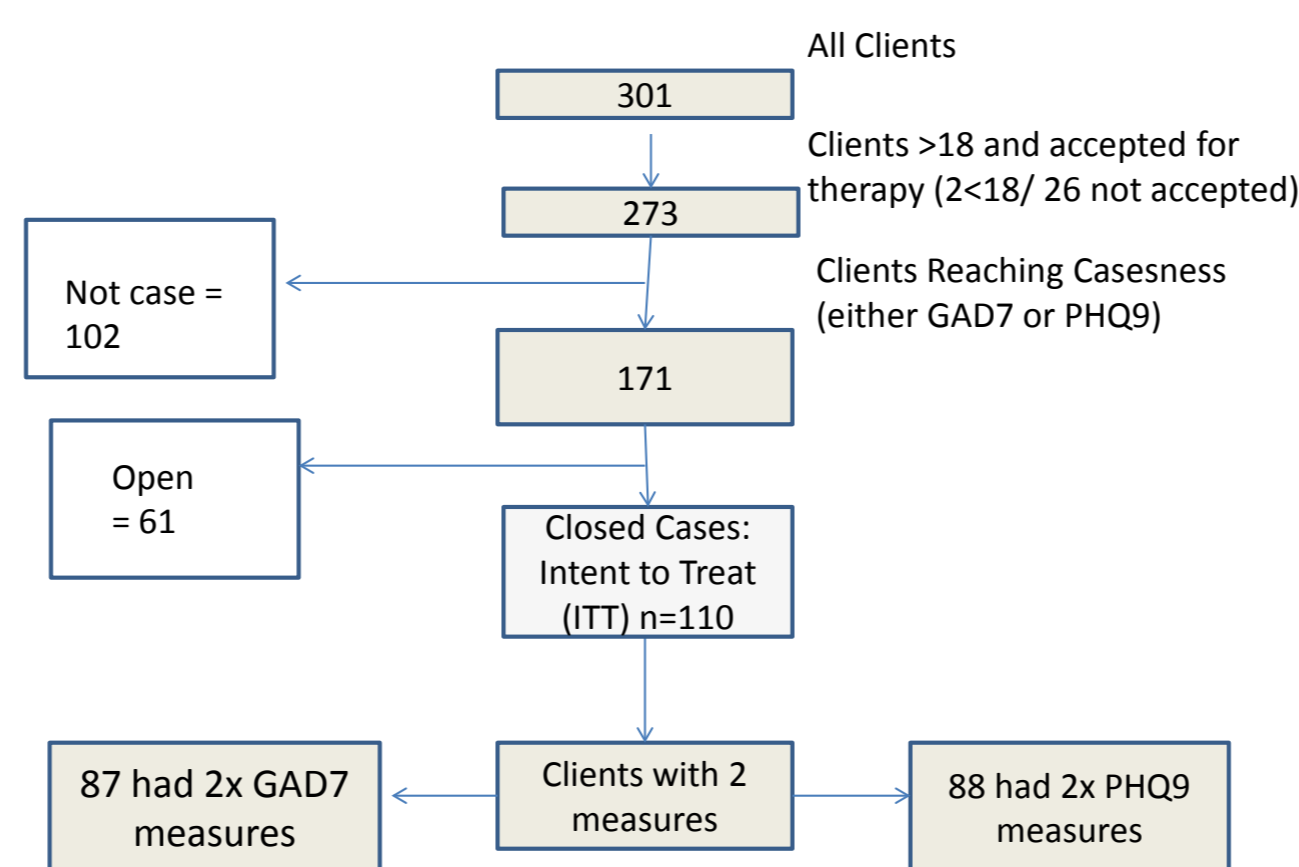
- Quest Cognitive Hypnotherapy Service provides an apparently effective reduction of self-reported measures of Anxiety or Depression
- In clients with at least 2 measures;
  - Efficacy rates are 55% and 42% of the intent to treat group for GAD-7 and PHQ-9 respectively
  - Average Reduction in Anxiety (GAD-7) score was 8
  - Average Reduction in Depression (PHQ-9) score was 7
  - Average Increase in wellbeing (SWEMWBS) was 5

## Results -3

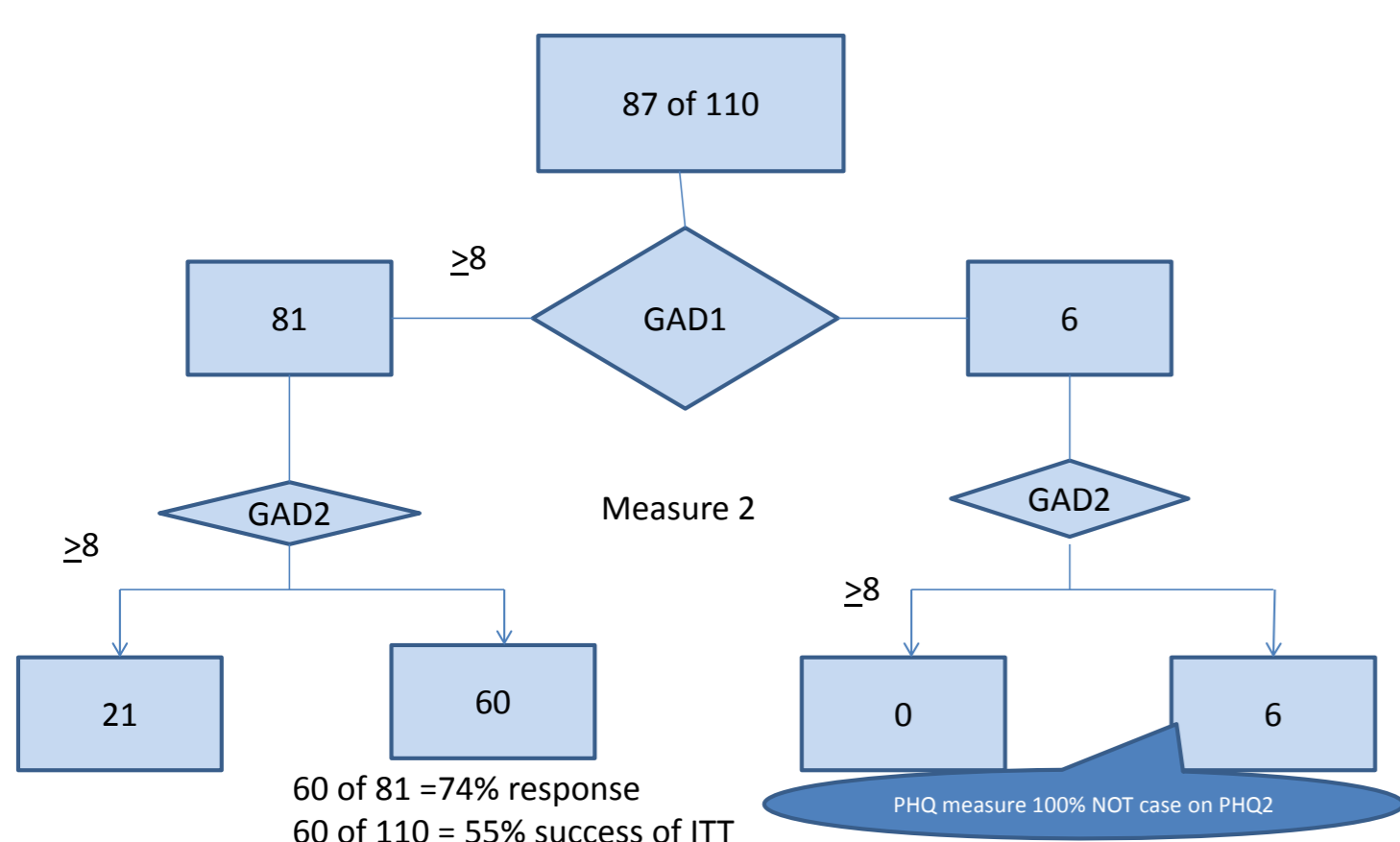
- The average number of therapy sessions was between 3 and 4
- The average number of weeks in therapy was 6.9 (min: 0 and max: 68 weeks)
- The data regarding PQ is still in analysis. Headline data indicates many missing data points
- Therapists continued to measure Outcome measures even when the first measure for GAD-7 score was less than 8 or PhQ-9 as less than 10



## Flow Chart



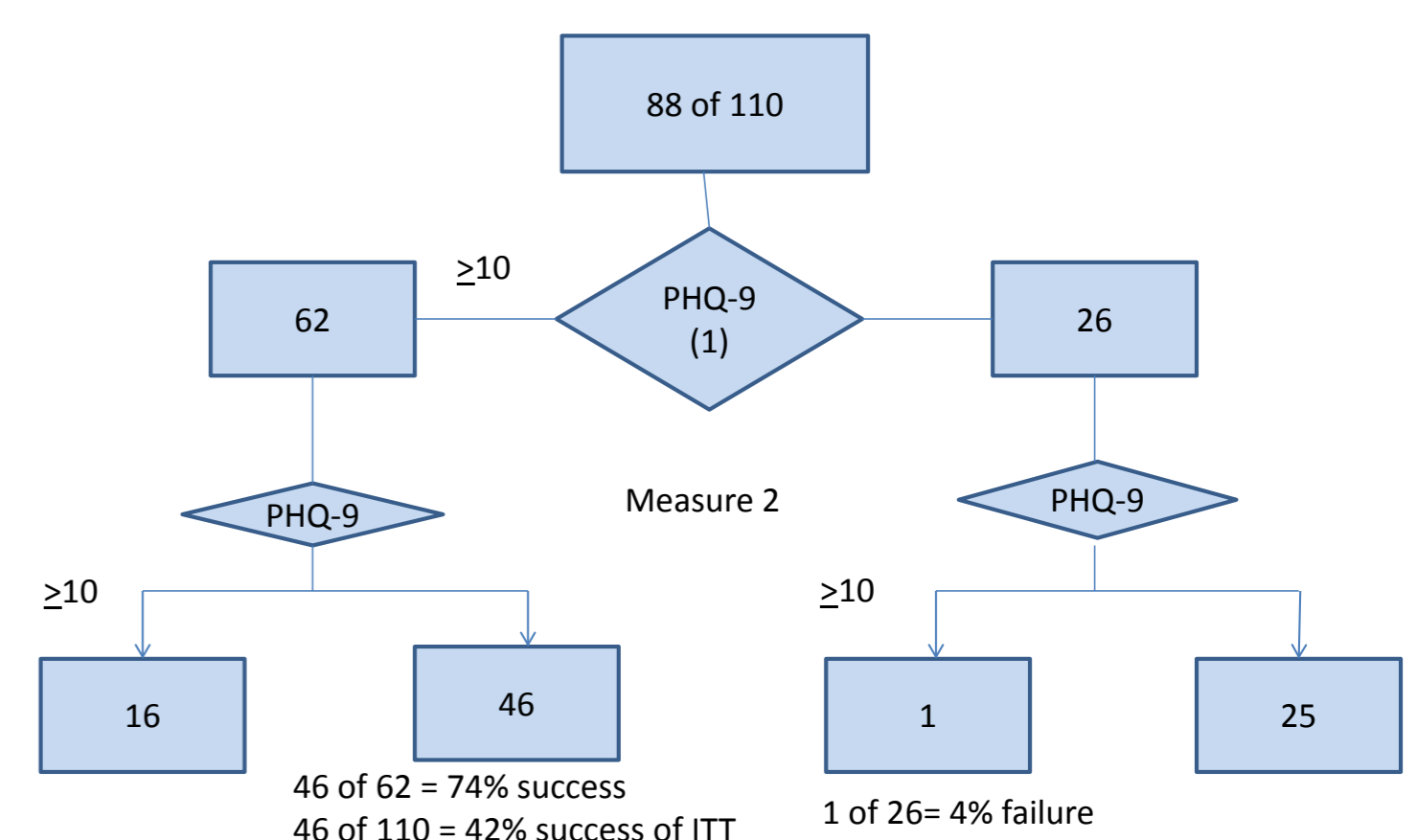
## Clients reaching "Caseness" & Closed with 2 GAD-7 measures



## Conclusions

- Quest Cognitive Hypnotherapy Services may offer effective support for clients with clinically significant levels of Anxiety and/or Depression. This is worthy of further evaluation.
- The effects are relatively rapid with effects observed within 6 weeks.
- QCH Service may support individuals with pre-clinical levels of anxiety and depression.
- The cost effectiveness of QCH within the Health Service requires further investigation

## Clients reaching "Caseness" & Closed with 2 PHQ-9 measures



## Quest Research Practitioners

Chloe Cook, Sharon Corbridge, Brenda Cox, Jackie Bastin, Simon Brook, Russell Davis, Sheren Gaulbert, Kirsty Hanley, Laurie Harvey, Christina Huez, Jane Hodgkin, Nick Jenkins, Becky Leonard, Sarah Leonard, Anita Mitchell, Andrew A Parsons, Carol Samunda, Kim Searle, Tina Shaw, Trevor Silvester, Jill Tonks, Dawn Walton