

Transcendental Meditation (TM) or Hypnotherapy for the treatment of children with tension-type headache: A multi-centre randomized controlled clinical trial in the Netherlands

ABSTRACT:

Background

Primary headache has a high prevalence in children and significantly impacts their quality of life and emotional state.

Aims

To investigate the effectiveness of hypnotherapy (HT) or transcendental meditation (TM) versus regular relaxation exercises added to usual treatment of paediatric primary headaches.

Method

A randomized controlled trial was carried out in de Netherlands. Children (9-18 years) with headache attack frequency of ≥ 2 times per month received either HT or TM or regular relaxation exercises (control group). Primary outcome were mean frequency of primary headache attacks and clinically relevant ($>50\%$) reduction in headaches, 3 months after intervention. Secondary outcome was change in symptoms (adequate relief), coping with pain (PCQ), anxiety and depressive symptoms (RCADS-25), somatization (CSI), sense of coherence (SOC-K) and satisfaction.

Results

131 children were randomized into the study, 45 children in the HT, 42 in the TM and 44 children in the control group. Headache frequency was significantly reduced after 3 months for all groups from 19 days to 13 days at 3 months and 11 days at 9 months with headache per months ($p < 0.001$). No significant differences were found between the intervention groups ($p = 0,85$ three months, $p = 0,57$ nine months). The % of children with clinically relevant reduction in mean frequency of headache attacks was 41% at 3 months and 47% at 9 months and did not significantly differ between the three groups. No significant differences were observed in secondary outcomes.

Conclusion

Relaxation techniques effectively reduce primary headache in children. This study shows that it does not matter whether that applies to HT, TM or other relaxation techniques.

Keywords

Hypnotherapy, Meditation, Headache, Relaxation, Pain

Os textos são da exclusiva responsabilidade dos autores
All texts are of the exclusive responsibility of the authors

Published Work:

Boers, I., Vlieger, A., & Jong, M. (2017). Hypnotherapy or transcendental meditation versus regular relaxation exercises in the treatment of children with primary headaches: A multi-centre, pragmatic, randomized clinical study. *BMC Complementary and Alternative Medicine*, 17(Suppl 1): 322, 26-27. doi: 10.1186/s12906-017-1782-4

Researcher's Contacts:

Dr. Miek Jong
Wielsloot 11
1831 AT Koedijk
The Netherlands
Tel: +31 343523860
Email: m.jong@louisbolk.nl