

Clients with cancer can be supported by the NLPt-CD-System

Summary:

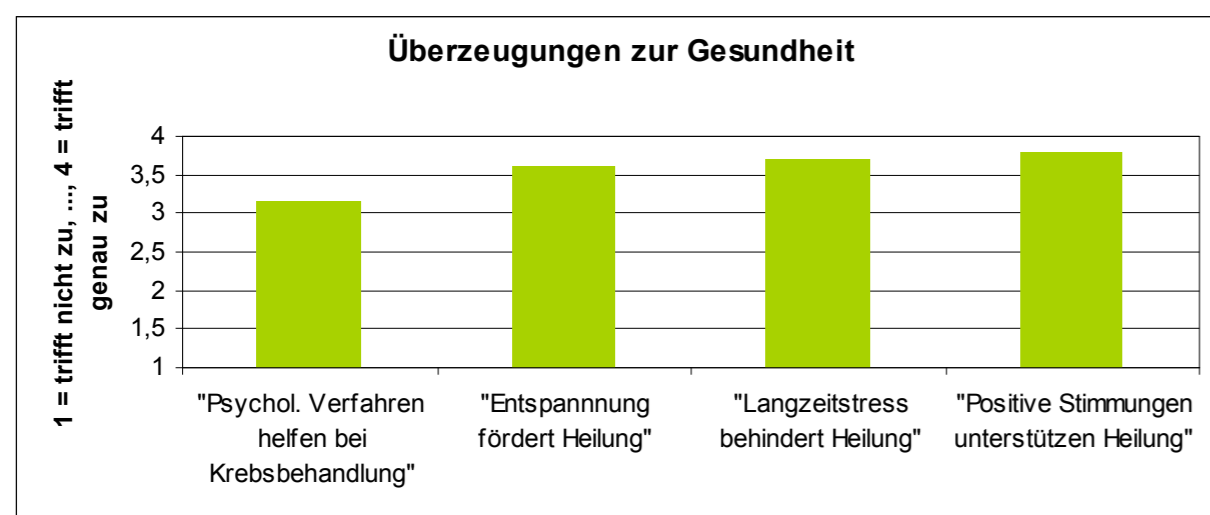
88 patients suffering from breast cancer were supported by an health orientated NLPt based CD-System. Compared to the control group, the patients who received this mental support got a better acceptance and understanding of their situation. They were more able to cope and to relax better, their quality of life was higher and they achieved better physical results.

Background:

There is a growing body of evidence indicating that relaxation and optimistic expectations have a positive influence on coping-strategies, compliance and the convalescence itself (Buske-Kirschbaum 1,2,3). Emotional and physical change, induced by imagination was shown in reports from Min (4), Scheele (5), Witt (6,7) and Zaccharine (8). To have a tumour signifies an existential threat to a patient and causes emotions of fear, anger, depression and helplessness. Standard therapies such as surgery, exposure and chemo-therapy are accompanied by side-effects and also validate negative emotions. A mental support for patients, which is normally not available, was tested by a CD-media system.

The development of a tested media system could be the key improvement in closing the gap in mental help. This NLPt-study was a pilot project to explore the effect of an adjuvant CD-media system (positive imagination and a relaxation intervention) during standard medical treatment. The trances employed were usually of 20 minutes in length, starting with 10 minutes for the patient to relax and 10 more minutes to install a healing visualisation or other helpful messages in the form of metaphors in the subconscious, plus wake up time.

Health Related Beliefs



All participants believed in psychological factors no differences between the groups	Mittelwert
"Psychol. Verfahren helfen bei Krebsbehandlung"	3,15
"Entspannung fördert Heilung"	3,61
"Langzeitstress behindert Heilung"	3,70
"Positive Stimmungen unterstützen Heilung"	3,78

Objective:

The reported experiments examine the involvement of psychological factors, relaxation and positive visualisations of convalescence. The main factors which influence the health of a patient with cancer are:

- standard medical treatment such as surgery, exposure, chemo- and immunotherapy,
- side effects such as prostration, damage of body function, loss of weight, pain, change or loss of organs, sickness, hair loss, damage to the immune system and depression,
- psychological factors such as particular circumstances in the life of the patient, stress events, individual beliefs and bad or hopeful expectations.

A tested media system could be the needed improvement to close the gap in mental help. Objectives of a mental therapy are:

- change from a negative to a optimistic view of the situation
- building up a consciousness of self-responsibility
- feelings of anger, helplessness and fear being turned into hope,
- curiosity and vitality improvement of the body-consciousness communication

It has been examined whether or not a CD-media system can provide a better convalescence and health related feeling of well-being.

Methods:

In a randomised multicentre clinical trial carried out by German hospitals, side effects and psychological factors were examined. 88 patients suffering from breast cancer were divided into an experimental and a control group. Inclusion criteria were that the diagnosis of the disease was correct.

The NLPt-media-system, which was based on neuro-linguistic-psychotherapy (NLPT), including relaxation, hypnosis and positive healing imagination has been evaluated. In all participants in the study all tests (psychological items, side effects and achievement potential) were performed before treatment and after six and twelve months.

Results:

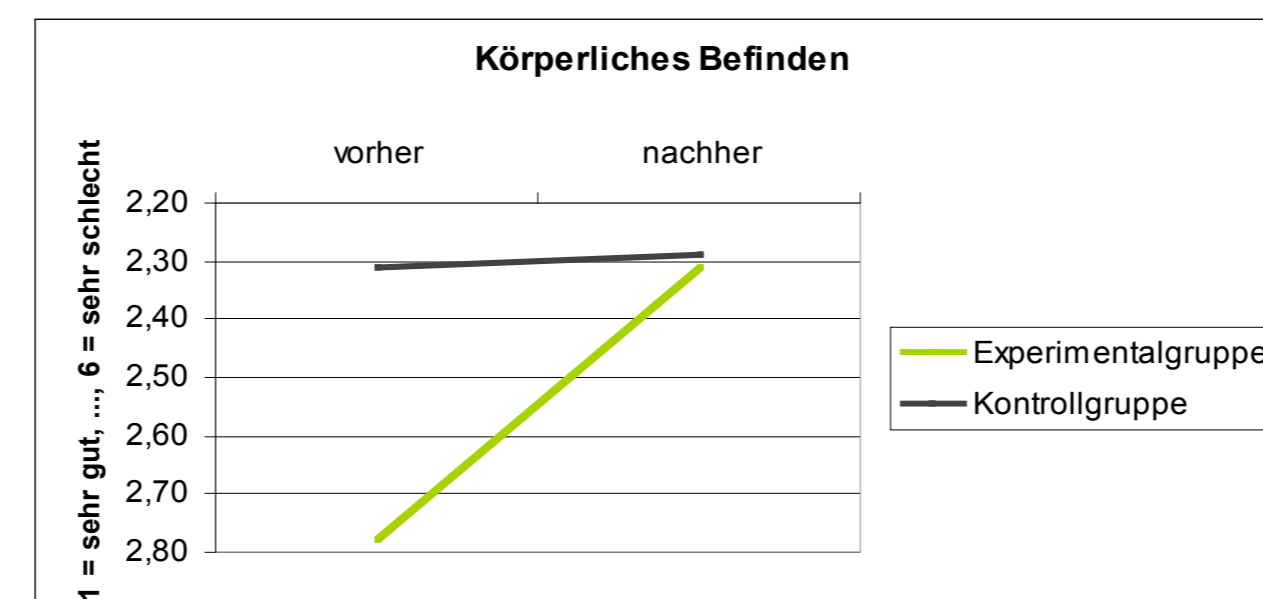
Helplessness and inner peace was significantly worse in the control group. These participants needed much more medication to get to sleep. The level of nervousness and inner tension developed highly significantly worse in the participants in the control group.

On the other hand, the mental condition, the mood, the capability to cope with stress and the physical condition increased significantly more amongst participants of the experimental group.

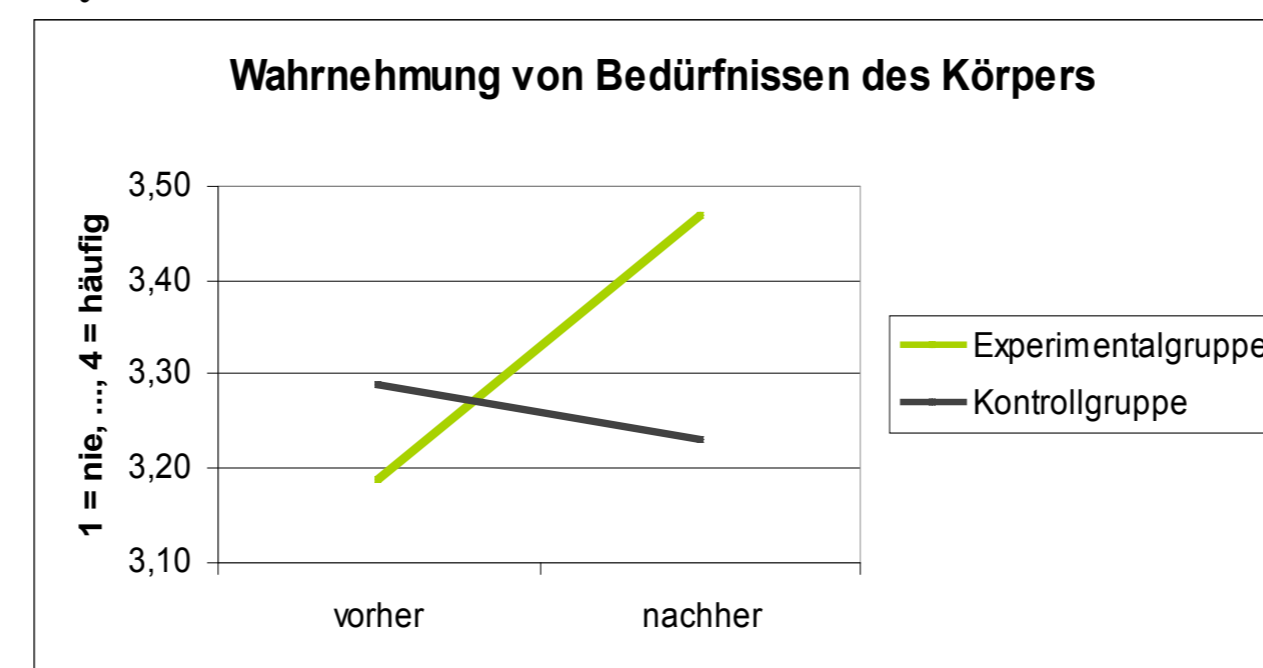
While the control group suffered stability by a lost of quality of life, the intervention group achieved a highly significantly better score.

A questionnaire showed a very high acceptance of the NLPT-media system. More than 80% of the participants found it very helpful.

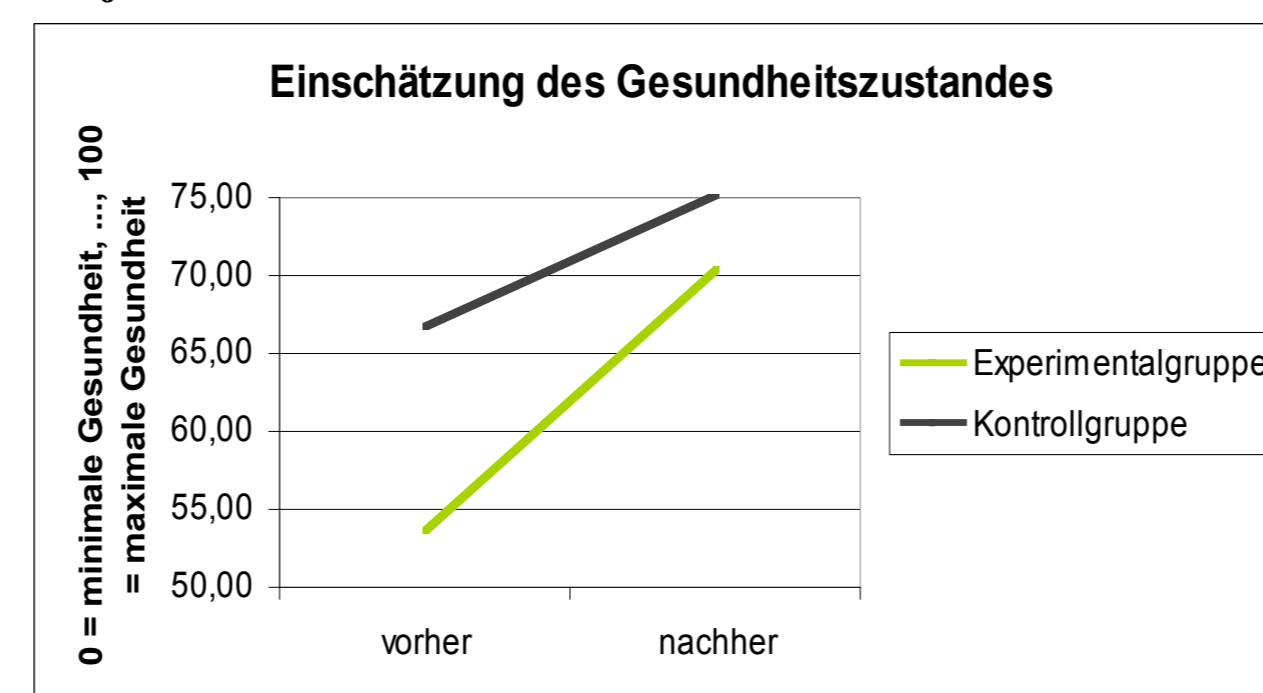
Body Perception:



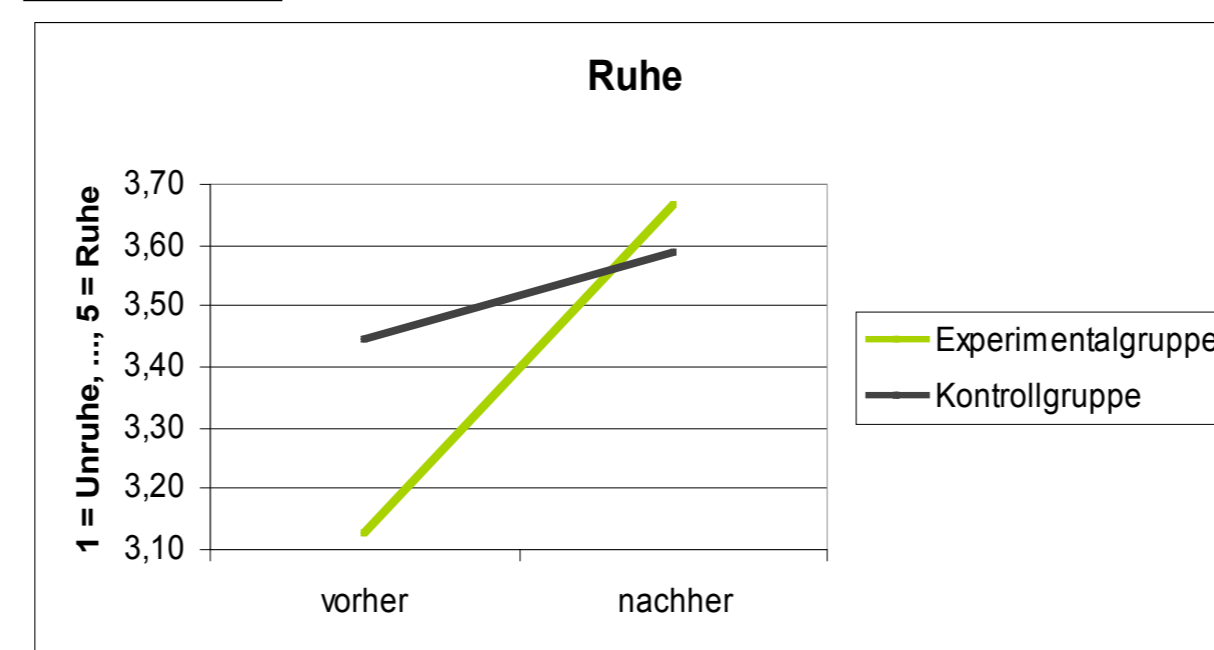
Physical Needs:



Subjective State of Health:



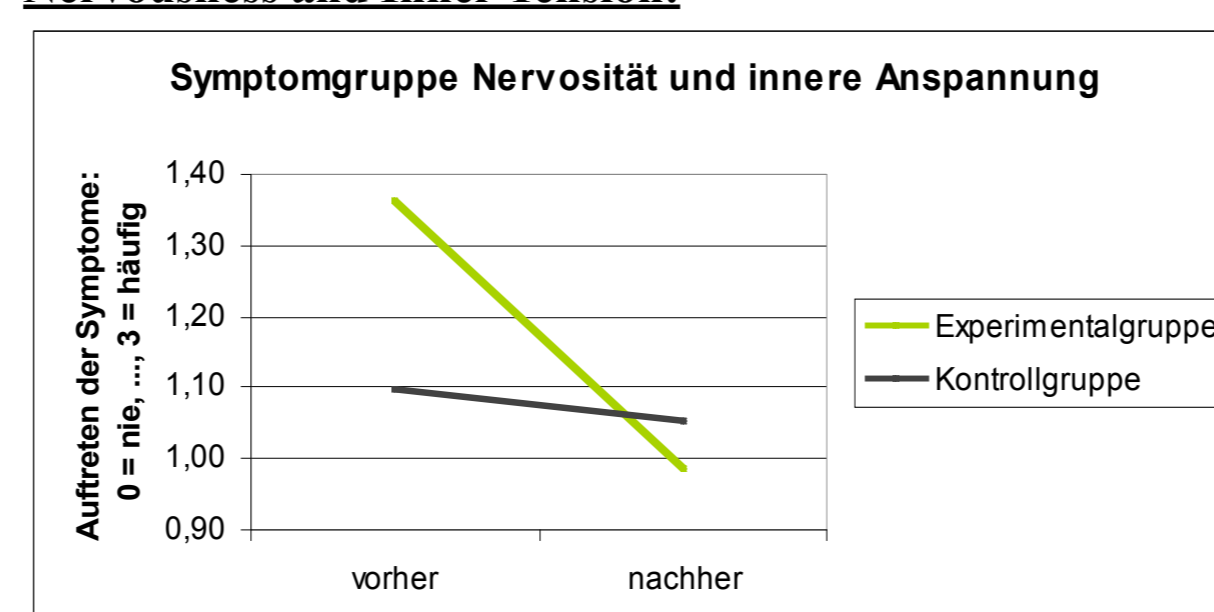
Inner Peace:



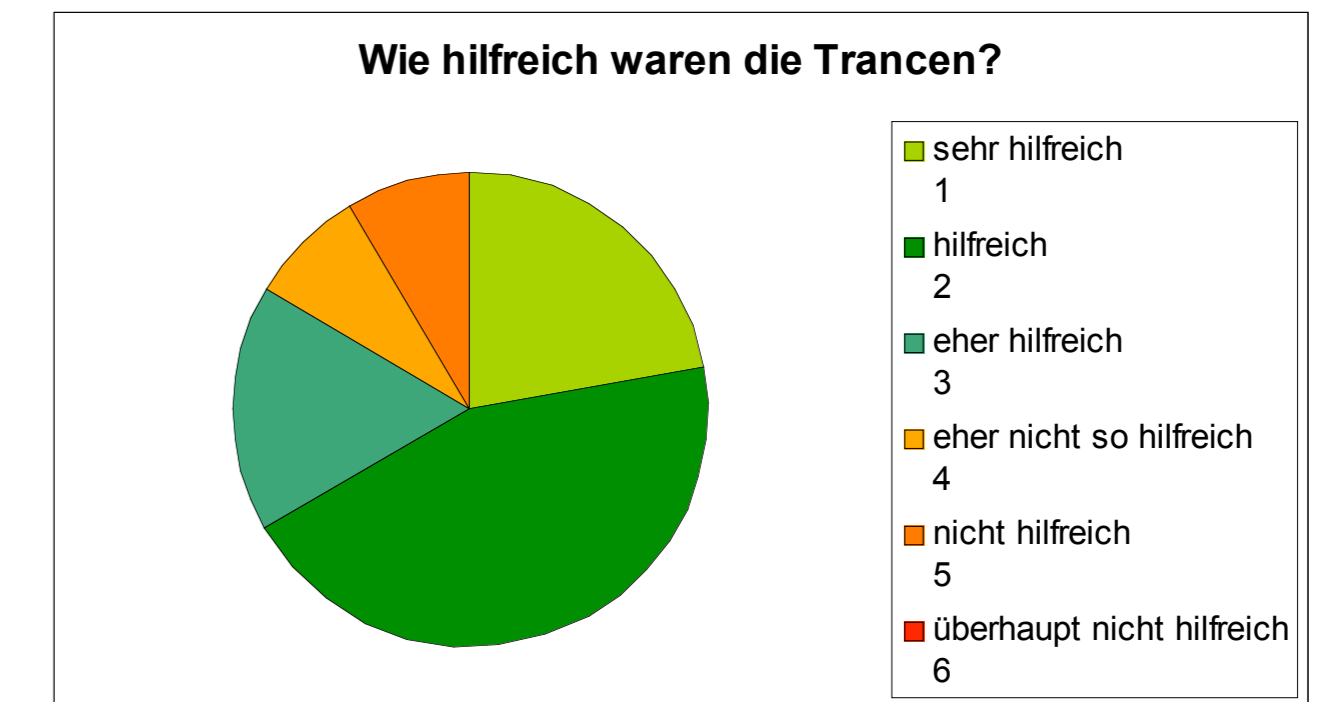
Inner Peace showed a strong correlation to sleep medication. It was highly significant that the clients from the intervention group (Experimentalgruppe) used less sleeping medication and achieved a higher score of inner peace than the participants of the control group.

Also the mood of the clients from the intervention group became highly significantly better, while the mood of the clients of the control group remained unchanged.

Nervousness and Inner Tension:



How helpful were the trances?



Score	Bewertung	Prozent
1	sehr hilfreich	22,2
2	hilfreich	44,4
3	eher hilfreich	16,7
4	eher nicht so hilfreich	8,3
5	nicht hilfreich	8,3
6	überhaupt nicht hilfreich	0,0

Discussion:

The patients who received mental support with this NLPT CD-system got a better acceptance and understanding of their situation. They were more able to cope and to relax and got better physical results as well.

The physical condition, the achievement potential, inner peace versus nervousness and inner tension were much better in the intervention group, with mental support, than in the control group without mental support.

Unfortunately, there were no significant results in side effect scores found. The results in the health related quality of life score, the mood and the physical condition seem to make the patients cope better which gives them more self-esteem to carry out the medical therapy in an easier and more relaxed way.

This adjuvant NLPT-therapy system seems to suppress depression, supports a feeling of being able to cope, health-related well-being and individual quality of life.

Such a CD-System is a useful, very helpful and a necessary way of supporting patients before, during and after medical treatment. It should become part of the medical basic treatment in order to help clients, support compliance and medical treatment and achieve health orientated results more easily.

Hilfe bei Krebs!

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Das Krebstherapie-Begleitsystem wurde in einer vom Bundesland Niedersachsen geförderten Studie an Universitätskliniken erfolgreich getestet.

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www.krebstherapie-media.de