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Research Article

# A HYPNOSIS-BASED GROUP INTERVENTION TO IMPROVE QUALITY OF LIFE IN CHILDREN WITH CANCER AND THEIR PARENTS

## Eine Hypnose-basierte Gruppenintervention, um Kindern mit Krebs und deren Eltern die Lebensqualität zu verbessern

## Une intervention hypnotique de groupe pour améliorer la qualité de vie des enfants atteints de cancer et celle de leurs parents

## Una intervención grupal basada en hipnosis para mejorar la calidad de vida de niños con cáncer y sus padres

**Charlotte Grégoire** , **Christophe Chantrain**, **Marie-Elisabeth Faymonville**, **Jennifer Marini** & **Isabelle Bragard**

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## Abstract

Many children with cancer and their parents suffer from distress, fatigue, and relational difficulties. Hypnosis is often used to decrease children's procedure-related pain and distress in pediatric oncology and to improve the well-being of adults with cancer. This article describes a pilot study assessing the acceptability and feasibility of a group intervention combining self-care and hypnosis for children with cancer and their parents, and a quasi-experimental protocol aimed at assessing the efficacy of this intervention to improve quality of life, distress, fatigue, and coping. The pilot study showed that the intervention was feasible and perceived positively. Future research is needed to test the efficacy of group interventions combining self-care and hypnosis to improve quality of life for children with cancer and their families.

CHARLOTTE GRÉGOIRE, CHRISTOPHE CHANTRAIN, MARIE-ELISABETH FAYMONVILLE, JENNIFER MARINI, UND ISABELLE BRAGARD

Abstract : Viele Kinder mit Krebs und deren Eltern leiden unter Verzweiflung, Erschöpfung und ähnlichen Schwierigkeiten. Hypnose wird in der Kinderonkologie oft benutzt, um den Schmerz und die Verzweiflung der Kinder, die mit der Therapie einhergehen, zu reduzieren und das Wohlbefühl Erwachsener mit Krebs zu verbessern. Dieses Paper beschreibt eine Pilotstudie, die die Eignung und Durchführbarkeit einer Gruppenintervention, welche Eigenfürsorge und Hypnose für Kinder mit Krebs und deren Eltern, kombiniert, und ein Quasi-Experiment Protokoll, das darauf abzielt, die Effizienz dieser Intervention zur Verbesserung der Lebensqualität, Verzweiflung, Erschöpfung und Bewältigungsstrategien zu untersuchen. Die Pilotstudie zeigte, daß die Intervention durchführbar war und positiv aufgenommen würde. Weitere Forschung ist nötig. um die Effizienz von

Gruppeninterventionen, die Eigenfürsorge und Hypnose kombinieren, um die Lebensqualität für Kinder mit Krebs und deren Familien zu verbessern, zu testen.

STEPHANIE RIEGEL, M.D.

CHARLOTTE GRÉGOIRE, CHRISTOPHE CHANTRAIN, MARIE-ELISABETH FAYMONVILLE, JENNIFER MARINI ET ISABELLE BRAGARD

Résumé: De nombreux enfants atteints du cancer et leurs parents souffrent de détresse, d'épuisement et de difficultés relationnelles. L'hypnose est souvent utilisée en oncologie pédiatrique pour diminuer la douleur et la détresse des enfants liées aux divers soins ou examens qu'ils doivent subir, tout comme elle favorise le bien-être des adultes atteints de cancer. Cet article décrit une étude pilote évaluant l'acceptabilité et la faisabilité d'une intervention de groupe combinant les auto-soins et l'hypnose chez des enfants atteints du cancer et leurs parents, et un protocole quasi-experimental visant à évaluer l'efficacité de cette intervention pour améliorer la qualité de vie et la capacité d'adaptation des sujets, et réduire leurs symptômes de détresse et d'épuisement. L'étude pilote a démontré que l'intervention était réalisable et perçue positivement. Il sera nécessaire d'effectuer d'autres tests visant à évaluer l'efficacité des interventions de groupe combinant les auto-soins et l'hypnose pour améliorer la qualité de vie des enfants atteints de cancer et celle de leur famille.

JOHANNE RAYNAULT

*C. Tr. (STIBC)*

CHARLOTTE GRÉGOIRE, CHRISTOPHE CHANTRAIN, MARIE-ELISABETH FAYMONVILLE, JENNIFER MARINI Y ISABELLE BRAGARD

Resumen: Muchos niños con cáncer, y sus padres, sufren de angustia, fatiga y dificultades en sus relaciones. La hipnosis comúnmente se utiliza para disminuir el dolor y angustia relacionados con procedimientos oncológicos pediátricos y para mejorar el bienestar en adultos con cáncer. Este artículo describe un estudio piloto que evalúa la aceptación y viabilidad de una intervención grupal que combina el autocuidado y la hipnosis para niños con cáncer y sus padres. y un protocolo

cuasiexperimental dirigido a evaluar la eficacia de esta intervención para mejorar la calidad de vida, angustia, fatiga y afrontamiento. El estudio piloto mostró que la intervención es factible y fue percibida positivamente. Se requiere más investigación para evaluar la eficacia de intervenciones grupales que combinan el autocuidado y la hipnosis para mejorar la calidad de vida de niños con cáncer y sus familias.

OMAR SÁNCHEZ-ARMÁSS CAPPELLO

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## Registration

ClinicalTrials.gov

Identifier: NCT03435042

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## Ethics, Consent, and Permissions

All procedures performed in this study were in accordance with the ethical standards of the institutional and national research committee and with the 1964 Helsinki Declaration and its later amendments or comparable ethical standards.

The study was approved by the ethics committee of the Centre Hospitalier Chrétien Liégeois (CHC), with each participant providing written consent.

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## Authors' Contributions

CG participated in the conception and design of the study, in the acquisition and interpretation of data, and in drafting the manuscript. MEF, CC, JM, and IB participated in the conception and design of the study, in the acquisition and interpretation of data, and in revising the manuscript critically for important intellectual content. MEF, CC, and JM also led the group sessions. All authors read and approved the final manuscript and agree to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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## Disclosure Statement

No potential conflict of interest was reported by the authors.

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