

Question 35 – Week of October 13

Which patient population is the least likely to respond to hypnotherapy for IBS?

- A. Females with predominant pain
- B. Females with predominant constipation
- C. All patients with predominant pain
- D. Males with predominant diarrhea
- E. Males with predominant constipation

Answer: D

In a British study designed to evaluate response predictors to hypnotherapy for IBS, it was found that hypnotherapy tended to work well for most subjects. Those who were male and who also had the diarrhea-predominant form of the disorder were less likely to respond to hypnotherapy. Men with IBS with constipation and women with IBS with either constipation or diarrhea were more likely to respond to hypnotherapy.

Reference:

1. Houghton LA, Larder S, Lee R, et al. Gut focused hypnotherapy normalizes rectal hypersensitivity in subjects with irritable bowel syndrome (IBS). *Gastroenterology* 1999;116:A1009.