

Medical hypnosis for MRI examinations of claustrophobic patients: Preliminary results of a prospective observational study

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OBJECTIVES

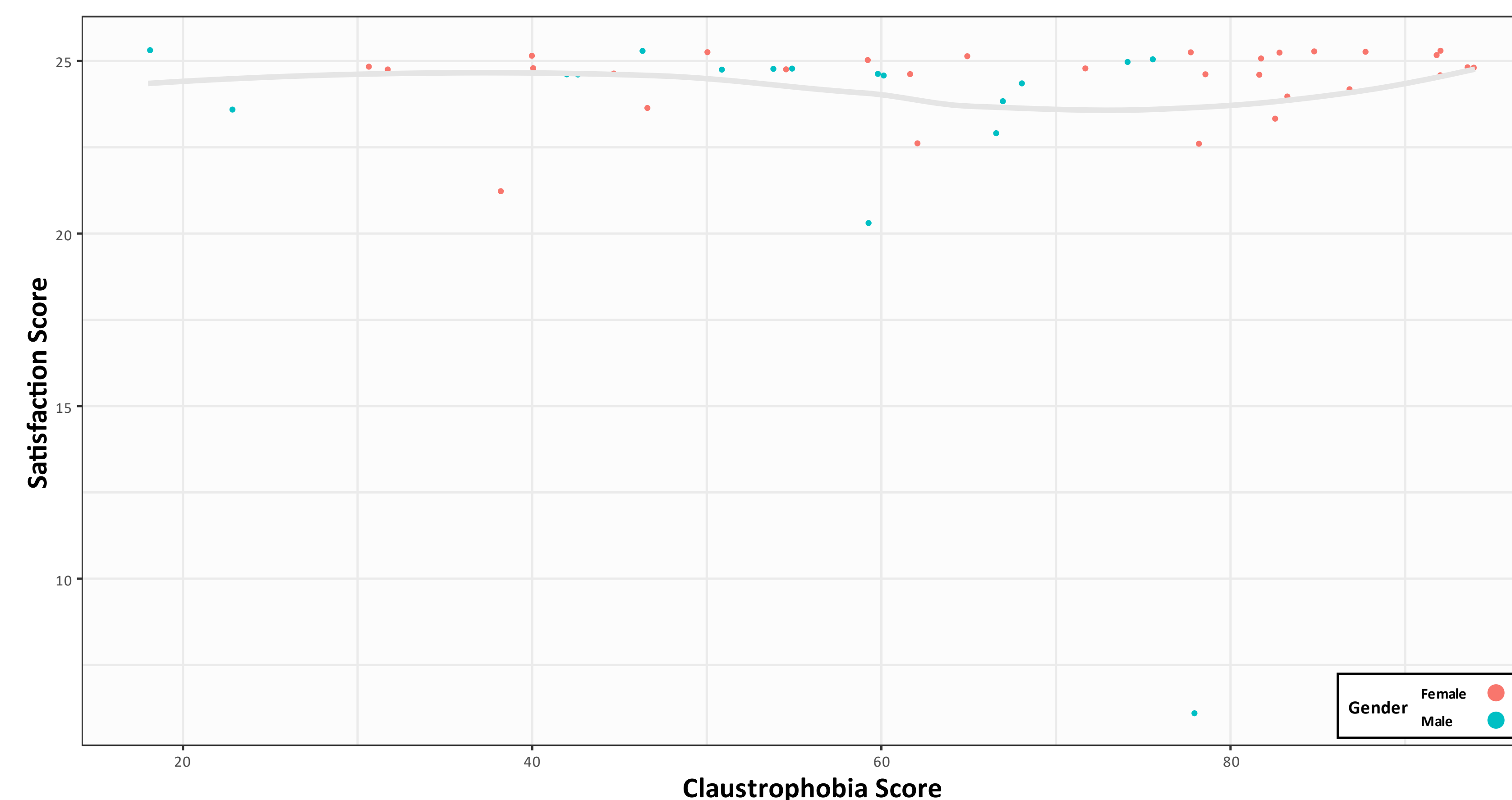
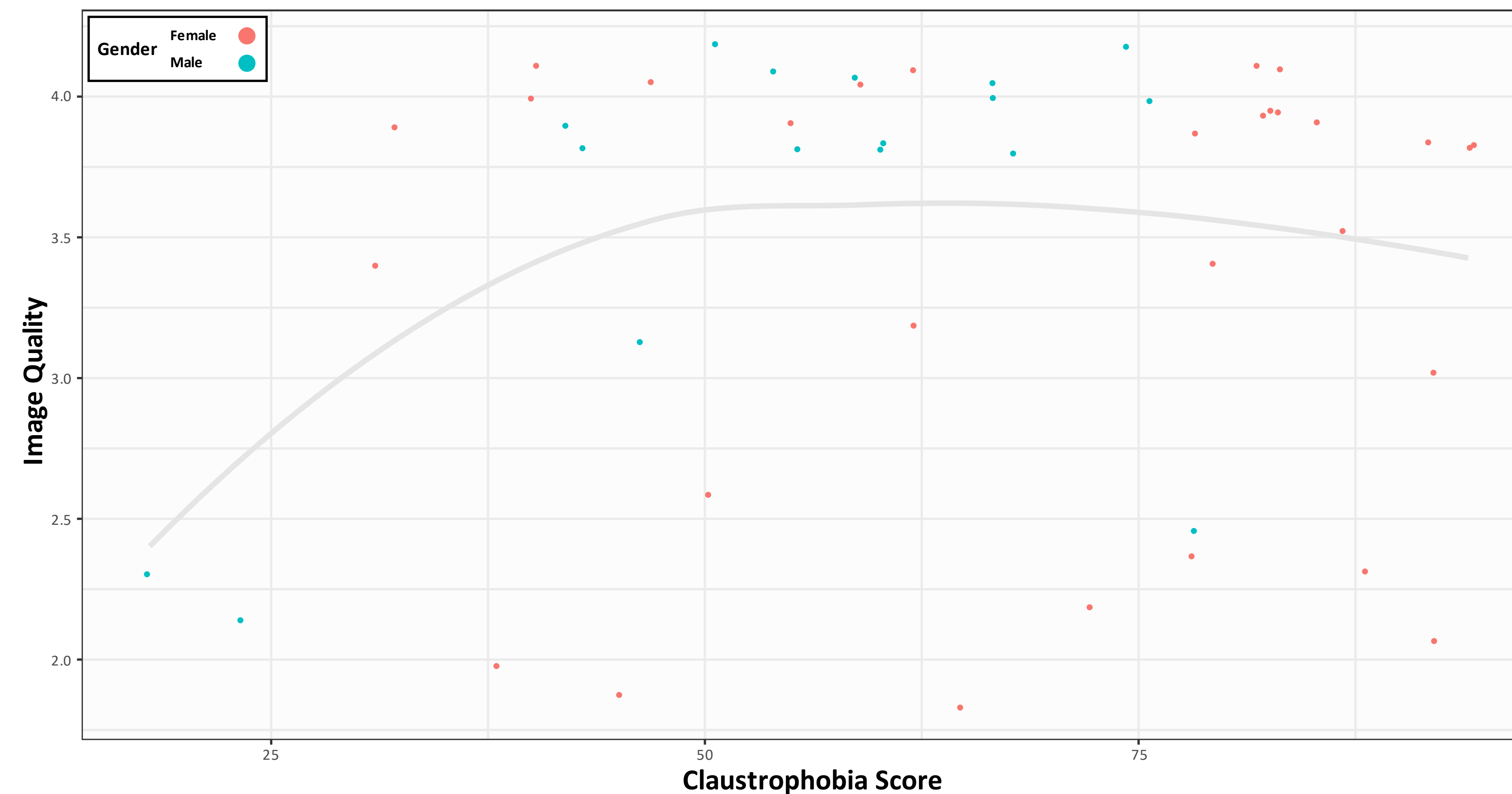
To assess the impact of medical hypnosis in claustrophobic patients undergoing MRI:

Focus 1: Examination completion

Focus 2: Image quality

METHODOLOGY

- Preliminary analysis of a prospective three-arm study
- Claustrophobic patients aged ≥ 18 years undergoing MRI under medical hypnosis instead of pharmacological sedation
- Claustrophobia Questionnaire (Claustrophobia_{score}, range 0–104)
- Napp's cutoffs for claustrophobic events prediction (M: 17; W: 58)



CONCLUSIONS

Medical hypnosis allows claustrophobic patients to successfully undergo MRI

Image quality was rated “excellent” in 64% examinations, with generally high patient satisfaction

RESULTS

- **47 patients**
30 females, median age 58 y (IQR 50–64)
- **Claustrophobia_{score} > sex-specific cutoffs in 38 (81%) patients** (M: all, F: 9/30)
- **Examination success rate: 100%**
- **Median satisfaction_{score}: 25** (IQR 24–25)
34/47 patients (72%) satisfaction_{score} **25**
- **Median image quality: 4** (IQR 3–4)
 $\kappa = 0.77$, no examinations rated <2
30/47 (64%) rated 4 by both readers
- **Image quality — Claustrophobia_{score}**
 $\rho = 0.09$, $p = 0.532$
- **Image quality — Satisfaction_{score}**
 $\rho = -0.03$, $p = 0.823$

Focus 1

- **Examination success rate**
Diagnostic image quality
- **Satisfaction questionnaire**
Satisfaction_{score} (range 0–25)

Focus 2

- **Image quality**
0–4 Likert scale, 2 radiologists
Inter-rater reliability (Cohen's κ)

Correlations

(Spearman's ρ)
Image quality
Claustrophobia_{score}
Satisfaction_{score}