



CHRONIC INSOMNIA IN PRIMARY CARE:

HypERR research protocol

evaluating the effectiveness of

E2R hypnotherapy¹ (emotion, regression, repair)

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- **Chronic insomnia:** 15% in France, conventional treatment = hypnotics + BZDs
- **Hypnosis E2R** (Emotion, Regression, Repair) innovative method published in 2022, used by a network of 200 GPs
- **Detailed method => replicable**

- **Coordinating investigator:** Pr Éric MÉNER general practitioner in Ploërmel, DMG Faculty of Rennes
- **Sponsor:** CHU Rennes
- **Funding :** ResP-IR 2022 project: € 267,000
- **Methodology:** Randomised Controlled Trial RIPH 2

- **Main objective:** To evaluate the 6-month efficacy of the E2R hypnosis method in primary care in the treatment of chronic insomnia (DSM-5).
- **Primary Criteria:** Insomnia Severity Index (ISI) at 6 months in patients with chronic insomnia. Validated standardised questionnaire²
- **Methodology:** Prospective multicentre randomised stratified blinded study: "E2R" hypnosis group versus "safe place" hypnosis group.
- **Investigating centres:** **34 investigators** - general practitioners from the university regions of Rennes - Nantes - Tours. Inclusion and evaluation.
- **Number of subjects:** **136 patients** treated with hypnosis by **26 hypnotherapists**.
- **Inclusion period:** 12 months
- **Follow-up period:** 6 months

STUDY PLAN

136 patients: complaint of chronic insomnia

INCLUSION VISIT by **34 investigators** during a general practice consultation, **4 patients per investigator**

Consents

Validated standardised self-questionnaires ISI and PSQI

Randomisation of the hypnosis method

INTERVENTION

4 hypnosis sessions in 6 weeks by 26 hypnotherapists, 4 to 8 patients per hypnotherapist

OR

SAFE PLACE méthode
68 patients
blinded to the method

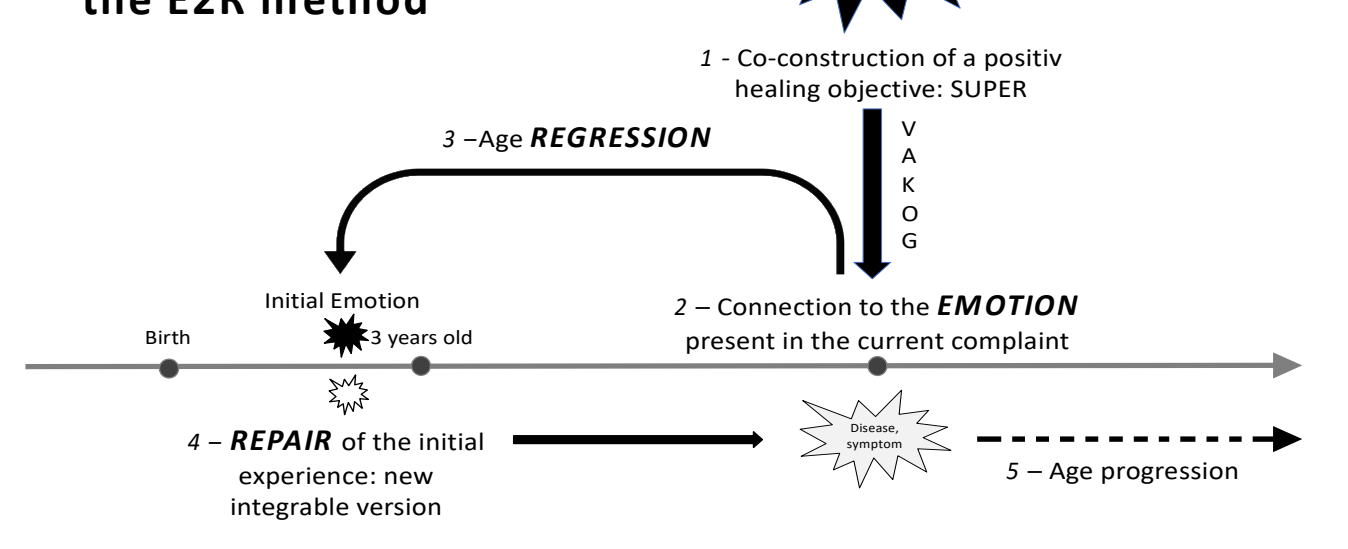
E2R method
68 patients
blinded to the method

FOLLOW-UP VISIT

By the investigators
(blinded to randomisation)
at 3 and 6 months

ISI and PSQI self-questionnaires

Summary diagram of the E2R method



INVESTIGATOR : The patient's general practitioner includes the patient, randomises him/her (via the Clinical Study Technician) and refers him/her to the local hypnotherapist. The GP carries out the assessment using standardised, validated questionnaires. Like the patient, the GP is blind to the method.

HYPNOTHERAPIST : General practitioner trained in the 2 methods of hypnosis, which he carries out according to randomisation. No evaluation is carried out.

1 : Mener E, Mener AC. The E2R (Emotion, regression, repair) method: A case study of this new pragmatic hypnotherapy technique. Complementary Therapies in Clinical Practice. 15 nov 2022;101701, ISSN 1744-3881 .

2 : Morin CM, Belleville G, Bélanger L, Ivers H. The Insomnia Severity Index: psychometric indicators to detect insomnia cases and evaluate treatment response. Sleep. 2011;34(5):601-608