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The power of hypnotherapy in alleviating anxiety for patient with type 2 diabetes

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Abstract
The author focused on a patient who experienced anxiety due to living with diabetes for an extended period. The patient's anxiety stemmed from the realization that the disease could not be cured, leading to persistent worry about their condition. The author chose to explore this case and provided hypnotherapy to help the patient feel more relaxed, allowing them to shift their focus away from the illness and accept their condition while maintaining their health. Hypnotherapy offers significant benefits by delivering suggestions to the client's subconscious mind, promoting relaxation and comfort in both mind and body. Relaxation through hypnotherapy can effectively reduce anxiety and lower blood sugar levels for patients with diabetes mellitus. It is well-known that relaxation techniques can help decrease blood sugar levels by suppressing the release of hormones that elevate blood sugar. The patient reported a significant reduction in anxiety following the hypnotherapy sessions. They felt more at ease with the hypnotherapy process, experiencing a newfound sense of relaxation. This enabled them to better accept life with diabetes mellitus and adopt a healthier lifestyle, despite the challenges posed by a chronic, incurable disease.

Keywords: Hypnotherapy; hypertension; community; diabetes; anxiety

Introduction
In Indonesia, chronic diseases are the leading cause of death. Non communicable disease (NCDs) is the leading cause of death (COD) and kill 41 million people each year, equivalent to 71% of all deaths globally. Sustainable Development Goal (SDG) 3.4 states: “By 2030, reduce by one third premature mortality from NCDs through prevention and treatment” (Pham et al., 2022). One of the NCDs that raises concern among the population is diabetes. Diabetes mellitus is a lifelong condition that cannot be cured but can be managed through a healthy lifestyle (Aloke et al., 2022). Diabetes mellitus is a chronic non-communicable disease that leads to long-term complications, significantly impacting patients' quality of life (Trikkalinou, Papazafiropoulou, & Melidonis, 2017). The International Diabetes Federation (IDF) estimates that nearly 80% of adults with diabetes live in middle- or low-income countries, where dietary habits are rapidly changing (Gidey, Hiruy, Teklu, Ramanathan, & Amare, 2023). Diabetes mellitus results from increased blood glucose levels due to a progressive decrease in insulin secretion against a backdrop of insulin resistance. In type 2 diabetes, the pancreas cannot produce sufficient insulin for normal blood sugar levels, leading to ineffective glucose uptake by tissues (Galicia-Garcia et al., 2020). To combat insulin resistance and prevent elevated glucose levels, insulin secretion must increase. Persistently high glucose levels can lead to complications.

Anxiety is an uncomfortable state characterized by feelings of uncertainty and helplessness, often complicating diabetes management (Karpha et al., 2022). Patients may feel that their condition is incurable, and a lack of knowledge can exacerbate their anxiety, leading to confusion, hopelessness, and indecision. Therefore, the role of nurses is crucial in providing care and support to help patients manage psychological stress (Bickett & Tapp, 2016). However, in many hospitals, nursing care addressing anxiety in diabetes patients has been insufficient. Nurses play a vital role in supporting clients with psychosocial issues related to diabetes mellitus. Interventions to manage blood sugar levels can include relaxation and distraction techniques, such as hypnotherapy (Pereira, 2017). This method is easy to implement, requires no special tools, and involves concentration and awareness from the individual. Hypnotherapy aims to instil positive suggestions in patients to encourage adherence to diabetes management and health worker recommendations (Hamasaki, 2023). With promoting compliance, hypnotherapy helps patients better manage their blood sugar levels. Hypnotherapy is a psychological technique that utilizes suggestion to address emotional and cognitive challenges. It targets the subconscious mind, enhancing the activity of parasympathetic nerves while inhibiting sympathetic nerves. This process increases neurotransmitters like gamma-aminobutyric acid (GABA), serotonin, and norepinephrine, which can help reduce anxiety (Pereira, Pedras, Louro, Lopes, & Vilaça, 2023).

During hypnotherapy, clients enter a state of relaxation that suppresses hormones such as adrenaline, glucagon, and corticosteroids, ultimately lowering blood sugar levels. The relaxation response helps ease muscle

tension, fostering a sense of calm and comfort. This state opens the gates to the subconscious mind, making it easier for individuals to enter a trance and accept healing suggestions more readily than in normal conditions. Hypnotherapy plays a significant role in reducing anxiety among individuals with diabetes by promoting relaxation and enhancing psychological well-being. For many patients, the chronic nature of diabetes and its associated complications can lead to heightened anxiety, stemming from concerns about disease management and long-term health outcomes (Valentine, Milling, Clark, & Moriarty, 2019). Through the process of hypnotherapy, patients enter a deep state of relaxation, which helps to calm the mind and body, thereby reducing stress and anxiety levels (Hasbi, & Effendy, 2019). This technique involves providing positive suggestions to the subconscious, encouraging patients to adopt healthier behaviors and better adhere to diabetes management plans. With addressing the psychological aspects of diabetes, hypnotherapy can alleviate feelings of uncertainty and helplessness, enabling individuals to cope more effectively with their condition. Furthermore, the relaxation achieved during hypnotherapy can help lower blood sugar levels by suppressing the release of stress hormones that typically elevate glucose levels. As patients experience reduced anxiety and improved emotional resilience, they become more empowered to manage their diabetes, leading to enhanced quality of life and overall well-being. Therefore, the study is aimed to evaluate the role of hypnotherapy to reduce the anxiety in patient with diabetes.

Case Description

This case involves Mr. I, a resident of Namengan Mungkid, who has been living with diabetes mellitus for ten years. He is currently experiencing anxiety due to the chronic and incurable nature of his illness. Previously, Mr. I worked as a farmer, earning less than one million rupiah per month, but he is now unemployed. His living conditions are good, as his residence is clean and organized. Mr. I frequently suffers from dizziness, anxiety, and body aches. To alleviate his discomfort, he massages the affected areas himself and often rests while watching television. When he feels unwell, he frequently visits the puskesmas for check-ups. He eats three meals a day and drinks plenty of fluids. During stressful times, he entertains himself by watching TV. A physical examination revealed the following vital signs: blood pressure of 156/80 mmHg, pulse of 96 beats per minute, respiratory rate of 25 breaths per minute, and a blood glucose level of 365 mg/dL. The Hamilton Anxiety Rating Scale (HARS) indicated severe anxiety. The assessment showed that Mr. I often worry about his condition, has difficulty concentrating, frequently experiences dizziness, feels helpless, and often feels weak when anxious. Observations indicated that he appeared anxious, tense, and pale, with vital signs of blood pressure 156/80 mmHg, pulse 96, respiratory rate 20, and temperature 36°C. Based on these findings, I diagnosed him with anxiety associated with a progressive chronic disease.

For the planning phase, I proposed hypnosis therapy, which included identifying the problems he faces and determining the goals of the hypnosis techniques. The therapy plans involved creating a comfortable and distraction-free environment, ensuring Mr. I sat comfortably, using easy-to-understand language, and facilitating the identification of appropriate hypnosis techniques. During the therapy process, I aimed to engage all of his senses and provide positive feedback after each session. Additionally, I recommended deep breathing exercises to enhance relaxation. During the implementation, I focused on identifying Mr. I's problems and the goals of the hypnosis techniques. I ensured a comfortable and calm environment, taught him in simple language, and facilitated the identification of suitable hypnosis techniques. After the sessions, I provided positive feedback and recommended deep breathing exercises to further promote relaxation. For the evaluation, Mr. I reported feeling relaxed and less anxious. His blood pressure improved to 140/76 mmHg, pulse remained at 96, respiratory rate was 20, and temperature was 36°C. His blood sugar level decreased to 200 mg/dL, and his HARS score indicated a reduction to mild anxiety. Given these improvements, I planned to teach him muscle relaxation techniques to address his sleep disturbances.

Discussion

This case involves Mr. I, a 53-year-old man who has been living with diabetes for ten years. He experiences significant anxiety due to the chronic and incurable nature of his illness, which leaves him feeling helpless. As a farmer with a vocational education, Mr. I often feel overwhelmed by his condition, leading to persistent thoughts and a lack of calmness. A physical examination revealed his vital signs: blood pressure of 156/80 mmHg, pulse of 96 beats per minute, respiratory rate of 25 breaths per minute, and a blood glucose level of 365 mg/dL. The nursing care process, which includes assessment, planning, implementation, and evaluation, is essential in addressing Mr. I's needs. The objective of this scientific work is to evaluate the effectiveness of hypnotherapy in patients with diabetes. This study is particularly relevant given that chronic diseases like diabetes can significantly impact a patient's psychological well-being, often leading to negative thoughts about their condition. The case study emerged during community practice in Namengan village, where I encountered Mr. I while conducting assessments, making it a fitting subject for exploration in relation to psychological therapy. However, there were some challenges during the visits, such as navigating the close proximity of neighbouring houses and encountering technical issues, like a dead battery while measuring blood pressure. Based on the assessment, I identified diagnoses of anxiety related to progressive chronic disease and sleep pattern disturbances associated with anxiety. The primary focus was on the diagnosis of anxiety, as Mr. I's chronic illness significantly contributes to his feelings of distress.

Mr. I expressed various concerns, including difficulty concentrating, frequent dizziness, feelings of helplessness, and sudden weakness when anxious. This aligns with research which highlights the relationship between diabetes and anxiety levels (Karpha et al., 2022). The stress and anxiety experienced by diabetic patients are often linked to pain and uncertainty about life, which can further exacerbate blood sugar levels (Arteaga-Zarate, Demarini-Olivares, Torres-Slimming, & Bernabe-Ortiz, 2022). It is crucial for nurses to provide education and support to help patients manage their anxiety, thereby promoting better blood sugar control (Silva, Lima, & Saidel, 2023). Poor anxiety management can lead to negative thoughts about their condition, such as fears about longevity and dependence on medication. After implementing hypnotherapy for Mr. I, we observed a significant decrease in his anxiety levels. He reported feeling more relaxed and expressed satisfaction with the therapy, stating that it helped him maintain a healthier lifestyle despite his diabetes. This finding is consistent with study noted that hypnotherapy effectively aids diabetic patients by reducing anxiety and lowering blood sugar levels (Xu & Cardeña, 2008). Hypnotherapy, or clinical hypnosis, is a therapeutic approach designed to address mental disorders and alleviate physical symptoms. It works by targeting the psychological roots of issues, such as non-compliance and low motivation in diabetes management. With addressing these underlying causes, the associated symptoms can be alleviated. During hypnotherapy, patients are guided into a relaxed state where they receive positive suggestions from the therapist. This relaxed condition allows individuals with diabetes to focus their attention on the therapist, who emphasizes the importance of adhering to diabetes management strategies to control blood sugar levels. Information presented during this state becomes ingrained in the individual's consciousness, motivating them to engage in beneficial behaviours, such as following their diabetes management plan. Ideally, the person providing these suggestions should be a healthcare professional to ensure that the information aligns with the patient's needs.

Hypnotherapy is also beneficial for overall health, including cardiovascular function. As a non-pharmacological therapy, it communicates with various body systems, including the hypothalamus and both the sympathetic and parasympathetic nervous systems (Abensur Vuillaume et al., 2022). Relaxation techniques can help reduce stress, which positively impacts metabolic processes. Meditation and other techniques can lower oxidative stress in the blood, reducing the risk of atherosclerosis and helping to maintain normal blood pressure (Tigges-Limmer et al., 2024). As a component of cognitive therapy, hypnotherapy influences physiological, psychological, behavioral, and spiritual processes, often referred to as cognitive restructuring, as it aims to change stress-inducing thought patterns. This research highlights the importance of integrating non-pharmacological therapies like hypnotherapy into nursing practice, particularly for managing chronic conditions like diabetes (Pereira, 2017). The findings suggest that such therapies can significantly reduce anxiety and improve patients' quality of life, allowing them to focus less on their illness. I strongly recommend that nursing education institutions incorporate hypnotherapy into their curricula and that healthcare providers consider it a viable intervention for diabetes management.

Conclusion

The study demonstrated that this approach can effectively reduce anxiety in patients, leading to lower blood sugar levels. This therapy can be particularly beneficial for patients experiencing anxiety, helping them feel more relaxed and better able to accept their chronic condition, such as diabetes mellitus. Additionally, hypnotherapy serves as a valuable non-pharmacological treatment option for individuals with diabetes. Patients are encouraged to utilize hypnotherapy as a therapeutic method to manage anxiety, enabling them to live more peacefully without being overwhelmed by fear or stress. For nurses, it is essential to conduct thorough assessments, accurately determine diagnoses, and incorporate hypnotherapy techniques as part of nursing interventions. Ensuring the effectiveness of these techniques can significantly help in managing patient anxiety. Hospitals are encouraged to consider hypnotherapy as a reference for health workers, enabling them to implement this therapy and enhance the overall health outcomes for their patients.

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