Mind-body interventions for gastrointestinal conditions
Agency for Healthcare Research and Quality

Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' objectives
The objective of this evidence report was to conduct a search of the literature on the use of all mind-body therapies for the treatment of health conditions and, on the basis of that search, to choose either a condition or a mind-body modality for a comprehensive review. The health condition chosen, based on the results of an initial search, was gastrointestinal problems. The specific questions addressed in this project were: (1) What mind-body therapies have been used in the literature, for which body systems/conditions, and using what kind of research design? (2) What is the efficacy of mind-body therapies for the treatment of gastrointestinal problems?

Authors' conclusions
There are limited data to support the efficacy of relaxation therapy, behavioral therapy, cognitive therapy and guided imagery as therapy for certain gastrointestinal conditions. There is no evidence to support the efficacy of biofeedback for children with gastrointestinal conditions, while for adults the evidence is mixed. The studies of hypnosis are limited by methodologic problems and no conclusions can be drawn.

Project page URL
http://www.ahrq.gov/clinic/epcsums/mindsum.htm

URL for DARE abstract
http://www.crd.york.ac.uk/CRDWeb/ShowRecord.asp?ID=12002008292

Indexing Status
Subject indexing assigned by CRD

MeSH
Behavior Therapy; Cognitive Therapy; Gastrointestinal Diseases; Imagery (Psychotherapy); Mind-Body Relations (Metaphysics); Mind-Body Therapies; Relaxation Therapy

Language Published
English

Country of organisation
United States

Address for correspondence
Center for Outcomes and Evidence Technology Assessment Program, 540 Gaither Road, Rockville, MD 20850, USA. Tel: +1 301 427 1610; Fax: +1 301 427 1639; Email: martin.erlichman@ahrq.hhs.gov

AccessionNumber
32002000333