

The original article, written by Jo Simons, can be found here: <https://www.josimons.co.uk/hypnosis-fertility-research-ealing/>

Hypnosis For Fertility Research



Hypnosis For Fertility - Success Using Visualisation

Study 1. Hypnosis for Fertility based on imagery and relaxation was successful in facilitating pregnancy.

The treatment resulted in beneficial modification of attitude, optimism, and mind-body interaction.

(The American Journal of Clinical Hypnosis).

Study 2. Dr. Peter Quinn, a pioneer in the field of fertility, used hypnotherapy with a group of women between the ages of 26 and 42. They had a duration of infertility lasting from 2-12 years.

65% of the women went on to have a successful full-term pregnancy after hypnotherapy.

(European Journal of Clinical Hypnosis, 1994)

The Positive Impact Of Mind/Body Interventions

This looked at women who had been trying to conceive for one to two years. Those who participated in a mind/body program such as self hypnosis for stress reduction, while undergoing IVF, had a **significantly higher pregnancy rate**. 52% versus 20%.

(Journal of Fertility and Sterility, 2011, research conducted at Harvard Medical School - read more [here](#)).

Stress And Fertility

Researchers administered a series of questionnaires designed to measure patients' stress levels. **Women with the highest levels of stress ovulated 20% fewer eggs compared with women who were less stressed.** Of those who were able to produce eggs, those who were most stressed were 20% less likely to achieve fertilisation success.

(University of California, San Diego, 2005)

Hypnosis For Fertility Doubles IVF Rate

Hypnosis for fertility can effectively double the success of IVF treatments where embryo transfer is performed under hypnosis.

The study was conducted by Professor Eliahu Levitas and his team at Soroka Hospital in Beersheva. It was to determine if hypnosis could improve the success of the embryo transfer stage of IVF. The study found that 28% of women in the hypnotised group became pregnant, compared with 14% of those who were not.

(Levitas, E. et al, 'Impact of hypnosis during embryo transfer on the outcome of in vitro fertilization–embryo transfer: a case-control study.' Fertility and Sterility – Vol 85, Issue 5, (2006), 1404–1408)

From Depression To Viable Pregnancy

Women with depression, when treated showed a 60% viable pregnancy rate within six months, contrasting with 24% when depression went untreated.

(Journal of American Medical Women's Association, 1999).