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The Effect of Five-Finger Hypnotherapy on Anxiety in Endoscopy Patients Before Undergoing the Procedure at Bahteramas General Hospital

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Abstract. Anxiety is a common psychological response in patients undergoing invasive medical procedures such as endoscopy. High levels of anxiety can interfere with patient cooperation and affect the outcome of the procedure. Five-finger hypnotherapy is a simple and non-pharmacological technique designed to reduce anxiety through focused relaxation and suggestion. Objective: This study aimed to determine the effect of five-finger hypnotherapy on anxiety levels in patients prior to undergoing endoscopy at Bahteramas General Hospital. This research employed a quasi-experimental design with a pre-test and post-test control group approach. A total of 102 patients were selected through purposive sampling and divided into two groups: 51 in the intervention group who received five-finger hypnotherapy for five consecutive days, and 51 in the control group who received standard care. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS) before and after the intervention. Data were analyzed using paired and independent t-tests. The findings showed a significant decrease in anxiety levels in the intervention group compared to the control group (p 0,000 < 0.05). The five-finger hypnotherapy was effective in reducing pre-procedural anxiety among patients scheduled for endoscopy. Five-finger hypnotherapy has a significant effect on reducing anxiety in patients prior to undergoing endoscopic procedures. This method can be considered a complementary therapy in clinical nursing practice to improve patient comfort and cooperation.

Introduction

Anxiety is one of the most common emotional responses experienced by patients undergoing invasive medical procedures such as endoscopy (1). Endoscopic procedures often provoke fear due to their invasive nature, the patient's lack of knowledge about the procedure, and concerns about the examination results. High levels of anxiety can negatively impact patient comfort, the performance of the medical team, and even the examination outcomes, as anxious patients may become uncooperative or refuse the procedure.

Various methods have been used to reduce patient anxiety, ranging from pharmacological to non-pharmacological approaches (2,3). One non-pharmacological approach that has gained increasing attention

is hypnotherapy (4). Hypnotherapy is a psychotherapeutic technique that uses suggestion in a deeply relaxed state to influence a person's perceptions, emotions, and behaviors (1,5). This intervention has been proven to be safe, non-invasive, and effective in reducing anxiety in various medical contexts.

Previous studies have shown that hypnotherapy can help reduce preoperative anxiety, anxiety during childbirth, and anxiety in cancer patients. However, the application of hypnotherapy specifically for patients undergoing endoscopic procedures remains limited, particularly in healthcare facilities in Indonesia (6,7). The five-day hypnotherapy approach aims to provide deeper and more consistent suggestive effects to help patients manage their anxiety before undergoing medical procedures (6,8).

Bahteramas General Hospital, as a referral hospital in Southeast Sulawesi, provides a variety of diagnostic procedures, including endoscopy. However, structured psychological interventions to help reduce pre-procedural anxiety are still lacking. Therefore, it is essential to evaluate the effectiveness of five-day hypnotherapy in reducing anxiety levels in patients scheduled to undergo endoscopic procedures at this hospital.

This study is expected to serve as a foundation for the development of holistic nursing care services that focus not only on the physical but also on the psychological aspects of patients, and to encourage the use of complementary therapies such as hypnotherapy in clinical nursing practice

Method

This study used a quasi-experimental design with a pre-test and post-test control group approach, conducted from May to June 2025, involving 102 patients scheduled for elective endoscopy at Bahteramas General Hospital. Participants were selected using purposive sampling and divided equally into an intervention group that received five-finger hypnotherapy for five consecutive days and a control group that received standard care. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS) before and after the intervention, and the data were analyzed using paired t-test and independent t-test with a significance level of p 0,000 < 0.05.

Results and Discussion

Frequency Distribution of Respondents' Characteristics

Table 1. Frequency Distribution of Respondents' Characteristics

Characteristic	Category	Intervention Group (n=51)	Control Group (n=51)
Gender	Male	20 (39.2%)	22 (43.1%)
	Female	31 (60.8%)	29 (56.9%)
Age	18–35 years	14 (27.5%)	16 (31.4%)
	36–50 years	21 (41.2%)	19 (37.3%)
	51–65 years	16 (31.3%)	16 (31.3%)

Source: Primary Data, 2025

Table 1 shows that of the demographic characteristics of the respondents in both the intervention and control groups, each consisting of 51 patients. Regarding gender distribution, the majority of respondents in both groups were female. In the intervention group, 60.8% were female, while 56.9% of the control group were also female. This suggests that women were more likely to undergo endoscopy procedures during the study period or may have been more willing to participate in the research.

In terms of age, the majority of respondents fell within the productive age range of 36 to 50 years. This age group represented 41.2% of the intervention group and 37.3% of the control group. The number of participants aged 18–35 was slightly lower in both groups, while respondents aged 51–65 years were equally represented in both groups at 31.3%. This age distribution indicates that patients from a wide range of adult age groups were included, providing a more comprehensive view of how age might relate to anxiety levels in a clinical setting.

The relatively balanced demographic distribution between the intervention and

control groups is essential in experimental research. It ensures that any differences observed in the outcomes, particularly anxiety levels, can be more confidently attributed to the intervention—in this case, five-finger hypnotherapy—rather than to differences in gender or age between the groups. By having comparable baseline characteristics, the internal validity of the study is strengthened (9,10).

Overall, this table confirms that the study participants in both groups were demographically similar, making the two groups suitable for comparison. This demographic balance supports the fairness of the experimental design and enhances the credibility of the results obtained in the subsequent analyses.

Anxiety Level Before and After Intervention

Table 2. Anxiety Level Before and After Intervention

Group	Pre-test Mean ± SD	Post-test Mean ± SD	Mean Difference	p-value
Intervention (n=51)	26.41 ± 4.35	14.72 ± 3.91	11.69	**0.000**
Control (n=51)	25.87 ± 4.02	24.91 ± 3.85	0.96	**0.067**

Source: Primary Data, 2025

Table 2 shows that of the comparison of anxiety levels in both the intervention and control groups before and after the five-day intervention period. In the intervention group, there was a notable reduction in anxiety scores, with the mean decreasing from 26.41 (±4.35) before hypnotherapy to 14.72 (±3.91) afterward. This decrease was statistically significant with a p-value of 0.000, indicating that five-finger hypnotherapy had a substantial effect on reducing patient anxiety before undergoing endoscopy.

In contrast, the control group—which received only standard hospital care without any psychological intervention—showed a minimal decrease in anxiety levels, from a pre-test mean of 25.87 (±4.02) to a post-test mean of 24.91 (±3.85). The p-value for this change was 0.067, which is not statistically significant. This suggests that routine care alone was not sufficient to significantly reduce anxiety levels in patients awaiting endoscopy.

The substantial reduction in the intervention group's anxiety levels supports the effectiveness of five-finger hypnotherapy as a non-pharmacological approach to emotional regulation. By engaging patients in daily focused relaxation and positive suggestion sessions, this technique likely helped shift attention away from fear and uncertainty toward a sense of calm and control (11,12). The results align with existing evidence on the benefits of hypnotherapy in managing pre-procedural anxiety.

Furthermore, the stark contrast between the two groups reinforces the importance of integrating psychological support into medical preparation protocols, especially for procedures like endoscopy that are often associated with discomfort and fear. This table strongly illustrates that the use of five-finger hypnotherapy over five days can significantly reduce anxiety, offering a promising and practical approach that can be implemented in clinical nursing care (12,14).

Tabel 3. Post-test Anxiety Comparison Between Groups

Group	Mean ± SD	p-value
Intervention (n=51)	14.72 ± 3.91	**0.000**
Control (n=51)	24.91 ± 3.85	

Source: Primary Data, 2025

Table 3 shows that of the comparison of post-intervention anxiety scores between the intervention group, which received five-finger hypnotherapy, and the control group, which received standard care. The mean anxiety score in the intervention group was significantly lower (14.72 ± 3.91) compared to the control group (24.91 ± 3.85). The statistical analysis using an independent t-test yielded a p-value of 0.000, indicating a highly significant difference between the two groups after the intervention.

This result further reinforces the findings shown in Table 2, demonstrating that the five-finger hypnotherapy had a meaningful and measurable impact on reducing anxiety. While both groups began with relatively

similar pre-test anxiety scores, only the intervention group showed a significant improvement by the end of the five-day period. The difference in post-test scores highlights the effectiveness of the intervention as compared to routine care alone, which did not produce significant results.

The substantial difference in anxiety levels suggests that five-finger hypnotherapy may help patients mentally prepare for invasive procedures such as endoscopy. By engaging patients in focused relaxation techniques, it is likely that the therapy not only reduced anxiety but also improved emotional control, coping ability, and mental resilience. This contributes positively to the patient experience and potentially improves procedural outcomes, as anxiety is known to interfere with patient cooperation (15,16).

Overall, Table 3 confirms that five-finger hypnotherapy is not just beneficial within the individual group comparison but also when evaluated across groups. The significantly lower anxiety levels in the intervention group post-treatment provide strong evidence for recommending this therapy as a complementary method in clinical settings. This table plays a key role in supporting the conclusion that five-finger hypnotherapy is an effective tool for reducing pre-procedural anxiety in endoscopy patients

Conclusion

This study concludes that five-finger hypnotherapy is effective in significantly reducing anxiety levels in patients prior to undergoing endoscopic procedures. Patients who received five consecutive days of hypnotherapy experienced a notable decrease in anxiety compared to those who received only standard care. The statistical analysis showed a significant difference both within the intervention group and between the intervention and control groups after the intervention, confirming the positive impact of five-finger hypnotherapy.

These findings highlight the potential of five-finger hypnotherapy as a simple, non-pharmacological, and cost-effective complementary therapy that can be integrated into pre-procedural nursing care. Incorporating this technique into clinical practice may help improve patient comfort, enhance cooperation during procedures, and support a more holistic approach to patient management (17,18).

Therefore, it is recommended that healthcare providers, particularly nurses, consider applying five-finger hypnotherapy as part of routine pre-procedural care for patients undergoing invasive medical interventions such as endoscopy

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