



## Paper 8: Hypnotherapy or Pharmacotherapy for Urgency Urinary Incontinence Treatment in Women. The Hyp-hOP Randomized Clinical Trial

Thursday, October 11, 2018

03:20 PM - 03:30 PM

📍 Hyatt Regency Chicago - Riverside East

**Objective:** To determine whether hypnotherapy effectively treats urgency urinary incontinence (UUI) compared to pharmacotherapy.

**Methods:** This investigator-masked trial randomized women with non-neurogenic UUI to hypnotherapy or medication, enrolling those with  $\geq 3$  UUI episodes/week. Primary outcome: 3-day diary UUI episodes. Hypnotic susceptibility testing categorized participants into low, medium & high susceptibility. Hypnotherapy group received 8 weekly hypnotherapy sessions, 1 optional “booster” session & audio-recordings. Medication group received 1 medication counseling session, 8 weekly follow-up sessions & extended release anti-muscarinics x 1 year. Follow-up occurred at 2, 6 & 12 months. Multivariable analysis compared groups with respect to UUI,  $P < 0.05$ .

**Results:** 152 women were randomized (74 hypnotherapy/78 medications); 142 completed 2-month & 140 completed 12-month follow-up (Table 1). Groups did not differ in any characteristics, including age ( $57.6 \pm 12.8$ ,  $59.5 \pm 10.3$  years,  $P = 0.34$ ) & hypnotic susceptibility ( $P = 0.46$ ). Most had high ( $N = 101$ ) or medium ( $N = 31$ ) susceptibility, few had low ( $N = 10$ ). Unadjusted between group comparisons showed no UUI differences at baseline & follow-up; both groups improved (Table 1).

Regression analysis revealed hypnotic susceptibility & baseline UUI influenced follow-up UUI. Due to a 3-way interaction (group $\times$ time $\times$ hypnotic susceptibility), least squares means best described UUI episodes. At 2 months, there were no UUI differences between groups. At 6 months, medium hypnotic susceptibility participants treated with hypnotherapy had fewer UUI episodes compared to medication; 1.2 (0.6-2.5) vs. 3.3 (1.8-6.0), ratio 0.36, 95% CI 0.14-0.94. At 12 months, high hypnotic susceptibility participants treated with hypnotherapy had fewer UUI episodes compared to medication; 2.1 (1.5-3.7) vs. 3.7 (2.5-5.6), ratio 0.56, 95% CI 0.32-0.98] (Fig. 1).

**Conclusions:** Hypnotherapy & medication both effectively treated UUI at 2--12-month follow-up, with median UUI decreasing  $\geq 85\%$ . In those with medium-high hypnotic susceptibility, hypnotherapy was superior to medication at longer follow-up, offering a durable alternative therapy for UUI.

### Authors

Yuko M. Komesu, M.D.

University of New Mexico

Ronald Schrader, PhD

University of New Mexico

Rebecca G. Rogers, MD

Robert Sapien, MD

University of New Mexico

Loren H Ketai, MD

University of New Mexico