

Hypnosis for Childbirth: A retrospective survey of birth outcome using prenatal self-hypnosis, Retrospective Survey 2001

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Length of labour:

The average length of active labour for nulliparous women is 12 hours. Participants in the Hypnosis for Childbirth series averaged 4.5 hours of active labour. The average length of pushing for nulliparous women is about 2 hours. Participants in the Hypnosis for Childbirth series averaged just over 1 hour. **Hypnosis is associated with faster births** (statistically significant) throughout the research for both the first and second stages of labour.

Medication rates:

The epidural rate in Toronto and Mississauga ranges from 40 to 95% for nulliparous women. This survey notes an 18% epidural rate for Hypnosis for Childbirth participants (11% for caesarians and forceps, 7% for maternal request). This survey's **reduction in medication** use is supported by statistically significant reductions in other research for women using hypnosis preparation for birth.

Caesarian rates:

The caesarian section rate in Toronto ranges from 20 to 25%, depending on the institutional setting. This survey notes a caesarian section rate of 6.7% for Hypnosis for Childbirth participants. Other research also notes the **reduction of birth interventions** with the prenatal use of hypnosis.

As a result of the Hypnosis for Childbirth series a very high percentage of women reported an increased sense of self-confidence prior to the onset of labour. In addition, **96% were pleased at the use of hypnosis**, would use hypnosis in a subsequent birth and recommend its use to other women planning natural childbirth