



[Intervention review]

Hypnotic guided imagery for promoting subjective well-being among individuals with obesity

Leonardus Edwin Gandawijaya¹, Kwartarini Wahyu Yuniarti¹

¹Faculty of Psychology, Universitas Gadjah Mada, Indonesia

Contact address: edwin.gandawijaya@gmail.com

ABSTRACT

Background

Subjective well-being is an important indicator to measure the welfare of individuals and communities in various surveys and studies. Consisting of cognitive and affective dimensions, high subjective well-being indicates better health, economic, social, and environmental levels. The existence of chronic disease can cause low subjective well-being, one of which is obesity. Obesity is a global concern because it contributes to an increased risk of chronic diseases such as hypertension, type 2 diabetes mellitus, respiratory problems, psychological disorders, or cardiovascular disease that interferes with daily activities and can increase the risk of death. Low subjective well-being is indicated by the presence of negative emotions manifested in the form of emotional eating in obese individuals. Individuals with obesity are more likely to perceive something with negative emotions and binge-eating as an attempt to regulate negative emotions. However, interventions to promote subjective well-being in obese individuals are slow due to the limited number of health workers and the relatively long process of intervention to be effective. Hypnotic guided imagery offers an alternative to promoting subjective well-being in a relatively short span of time compared to other interventions that have been studied. However, this hypothesis needs to be literature-supported from previous study.

Objectives

To conduct systematic literature review to determine the supporting studies in the references to assess the effectiveness of hypnotic guided imagery for promoting subjective well-being among individuals with obesity.

Search methods

We searched the Google Scholar, Scopus, PubMed, and Cochrane Central Register for Controlled Trials (CENTRAL) to August 2020.

Selection criteria

Randomized Controlled Trials (RCTs) designs of intervention for obesity with age ≥ 18 years old and body mass index (BMI) ≥ 30 kg/m² were eligible for inclusion. No exclusion was based on gender or comorbidity. We included a non-pharmacological intervention comprising imagery-based hypnotherapy interventions. The comparison included a control with treatment without hypnotherapy interventions such as no intervention, placebo, treatment as usual, and any other intervention without the hypnotic state. Primary outcomes of interest were changes in the domain of subjective well-being, which consisted of satisfaction with life, positive affect, and negative affect.



Data collection and analysis

Three reviewers were involved in this review. The first author independently searched and screened the titles and abstracts of studies identified in the search. Studies brought to the full-text stage were then screened by all three reviewers working independently. We intended to combine continuous data using standardized mean differences and combining p-values. However, only one of the full-text studies met the inclusion criteria.

Main results

Only one of the studies that were screened met the inclusion criteria.

Authors' conclusions

Due to the limited existing studies, it is insufficient to determine the effectiveness of hypnotic guided imagery for promoting subjective well-being of individuals with obesity based only on existing study. Given the importance of the problem and the absence of primary research in the past, this review looks at the need for further research on this topic. We suggest the need for RCTs that focus on outcomes in the form of subjective well-being in obese individuals. We summarize the shortcomings of several studies regarding the use of guided imagery that may be of concern in future studies.

INTISARI

Subjective Well-being (SWB) menjadi salah satu indikator penting untuk mengukur kesejahteraan individu dan masyarakat. Tingginya SWB menunjukkan tingkat kesehatan, ekonomi, sosial, dan lingkungan yang lebih baik. Adanya penyakit kronis dapat menyebabkan rendahnya SWB. Salah satu penyakit kronis yang dimiliki banyak masyarakat adalah obesitas. SWB yang rendah ditunjukkan dengan adanya emosi negatif yang termanifestasi dalam bentuk *emotional eating* pada individu dengan obesitas. Meski demikian, penanganan rendahnya SWB pada individu obesitas menjadi lambat karena jumlah tenaga kesehatan yang terbatas dan proses intervensi yang menghabiskan waktu. Penelitian ini dilakukan untuk meninjau kepustakaan secara sistematis mengenai efektivitas *Hypnotic Guided Imagery* (HGI) sebagai suatu intervensi *shortcut* untuk meningkatkan SWB pada individu dengan obesitas. Metode penelitian ini menggunakan *systematic literature review* yang dilakukan dengan protokol PRISMA. Pencarian data menggunakan basis data Google Scholar, Scopus, PubMed, dan Cochrane CENTRAL. Analisis data menggunakan metode kuantitatif *meta-analysis* dan kredibilitas data ditinjau menggunakan RoB2. Hasil *systematic literature review* menunjukkan hanya terdapat satu artikel penelitian yang memenuhi kriteria yang telah ditetapkan. Pembahasan, kesimpulan, dan saran menjelaskan mengenai kemungkinan pelaksanaan *randomized controlled trial* di masa depan untuk menguji efektivitas *Hypnotic Guided Imagery* (HGI) untuk meningkatkan SWB pada individu dengan obesitas.



UNIVERSITAS
GADJAH MADA

Hypnotic guided imagery (HGI) for promoting Subjective Well-being (SWB) among individuals with obesity: a Cochrane review

LEONARDUS EDWIN G, Prof. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog

Universitas Gadjah Mada, 2020 | Diunduh dari <http://etd.repository.ugm.ac.id/>