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Zusammenfassung der Forschungsergebnisse der Dissertation

Effekte mentaler Allergiebehandlung

Evaluation des Hildesheimer Gesundheitstrainings zur mentalen Beeinflussung der allergischen Immunantwort auf Birkenpollen

Die Ergebnisse dieser Studie zur mentalen Behandlung von Allergien deuten darauf hin, daß allergische Immunprozesse über komplexe mentale Verfahren wie das HGT (Hildesheimer Gesundheitstraining) günstig beeinflußt werden können.

Eine Patientengruppe von 73 Personen wurde in zwei Experimentalgruppen und zwei Kontrollgruppen in die Untersuchung einbezogen. Eine Kontrollgruppe (*Cassette*) bekam, um Placeboeffekte überprüfen zu können - eine zusätzliche Behandlung in Form einer Entspannungscassette mit Heilungsimagination.
Die beiden Experimentalgruppen erhielten das Hildesheimer Gesundheitstraining (HGT). Die Menschen einer Experimentalgruppe wurden mit einer weiteren, zusätzlichen Interventionsstrategie zur Konditionierung einer gesunden Immunreaktion (Psychische Impfung) entsprechend der taktilen NLP-Allergietechnik (Klassische Konditionierung einer gesunden Immunreaktion) behandelt. (Sie erhielten die Möglichkeit sich selber "psychisch zu impfen") Die Studie entsprach einem Ein-fach_Blind_Ansatz mit objektiver Datenerhebung (Randomisierung).

Zusammenfassung der Ergebnisse:

- In den Blutparametern zum gesamt IgE und spez. IgE waren keine Veränderungen nachweisbar.
- Die Teilnehmerinnen und Teilnehmer der HGT-Gruppen erlebten im Vergleich zu den Menschen der Kontrollgruppen hochsignifikante Verbesserungen in den psychologisch-diagnostischen Meßparametern (Subjektive Gesundheit, Krankheitsbezogene Beein-trächtigung, Symptombelastung).
- Die Stärke der allergischen Reaktion (Symptome und Medikamentenverbrauch) hat sich im Vergleich zu den Kontrollgruppen signifikant verringert.
- In den subjektiven Einschätzungsparametern erlebten die Menschen der HGT-Gruppen hochsignifikant Verbesserungen im seelischen Befinden, im körperlichen Befinden und im Behandlungsverlauf im Vergleich zur vorjährigen Birkenpollenflugsaison.

Insgesamt deuten die Ergebnisse darauf hin, daß allergische Immunprozesse über komplexe mentale Verfahren wie das HGT günstig beeinflußt werden können.

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English Summary

Effects on mental therapy of birch pollen induced rhinitis

At the moment psychological therapies are nearly of no importance referring to the treatment of allergies. Medical treatments are prefered, which - besides hyper sensibility - are not aimed to recover, but only to relief symptoms. With the help of this research was proved, if a combination of treatments of evaluated psychotherapy-theories can cause a reduction of allergical reactions. This study was simple blind and randomly distributed into 4 groups.

For this purpose a group of 73 persons with birch pollen-induced rhinitis were tested in two experimental groups (HGT-basis+PI and HGT-basis) and two control groups (cassette and no attention) in this examination. The tested treatment was a group setting, which was developed as a health orientated training which is called HGT.

“Hildesheimer GesundheitsTraining (HGT) on rhinitis und allergical asthma”

Both experimental groups (HGT-basis+PI and HGT-basis) received the HGT which was especially developed for allergies and asthma. The people of the HGT-basis+PI were treated with a further supplementary strategy of intervention which we call: psychic vaccination (PI) for conditioning a healthy immune reaction. This model is corresponding to the NLP-allergy technique (classical conditioning to a healthy immune response) and should establish a feedforward-effect to learn a new immun response.

One control group (cassette) received - to be able to control placebo effects - an additional treatment in form of relaxation cassette with suggest to recover by healing imaginations. The other control-group (no attention) got no intervention during the measurement. It was a waiting-group to get into the training in the following winter. They were told to behave as usual.

The selection was based on clinical history, results of nasal or bronchial challenge, skin-prick-tests (QHT), RAST and psychological-diagnostical measurement. During the pollen-season daily recording of symptoms and medicine consumption was performed by all the participating patients and entered on special diary cards; eye, nose and lung symptoms were recorded separately.

All measurement were taken before the treatment, after the treatment and when the season of birchpollen has passed.

Summary of the results:

- No significant differences were shown in RAST. The skin prick test (QHT) was not evaluated because of high medical consumption in the controlgroups.
- In comparison to the people of the control groups the participants of the HGT-groups experienced highly significant improvement in all psychological-diagnostical- measurements.
- The in vivo results demonstrated a significant difference between the treatment groups in both, symptoms and medicine consumption. The force of the allergical reactions showed a drastically decrease during the following season of birchpollen.
- In the subjective estimation people of the HGT-group witness highly significant improvements of their mental condition, their physical state of health and in the proceed of treatment compared to the last season.

The clinical message of this study can be concluded as follows:
Allergical symptoms, especially towards birch-pollen can be treated effectively by psychological tools as HGT.

All together it is not only shown that it is possible to influence allergical immune processes over complex mental methods but also, that the strategical concept of "HGT" was practicable. From the point of view of the patients such proceeds should be as soon as possible part of the standard medical treatment.

From the angle of research the efficiency of this method could be strengthend, if psychological mechanism could be investigated closer on the level of the cytokine-profile. It seems possible to show more positive results to intensify the methods by more individually adapted therapies and also by combinations between psychological and pharmaceutical or other treatments.