

### **Appendix 3. List of studies characterized of having “special care” along with the description of the additional intervention received by the patients**

Hart, 1980<sup>33</sup>

"Subjects received only limited, general verbal and written information preoperatively from the nursing staff concerning: (a) orientation to the coronary care setting; (b) anatomical and corrective surgical information respective to the specific cardiovascular disease of the patient; and (c) discharge plans, including progressive activity, and diet information." (p. 326) Hypnosis group got the same information plus intervention.

Marc, et al., 2007<sup>38</sup>

„As the abortion was performed by the physician, the family planning nurse provided attention and support to the patient, talking and listening to her, and giving positive encouragement, reassurance and instructions for relaxation (abdominal and pelvic area) and deep breathing. There were no instructions for imagery and no suggestions directed at decreasing pain or anxiety.” (p. 54)

Marc, et al., 2008<sup>39</sup>

"During the abortion procedure, the family planning nurse provided the usual attention and support to the patient, talking and listening, giving positive reinforcement, reassurance and instructions for relaxation (abdominal and pelvic area), and deep breathing. However, there were no specific instructions for imagery or suggestions directed at decreasing pain or anxiety." (p. 469.e3)

Montgomery, et al., 2007<sup>41</sup>

„However, the interventionists did not lead the attention control patients in imagery, relaxation, or even simple discussion. Rather, the interventionists allowed patients to direct the flow of the conversation and provided supportive/empathic comments according to standardized procedures. The interventionists matched verbal and nonverbal communication patterns, listened attentively, avoided the use of prejudicial or negatively valued language, and used emotionally neutral descriptors in conversation.” (p. 1306)

Shulimson, 1987<sup>43</sup>

“In order to control for the potential effect that the additional time spent with patients in the hypnosis group might have, an equal amount of time was spent with subjects in the other three groups. This time was occupied with an informal discussion about the patient's concerns about the upcoming surgery.” (pp. 33 – 34)

Taenzer, 1983<sup>44</sup>

“The Control Group which received the standard preoperative teaching package utilized at the Montreal General Hospital was given a brief rationale emphasizing that knowledge of what to expect during their hospitalization will help them to be less apprehensive and that practicing the nursing postoperative exercises will help them to diminish pain and recover more quickly. The general rationale for self-control of pain was not given to the Control Group.” (pp. 46 – 47)