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HypnoVR confirms validity of virtual reality hypnosis through three clinical studies

Medical virtual reality specialist concludes three successful clinical trials in medical hypnosis using VR headset for managing pain and anxiety in the fields of post-operative pain reduction, pediatric dentistry and medically assisted reproduction

Company will expand scope of medical hypnosis research in 2019

Strasbourg, France, March 26, 2019 – HypnoVR, developing virtual reality-based medical hypnosis solutions to manage pain and stress, today announces it has concluded three promising retrospective clinical trials for managing pain and anxiety during and after medical procedures.

The first study took place over six months at the Hospital Hautepierre in Strasbourg. As part of the trial, HypnoVR was used with selected children, in addition to standard pain management, as support for post-operative pain and to limit opioid consumption following scoliosis surgery. The 20-minute HypnoVR session took place once a day within the first 72 hours following surgery, while the control group received the standard care. It was concluded that the group additionally treated with virtual reality hypnosis showed significantly lower need for supplemental treatment for anxiety and total post-operative opioid consumption, with a 45% reduction of post-operative morphine consumption over 72 hours. Recovery was also significantly faster during their hospital stay; patients' bed-time was reduced by 21 hours.

Results were [presented in October 2018](#) at the Annual Meeting of the American Society of Anesthesiology.

In the second clinical trial, patients 9 years-old and over, during dental procedures at the pediatric odontology unit of the University of Strasbourg, were selected and exposed to a VR immersion session featuring a natural environment. The anxiety level of pediatric patients was evaluated on the APAIS scale (The Amsterdam Preoperative Anxiety and Information Scale), with results showing the level of anxiety decreased by 45%, along with a high level of satisfaction, with an average score of 8 out of 10 from patients. Results were presented in March 2018 at the Annual Meeting of the Société Française d'Odontologie Pédiatrique.

The third clinical study focused on alleviating pain and anxiety during ovocyte retrieval, a medically assisted reproduction procedure, at the University Hospital of Strasbourg, where HypnoVR was offered to patients as part of the standard anaesthetic care. During the medical procedure, 38 patients were exposed to a 20-minute VR immersion featuring a natural landscape and a soothing voice, in addition to the administration of low-level sedatives. Results show that 73.7% of patients felt "disconnected" and 89.4% of patients considered the VR headset provided additional comfort, with a high level of satisfaction (median rating of four on a scale 0 to 5).

Results were published in March 2019 at the Journée Francophone de l'Hypnose 2019.

"HypnoVR is delighted with the results of these three retrospective clinical studies. We are excited about further upcoming clinical trials that could show how promising our virtual reality technology is for pain and anxiety management in hospitals or for independent practitioners," said Nicolas Schaettel, president and co-founder, HypnoVR. "We believe that in the future virtual reality hypnosis will become standard complementary care for addressing pain, stress and anxiety in hospitalized patients."

The company is planning to launch additional randomized, multi-centric, prospective trials in 2019.

Around [five billion people worldwide](#) lack access to surgical and anesthetic care, most of whom are in lower income countries. HypnoVR's medical device for hypnosedation aims to improve the quality of care and comfort for patients and to optimize pre- and post-operative rehabilitation by decreasing chemical therapy and its side effects, as well as lowering costs for healthcare institutions.

About HypnoVR

HypnoVR specializes in developing virtual reality-based medical hypnosis solutions to manage pain and stress. It designs, develops and markets software applications and medical devices as innovative tools of hypnosedation to improve the quality of care and comfort of patients. HypnoVR solutions fit perfectly into multimodal accelerated rehabilitation procedures and help improve care.

HypnoVR was founded in 2016 in Strasbourg (France) by anesthetists and hypnotherapists Dr. Denis Graff and Dr. Chloé Chauvin as well as digital expert and entrepreneur Nicolas Schaettel. In June 2018, HypnoVR raised €700k (\$795k) funding from public and private investors. HypnoVR received the CES 2019 Innovation Award in the Virtual and Augmented Reality category, as well as 2018 Innovation Awards from the French Dental Association and the French Surgeon's Association.

The company's technology obtained class 1 medical device CE marking in September 2018. hypnovr.io

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