Autogenic Training in Patients with Meniere Disease

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ABSTRACT

The cause of Meniere disease is not well understood. However, clinical observations have suggested that psychophysiologic factors may be associated with this disorder. In this study, we sought to determine the effect of autogenic training as an adjunctive treatment in clinical outcome. Meniere disease (Meniere disease) in 58 patients were studied. Results were analyzed and compared with those of control. All patients were treated by autogenic training with initial psychological counseling as was the focus of this study. Anticipating effect with initial psychological counseling was similar to the patients receiving autogenic training with autogenic training.

METHODS AND MATERIALS

From 2002 to 2006, 58 patients (18 males, 40 females) were diagnosed with Meniere disease and pre-treatment was performed before psychotherapy. The treatment protocol was based on the American Academy of Otolaryngology-Head Neck Surgery (AAO-HNS) 1995 guidelines. All cases were definite Meniere disease and improve clinical outcome. Our results suggest that psychotherapy can be effective in controlling vertigo. As opposed to Meniere disease, Meniere disease had larger in N and L with respect to control (Fig. 2). The score of the N scale of the MPI was higher in Meniere disease (P=0.02, 0.03, 0.04, 0.02; Fig. 2).

DISCUSSION

It is likely that stress and illness form a vicious circle; i.e., symptoms of the disease may worsen the emotional state, which in turn may worsen the symptoms. Because AT is a good self-control method, patients may learn to control their symptoms, including anxiety, using AT. Although it is likely that stress and illness form a vicious circle, i.e., symptoms of the disease may worsen the emotional state, which in turn may worsen the symptoms. Because AT is a good self-control method, patients may learn to control their symptoms, including anxiety, using AT. Although it is likely that stress and illness form a vicious circle, i.e., symptoms of the disease may worsen the emotional state, which in turn may worsen the symptoms. Because AT is a good self-control method, patients may learn to control their symptoms, including anxiety, using AT. 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