

**Patientenerfahrungen mit Craniosacraler Therapie zur Behandlung chronischer Nackenschmerzen (bisher lediglich als Abstract veröffentlicht)**

	<p><a href="#">Haller H, Cramer H, Lauche R, Dobos G, Berger B. Patients' experiences of Craniosacral Therapy in the treatment of chronic neck pain: a qualitative analysis of health outcomes. Int Med Research. 2015. 4(1,Suppl.):89.</a></p>
Original-Abstract	<p><b>Purpose:</b> Current research within the field of Craniosacral Therapy (CST) is limited, especially in terms of appropriate health outcomes for body based complementary and alternative therapies. Therefore this study aimed to investigate how patients experience the treatment of CST and to infer suitable outcome measures for further clinical trials.</p> <p><b>Methods:</b> A subsample of chronic non-specific neck pain patients was selected from a randomized controlled trial examining the efficacy of CST in comparison to sham. At baseline 19 patients (mean age 42.5±10.4; 13 female) of the CST group were asked to complete drawings of their perceived body shape and pain areas. Drawings were repeated after 8 weekly treatments and were followed by a semi-structured interview. Data were analyzed using qualitative content analysis.</p> <p><b>Results:</b> Changes due to CST were reported at various levels of human experiencing. Most patients described positive changes in more than one of the following domains: physical (less intensity of pain, headache and dizziness, improved sleep and range of motion), perceptual (more upright and symmetrical posture, sustained deep relaxation), emotional (pain is less threatening, increased calm, confidence and hope), cognitive (increased body awareness and self-efficacy, extinction of pain memory, increased concentration and less mind cinema), spiritual (sense of basic trust and peace), behavioral (moving in action alternatives, actively avoid stress, sport is again possible), social (more social contacts and activities) and economic domain (less pain medication, improved work efficiency). Several patients reported initial aggravation of symptoms, but no persisting or serious adverse events.</p> <p><b>Conclusion:</b> Study results indicate that measuring health outcomes in CST research should not only be limited to a physical symptom level, but should also include tools for quantifying salutogenic variables and economic reliefs as well as adverse events.</p>