

NOCEBO EFFECT DIFFERENCES BETWEEN GENDERS

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Introduction. Nocebo is a psychogenic effect caused by a suggestion or belief that something is harmful. The nocebo effect plays a significant role in patient health care, especially when presenting important health related information about treatment and it's side effect to patients.

Aim. The aim of the research is to find a statistically relevant proof of nocebo effect differences between males and females thus showing the significance of the impact of how the presentation of health related information affects the outcome of treatment and overall patient's physical and mental state.

Results. In total the study group consisted of 114 students (69 females; 45 males). The control group consisted of 59 students (35 females, 24 males). The nocebo group consisted of 55 students (34 females; 21 males). The results in control and nocebo groups showed that the average headache level during the class raised. Students were asked to evaluate their headache level at

the beginning and at the end of the class by choosing a scale number that would describe their level of headache (1 – no headache; 6 – very severe pain). In control group it was observed that the headache level had worsened by 0,086 in females and 0,417 in males. Whereas, in placebo group it worsened by 0,647 in females and 0,571 in males.

Conclusions. Placebo effect has a great impact on females, whereas in males it showed no significant difference between the groups. This suggests that when presenting health related information to females, placebo effect should be taken into consideration. For better results, the study population should be increased, especially by including more males.