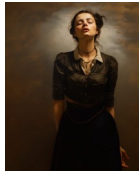


# Measures of pain and muscular strength in trance

## Trance





Non ordinary state of consciousness including inner imagery, alterations of self, body, space & time<sup>1,2</sup>

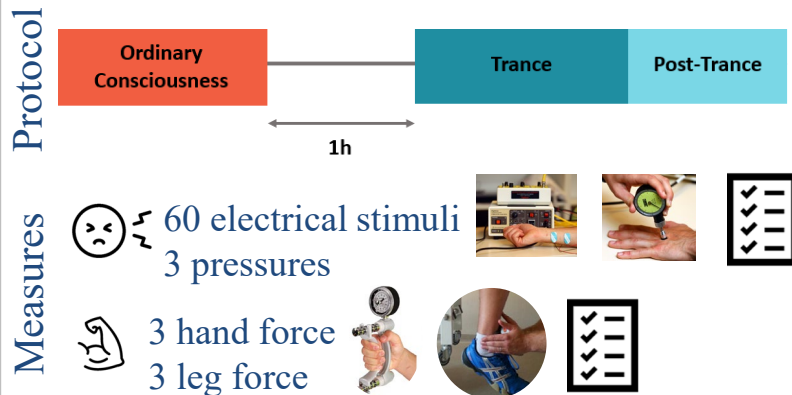


Westernized practices of trance derived from traditional techniques: self-induced cognitive trance (SICT) and Mahorikatan trance (MT)<sup>3,4</sup>

## Aims

Measure **pain perception**  and **muscular strength**  in trance (SICT and MT) compared to ordinary consciousness (OC) before and after trance in adult experts using objective and subjective measures

## Methods



## Results

N=35  
SICT  
& MT



Pain intensity  
Pain unpleasantness  
Pain irritability  
Perception of stimuli  
Brain responses (ERPs)

N=27  
SICT



Objective strength hand & leg  
Perceived strength hand & leg  
Perceived effort hand & leg

## Conclusion

Trance reduces pain and increases muscular strength

Future studies should assess its clinical applications

## References

<sup>1</sup>Flor Henri et al., 2017; <sup>2</sup>Gosseries et al., 2020; <sup>3</sup>Grégoire et al., 2021; <sup>4</sup>Lafon et al., 2022