

Placebo and Pain: Chapter 25. Nocebos in Daily Clinical Practice: The Potential Side Effects of the Treatment Context and the Patient-Doctor Interaction on Pain in Clinical Populations

Bettina K. Doering, Winfried Rief

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Nocebo effects are extremely common in clinical practice, and they are induced by a patient's negative expectancies about a treatment outcome. They may occur after an inert treatment, or after the administration of a pharmacologically active substance, and modulate the treatment outcome. Nocebo effects in clinical practice manifest themselves in the deterioration of a pre-existing symptomatology or in the development of new symptoms that are often considered as nonspecific side effects and are ascribed to the medical regimen. Nocebo responses can be induced by components of the therapeutic encounter, e.g. the communication of the diagnosis, information about the treatment, the disclosure of risks and benefits of the treatment, or the verbal interaction during the treatment. This chapter reviews empirical evidence from clinical populations that documents nocebo effects in the different stages of the therapeutic process. Based on this review, it suggests strategies for the minimization of nocebo effects in clinical practice.



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