
SPECIAL SECTION

Placebo Theory and Its Implications for Research and Clinical Practice: A Review of the Recent Literature

Edvin B. Koshi, MD, FRCPC*; Christine Ann Short, MD, FRCPC†

**Pain Management Unit, Department of Anesthesia, †Division of Physical Medicine and Rehabilitation, Department of Medicine, Dalhousie University, Queen Elisabeth II Health Sciences Center, Halifax, Nova Scotia, Canada*

■ **Abstract:** Although placebo effect is a common phenomenon in medicine and research, its mechanisms are not well understood. With the advent of modern medicine, placebo became a symbol for an outdated, morally questionable practice implying deceit and paternalism. However, in recent years, there has been an increasing amount of rigorous research into the mechanisms of placebo response and placebo analgesia with most studies coming from the field of pain medicine. New theories on placebo mechanisms have shown that placebo represents the psychosocial aspect of every treatment and the study of placebo is essentially the study of psychosocial context that surrounds the patient. Therefore, its understanding is essential for researchers and all medical practitioners, particularly those dealing with patients suffering from pain, depression, and motor disorders. In this article, we review the theories on placebo mechanisms and discuss their implications for clinical practice and the design of clinical trials. ■

Key Words: placebo, research, expectation, conditioning, meaning, context

Address correspondence and reprint requests to: Edvin Koshi, MD, FRCPC, Pain Management Unit, 4th floor, Dickson Building, 5820 University Avenue, Halifax, Nova Scotia B3H 1V7, Canada. Tel: 902-473-4131; Fax: 902-473-4126; E-mail: Edvin.Koshi@dalhousiehealth.ca.

Submitted: July 16, 2006; Accepted: November 8, 2006

INTRODUCTION

Placebo effect is a widespread and universal phenomenon, which has accompanied the practice of medicine from its very beginning.¹⁻⁴ With the advent of modern medicine and empiricism, the psychological dimension of medical treatment that placebo represents has long been ignored. Placebo has been seen as something that stands in the way of "proper medicine" whose role is only to serve as a foil against which effective ("real") treatment is being tested. It remains a poorly understood phenomenon if not mysterious, mystical, and surrounded by confusing terminology.

In clinical trials, placebo is usually considered a nuisance, a tiresome and expensive artifact.^{5,6} Even though researchers include placebo groups in every major clinical trial, little do they know about the mechanism of placebo itself and consequently about what happens in the arm of the study where placebo is being administered. In clinical practice, placebo is a much debated issue that provokes discomfort and is often confused with quackery.⁷ So far, medical practitioners have seen no scientific rationale for the use of placebo in clinical practice. The notion of "benevolent deception" that was proposed to overcome some of the ethical issues surrounding placebo is still debatable.⁸

In recent years, new research has led to considerable progress in our understanding of the mechanisms of

Placebo Theory Research And Mechanisms

**Luana Colloca, Magne Arve
Flaten, Karin Meissner**



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The Advanced Handbook of Methods in Evidence Based Healthcare Andrew Stevens, Keith Abrams, John Brazier, Ray Fitzpatrick, Richard Lilford, 2001-01-02 This handbook is an excellent reflection of the growing maturity and methodological sophistication of the field of Health Technology Assessment The Handbook covers a spectrum of issues from primary evidence clinical trials through reviews and meta analysis to identifying and filling gaps in the evidence Up to date clearly written and well edited the handbook is a needed addition to any personal or professional library dealing with Health Technology Assessment Professor David Banta TNO Prevention and Health The Netherlands This text presents the most advanced knowledge on methodology in health care research and will form the backbone of many future studies Paula Roberts Nurse Researcher The effectiveness revolution both in research and clinical practice has tested available methods for health services research to the extreme How far can observational methods routine data and qualitative methods be used in health care evaluation What cost and outcome measures are appropriate and how should data be gathered With the support of over two million pounds from the British Health Technology Assessment Research Programme the research project for this Handbook has led to both a synthesis of all of the existing knowledge in these areas and an agenda for future debate and research The chapters and their authors have been selected through a careful process of peer review and provide a coherent and complete approach to the field The handbook has been a unique collaboration between internationally regarded clinicians statisticians epidemiologists social scientists health economists and ethicists It provides the most advanced thinking and the most authoritative resource for a state of the art review of methods of evaluating health care and will be required reading for anyone involved in health services research and management *The Placebo* Franklin G. Miller, 2013-08-14 A thorough collection of classic and contemporary resources about the placebo effect The placebo effect is a fascinating but elusive phenomena Although no standard definition of the placebo effect exists it is generally understood as consisting of responses of individuals to the psychosocial context of medical treatments or clinical encounters as distinct from specific physiological effects of medical interventions The Placebo is the first book to compile a selection of classic and contemporary published articles on the topic Systematic investigation of the placebo effect emerged in the 1950s in response to the development of randomized controlled clinical trials that used inert placebo interventions as a pivotal element of scientific evaluation of novel drugs In recent years scientific and scholarly investigation of the placebo effect has increased dramatically reflecting a growing interest in the connection between mind and body with respect to health the development of brain imaging techniques dissatisfaction with the reductionist and technological orientation of biomedicine and growing attention to the use of complementary and alternative medical treatments The Placebo is organized into three sections the nature and significance of the placebo effect experimental studies of the placebo effect and ethical issues of placebos in research and in clinical practice This comprehensive sourcebook will be invaluable to investigators and scholars alike

Placebo Effects Fabrizio Benedetti, 2014-09-18 One of the most widespread words in medicine is placebo and placebo effect although it is not always clear what it means exactly Recent progress in biomedical research has allowed a better clarification of the placebo effect We know that this is an active psychobiological phenomenon which takes place in the patient's brain and that is capable of influencing both the course of a disease and the response to a therapy Since publication of the first edition of this book in 2008 there has been an explosion of placebo research and this new edition brings the topic fully up to date Throughout the book emphasizes that there are many placebo effects and critically reviews them in different medical conditions such as neurological and psychiatric disorders cardiovascular and respiratory diseases immune and hormonal responses as well as oncology surgery sports medicine and acupuncture The psychosocial context around the patient is crucial to the placebo effect for example the doctor's words and attitudes and throughout this is considered Exhaustive in its coverage and written by a world authority in the field this is the definitive reference text to the placebo effect one that is essential for researchers and clinicians across a wide range of medical specialities Placebo and Pain Luana Colloca, Magne Arve Flaten, Karin Meissner, 2013-08-28 The placebo effect continues to fascinate scientists scholars and clinicians resulting in an impressive amount of research mainly in the field of pain While recent experimental and clinical studies have unraveled salient aspects of the neurobiological substrates and clinical relevance of pain and placebo analgesia an authoritative source remained lacking until now By presenting and integrating a broad range of research Placebo and Pain enhances readers knowledge about placebo and nocebo effects reexamines the methodology of clinical trials and improves the therapeutic approaches for patients suffering from pain Review for Placebo and Pain This ambitious book is the first comprehensive and unified presentation of the placebo and nocebo phenomena in the area of pain Written by the international leading experts in the field the book provides an accurate up to date work on placebo and pain dealing with current perspectives and future challenging issues Ted Kaptchuk Associate Professor of Medicine Harvard Medical School Contains historical aspects of the placebo effect Discusses biological and psychological mechanisms of placebo analgesic responses Reviews implications of the placebo effect for clinical research and pain management Includes methodological and ethical aspects of the placebo effect The Biological Basis for Mind Body Interactions E.A. Mayer, C.B. Saper, 2000-02-03 The current volume focuses on several key aspects of mind brain body interactions in health and disease including specific examples of interactions between body and brain mechanisms underlying the response of the system to stressors the role of early life events in permanently biasing the responsiveness of the system and practical implications of mind body interactions in human disease The volume on Biological Basis for Mind Body Interactions is organized into 6 major sections each dealing with a unique aspect of the general topic After establishing the relationship between mind brain and emotions the first section deals with general neurobiological aspects mediating the effect of stress on various organ systems including the immune and cardiovascular system The second section covers the topic of how early life stressor can permanently alter

responsiveness of the nervous system in animals and in man The third section deals with influences of the internal environment mediated by neuroendocrine and visceral afferent pathways on the CNS The fourth section which deals with influences of body on the brain focuses on mechanisms involved in perception and modulation of pain The fifth section deals with influences of the mind brain on the body with an emphasis on central and peripheral mechanisms of autonomic control of body functions The last section deals with a series of practical issues of mind body treatments including acupuncture breathing body work and meditation In addition issues such as cost effectiveness and research aspects are discussed Authors in this last section frequently refer to topics and mechanisms addressed in the early sections making it a truly integrated volume The unique aspect of the volume is the integration of state of the art research information on biological and practical aspects of mind brain body interactions It is based on the beliefs of the editors and participants that the traditional separation of mind and body in research and in treatment of human disease is obsolete and needs to be replaced with a new unifying paradigm Ironically this evolving paradigm shares many similarities with ancient pre Cartesian paradigms of health and disease

Placebo and Nocebo Effects in Psychiatry and Beyond Paul Enck,Katja Weimer,Luana Colloca,Seetal Dodd,2020-10-08 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org about contact

Encyclopedia of Health Psychology Alan J. Christensen,René Martin,Joshua Morrison Smyth,2014-01-16 The Encyclopedia of Health Psychology provides a comprehensive overview of this rapidly growing field With over 200 entries from the leading researchers educators and practitioners in health psychology The Encyclopedia of Health Psychology provides the most current extensive and accessible single volume treatment of the subject available Teachers practitioners school nurses healthcare providers students as well as expert and non expert readers will appreciate its organization and clarity Readers interested in the psychology of health issues throughout the lifespan will find its entries engaging and instructive whether they deal with chronic conditions mind body connections or the consequences of increased life expectancy The Encyclopedia of Health Psychology will serve as a useful reference for practitioners as a topical primer for students as a comprehensive guide for the expert and as an accessible introduction for the lay reader

The Placebo Effect Anne Harrington,1999 Beginning with a review of the role of placebos in the history of medicine this book investigates the current surge of interest in placebos and probes the methodological difficulties of saying scientifically just what placebos can and cannot do

Health Psychology Annabel Broome,Susan P. Llewelyn,1995 Features chapters that address the context of health care provision stress and cardiac disorders This book presents theory first and application second stressing

the need for an understanding of principles before putting psychology into practice Parkinson's Disease Ronald F. Pfeiffer, Zbigniew K. Wszolek, Manuchair Ebadi, 2012-10-09 In recent years considerable advances have been made in our knowledge and understanding of Parkinson's disease PD In particular there has been an explosion of information regarding genetic contributions to the etiology of PD and an increased awareness of the importance of the non motor features of the disease Theories regarding the pathogenesis Interpersonal and Intrapersonal Expectancies Sławomir Trusz, Przemysław Bąbel, 2016-05-20 Do our expectancies about ourselves and about others have any effect on our actual experiences Over fifty years of research studies suggest not only that this is the case but also that our expectancies can shape other people's experience in different contexts In some cases they can help but other times they can do harm instead Interpersonal and Intrapersonal Expectancies provides a theory a research review and a summary of the current knowledge on intra and interpersonal expectancy effects and related phenomena Based on extensive study and written by eminent experts from some of the world's leading academic institutions the book presents the most recent knowledge on social and psychological mechanisms of forming both intra and interpersonal expectancies It also considers how expectancies are sustained and what their consequences are as well as discussing the latest theoretical concepts and the most up to date research on expectancy effects This book represents the first review of the phenomenon of interpersonal expectancies in over 20 years and the only publication presenting a complementary view of both intra and interpersonal expectancies It aims to open up a discussion between researchers and theoreticians from both perspectives and to promote an integrative approach that incorporates both *Oxford Textbook of Musculoskeletal Medicine* Michael Hutson, Adam Ward, 2016 This all in one companion to the field of musculoskeletal medicine describes basic concepts and offers practical guidelines for diagnosis and treatment and contains models of care which assist understanding of basic concepts **The Handbook of Behavioral Medicine** David I. Mostofsky, 2014-03-25 Handbook of Behavioral Medicine presents a comprehensive overview of the current use of behavioral science techniques in the prevention diagnosis and treatment of various health related disorders Features contributions from a variety of internationally recognized experts in behavioral medicine and related fields Includes authors from education social work and physical therapy Addresses foundational issues in behavioral medicine in Volume 1 including concepts theories treatments doctor patient relationships common medical problems behavioral technologies assessment and methodologies Focuses on medical interface in Volume 2 including issues relating to health disorders and specialties social work medical sociology and psychosocial aspects and topics relating to education and health 2 Volumes The Problem of Ritual Efficacy William Sax, Johannes Quack, Jan Weinhold, 2010-02-25 This collection of 10 contributed essays is the first to explicitly address the question of ritual efficacy The authors do not aspire to answer the question how do rituals work in a simplistic fashion but rather to show how complex the question is While some contributors do indeed advance a particular theory of ritual efficacy others ask whether the question makes any sense at all and most show how complex it is by referring

to the sociocultural environment in which it is posed since the answer depends on who is asking the question and what criteria they use to evaluate the efficacy of ritual

Principles and Practice of Clinical Research John I. Gallin, Frederick P Ognibene, 2012-07-10 The third edition of this innovative work again provides a unique perspective on the clinical discovery process by providing input from experts within the NIH on the principles and practice of clinical research Molecular medicine genomics and proteomics have opened vast opportunities for translation of basic science observations to the bedside through clinical research As an introductory reference it gives clinical investigators in all fields an awareness of the tools required to ensure research protocols are well designed and comply with the rigorous regulatory requirements necessary to maximize the safety of research subjects Complete with sections on the history of clinical research and ethics copious figures and charts and sample documents it serves as an excellent companion text for any course on clinical research and as a must have reference for seasoned researchers Incorporates new chapters on Managing Conflicts of Interest in Human Subjects Research Clinical Research from the Patient s Perspective The Clinical Researcher and the Media Data Management in Clinical Research Evaluation of a Protocol Budget Clinical Research from the Industry Perspective and Genetics in Clinical Research Addresses the vast opportunities for translation of basic science observations to the bedside through clinical research Delves into data management and addresses how to collect data and use it for discovery Contains valuable up to date information on how to obtain funding from the federal government

Studies in the Historical Jesus Justin J. Meggitt, 2023-08-29 *Studies in the Historical Jesus* Anarchy Miracles and Madness is a selection of key essays on the historical figure of Jesus published over the last fifteen years by Justin J Meggitt Each addresses a central question in the study of Jesus and his context from the role of myth in the creation of traditions about him and the historicity of his miracles to the problem of his politics and the reasons for his execution The collection brings fresh perspectives and new data to bear on enduring debates and demonstrates the value of history from below in making sense of the historical Jesus and the world that made him

The Science of Consciousness Max Velmans, 2003-09-02 Psychology students are fascinated by consciousness but often find the topic puzzling This is probably because there are different ways within the discipline to approach it In *The Science of Consciousness* top researchers from each of the three main areas of study introduce their angle and lead the student through the basic debates and research to date ending with suggestions for further reading Max Velmans has structured this collection especially for use as a base for a course of lectures or seminars on consciousness The *Science of Consciousness* will rapidly become known as the best student text in this field for undergraduates graduates and lecturers

The Boundaries of Consciousness: Neurobiology and Neuropathology Steven Laureys, 2006-08-24 Consciousness is one of the most significant scientific problems today Renewed interest in the nature of consciousness a phenomenon long considered not to be scientifically explorable as well as increasingly widespread availability of multimodal functional brain imaging techniques EEG ERP MEG fMRI and PET now offer the possibility of detailed integrated exploration of the neural

behavioral and computational correlates of consciousness The present volume aims to confront the latest theoretical insights in the scientific study of human consciousness with the most recent behavioral neuroimaging electrophysiological pharmacological and neuropathological data on brain function in altered states of consciousness such as brain death coma vegetative state minimally conscious state locked in syndrome dementia epilepsy schizophrenia hysteria general anesthesia sleep hypnosis and hallucinations The interest of this is threefold First patients with altered states of consciousness continue to represent a major clinical problem in terms of clinical assessment of consciousness and daily management Second the exploration of brain function in altered states of consciousness represents a unique lesional approach to the scientific study of consciousness and adds to the worldwide effort to identify the neural correlate of consciousness Third new scientific insights in this field have major ethical and social implications regarding our care for these patients Clinical Pain Management : Practice and Procedures Harald Breivik,Michael Nicholas,William Campbell,Toby Newton-John,2008-09-26 Largely reorganised and much expanded in this second edition Practice and Procedures brings together in a single volume general methods of pain assessment and presents the wide range of therapies that can be provided by a range of health care disciplines Authored by a multidisciplinary team of experts chapters can stand alone for readers looking **Clinical Pain Management Second Edition: Practice and Procedures** Harald Breivik,Michael Nicholas,William Campbell,Toby Newton-John,2008-09-26 Largely reorganised and much expanded in this second edition Practice and Procedures brings together in a single volume general methods of pain assessment and presents the wide range of therapies that can be provided by a range of health care disciplines Authored by a multidisciplinary team of experts chapters can stand alone for readers looking for a general overview of the methods of techniques for pain management available to them or work to complement chapters in the preceeding three volumes providing practical procedures and applications in the management of acute chronic and cancer pain The book is divided into three parts Part One covers the principles of measurement and diagnosis including history taking and examination the selection of pain measures diagnostic tests and novel imaging techniques Part Two discusses the full range of therapeutic protocols available from pharmacological therapies through psychological techniques physical therapy and international procedures to techniques specific to pain assessment and management in paediatric patients Part Three provides information on planning conducting analysing and publishing clinical trials with invaluable guidance on the techniques of systematic review and meta analysis in pain research Part Four considers the role of multidisciplinary pain management teams their organization their place within different health care systems and how best to manage change when implementing such a service Part Five concludes the volume investigating the use of guidelines standards and quality improvement initiatives in the management of post operative pain and discussing the expert medicolegal report

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Table of Contents Placebo Theory Research And Mechanisms

1. Understanding the eBook Placebo Theory Research And Mechanisms
 - The Rise of Digital Reading Placebo Theory Research And Mechanisms
 - Advantages of eBooks Over Traditional Books
2. Identifying Placebo Theory Research And Mechanisms
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Placebo Theory Research And Mechanisms
 - User-Friendly Interface
4. Exploring eBook Recommendations from Placebo Theory Research And Mechanisms
 - Personalized Recommendations
 - Placebo Theory Research And Mechanisms User Reviews and Ratings
 - Placebo Theory Research And Mechanisms and Bestseller Lists
5. Accessing Placebo Theory Research And Mechanisms Free and Paid eBooks
 - Placebo Theory Research And Mechanisms Public Domain eBooks
 - Placebo Theory Research And Mechanisms eBook Subscription Services
 - Placebo Theory Research And Mechanisms Budget-Friendly Options
6. Navigating Placebo Theory Research And Mechanisms eBook Formats
 - ePub, PDF, MOBI, and More
 - Placebo Theory Research And Mechanisms Compatibility with Devices
 - Placebo Theory Research And Mechanisms Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Placebo Theory Research And Mechanisms
 - Highlighting and Note-Taking Placebo Theory Research And Mechanisms
 - Interactive Elements Placebo Theory Research And Mechanisms

8. Staying Engaged with Placebo Theory Research And Mechanisms
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Placebo Theory Research And Mechanisms
9. Balancing eBooks and Physical Books Placebo Theory Research And Mechanisms
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Placebo Theory Research And Mechanisms
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Placebo Theory Research And Mechanisms
 - Setting Reading Goals Placebo Theory Research And Mechanisms
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Placebo Theory Research And Mechanisms
 - Fact-Checking eBook Content of Placebo Theory Research And Mechanisms
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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