

Table S1. Characteristics of study sites

Name of NHS Trust	Location of Sites	Facilities	Number of Births (2011-2012)
East Lancashire Hospitals NHS Trust	<i>Burnley</i> <i>Blackburn</i> <i>Rossendale</i>	1 Hospital (Burnley) 1 Alongside Birth Centre (Burnley) 2 Freestanding Birth Centres (Blackburn & Rossendale)	5600 1000 Blackburn FSBC 300 Rossendale FSBC
			6900 Total
Lancashire Teaching Hospitals NHS Foundation Trust	<i>Preston</i> <i>Chorley</i>	1 Hospital (Preston) 1 Freestanding Birth Centre (Chorley)	4300 200 Chorley FSBC
			4500 Total
Liverpool Women's NHS Foundation Trust	<i>Liverpool</i>	1 Hospital 1 Alongside Birth Centre	10300
			10300 Total

Appendix S1. Clinical and psychological outcome measurements

Primary outcome measure

Use of epidural analgesia for labour pain relief.

Secondary outcome measures

The secondary outcome measures assessed covered four domains (see tables three and four).

1. Measures of the hypothesised mechanism of effect of the intervention
 - *Anxiety and fear about labour (and changes in these measures over time)*
2. Impact of the mechanism of effect (fear and anxiety)
 - *Mode of labour onset*
 - *Length of labour*
 - *Use of any pharmacological pain relief*
3. Outcomes associated with the use of pharmacological pain relief in labour
 - *Method of infant feeding (breastfeeding at 6 weeks postnatal)*
 - *Mode of birth*
 - *Postnatal recollection of pain during labour*
4. Measures of morbidity and of wellbeing in the postnatal period
 - *Clinical morbidity*
 - *Psychological morbidity*
 - *Satisfaction with childbirth*
 - *Preferences relating to hypnosis*

Table S2. Unit costs of antenatal activities and health services

Item description	Value	Source
Antenatal activities (per hour)		
Self-hypnosis	120	Derived from identified NHS list price (http://www.colchesterhospital.nhs.uk/maternity_hypnobirthing.shtml), assumed that NHS self-hypnosis is provided on a 'not for profit' basis. Cost is per hour of group-delivered session and price is inclusive of materials and overheads.
NHS Classes	5.04	PSSRU (2006) report unit cost by NHS Reference Cost from 2004. http://www.pssru.ac.uk/pdf/uc/uc2006/uc2006.pdf , p19. Discounted to 2013 value at 3.5%
Antenatal Yoga	8.00	Indicated out of pocket cost per class
Yoga Birth	8.00	Indicated out of pocket cost per class
Hypno-birth*	112.5	Indicated out of pocket cost per session *in control group
Active Birth	5.04	Specific form of 'NHS class', reference (as above).
Aqua Birth*	4.5	Indicated out of pocket cost per class
NCT classes*	9.40	Normal price for 6+ hours
	14.15	Normal price for less than 6 hours http://www.nct.org.uk/courses/course-prices
Birth and Beyond		No unit cost was identified specific for <i>Birth and Beyond</i> , however a close proxy provided by the <i>Sure-Start</i> program (Bumps and Babies) is referenced. PSSRU (2005) http://www.pssru.ac.uk/pdf/uc/uc2005/uc2005_surestart.pdf . Discounted to 2013 value at 3.5%
Modes of Birth (cost per type)		
Normal Delivery with CC	1,603.03	NHS Reference Database (2011-12)
Normal Delivery no CC	1,292.04	NHS Reference Database (2011-12)
Normal Delivery with Epidural, with CC	2,227.48	NHS Reference Database (2011-12)
Normal Delivery with Epidural, no CC	1,665.51	NHS Reference Database (2011-12)
Normal Delivery with Induction, with CC	2,315.42	NHS Reference Database (2011-12)
Normal Delivery with Induction, no CC	1,750.61	NHS Reference Database (2011-12)

Normal Delivery with Induction + Epidural, with CC	2,939.87	NHS Reference Database (2011-12)
Normal Delivery with Induction + Epidural, no CC	2,124.08	NHS Reference Database (2011-12)
Assisted Delivery with CC	2,233.05	NHS Reference Database (2011-12)
Assisted Delivery no CC	1,762.08	NHS Reference Database (2011-12)
Assisted Delivery with Epidural, with CC	2,551.36	NHS Reference Database (2011-12)
Assisted Delivery with Epidural, no CC	2,053.82	NHS Reference Database (2011-12)
Assisted Delivery with Induction, with CC	2,924.16	NHS Reference Database (2011-12)
Assisted Delivery with Induction, no CC	2,293.84	NHS Reference Database (2011-12)
Assisted Delivery with Induction + Epidural, with CC	3,242.47	NHS Reference Database (2011-12)
Assisted Delivery with Induction + Epidural, no CC	2,585.58	NHS Reference Database (2011-12)
Planned Lower Uterine Caesarean Section with CC	3,041.26	NHS Reference Database (2011-12)
Planned Lower Uterine Caesarean Section no CC	2,596.22	NHS Reference Database (2011-12)
Emergency or Upper Uterine Caesarean Section, with CC	3,789.24	NHS Reference Database (2011-12)
Emergency or Upper Uterine Caesarean Section, no CC	3,288.24	NHS Reference Database (2011-12)
Procedure provided during birth		
Diamorphine hydrochloride (5mg amp)	2.32	British National Formula 2012
Diamorphine hydrochloride (10mg amp)	3.10	British National Formula 2012
Post-partum admissions (per night)		
Extra bed day (over cost of 'mode of birth')	255.00	NHS reference costs publication (2009-10)
Normal neonatal admission	455.00	NHS Reference Database 2011-12

CC: Compilation; *: indicates where *out of pocket* payment was required

Appendix S2. Outline of intervention sessions

Session One - Overview

- **Introduction to Hypnotherapy for childbirth: (10-15 min)**
 - What is hypnosis?
 - Self-awareness and empowerment
 - Physiological responses during pregnancy and childbirth including flight or fight response
 - Difference between hypnosis and hypnotherapy
 - Strategies for better practice
- **Convincers (15 min)**
 - Balloon and Book exercise
- **Breathing and Facial relaxation exercise (20mins)**
 - Safeguards and reassurance
 - Feedback and discussion
- **Self-hypnosis Script (40 min)**
 - Feedback and discussion
 - Distribution of CD and instructions

Session Two - Overview

- **Understanding your body - changes in pregnancy and labour (20mins)**
 - The cervix
 - Latent phase
 - Natural expulsive reflex
 - SROM
- **Releasing negative thoughts script (25mins)**
 - Removing any fears
 - Realizing strength within for a positive birthing experience
 - Feedback and discussion
- **Repeat of Self-hypnosis script (40mins)**
 - Final questions/worries

Table S3. Questionnaire response rates

All % (n)	Total	Intervention	Control
Baseline	100% (680)	100% (343)	100% (337)
2 weeks postnatal	67% (454)	69% (238)	64% (216)
6 weeks postnatal	58% (397)	60% (207)	56% (190)

Appendix S3. Detail of hypnosis scripts used for intervention group

Self-Hypnosis Training Script

Just allow yourself to rest comfortably now....with your eyes closed...and your body nicely supported as we begin talking through relaxing your body...

Let's begin right at the top, now, with the muscles in your scalp...feeling the muscles of your scalp softening... relaxing....and let that relaxation spread down across your forehead... your forehead lovely and smooth....lovely and relaxed....feeling very calm and peaceful... your temples released and relaxed...and that feeling spreading all around your eyebrows...your eyelids comfortably closed....even your eyes themselves relaxing.... no need to focus...no need to do anything at all....just resting.... And allowing that feeling to go through your cheeks and allowing your jaw to relax....nice and soft and flexible....so you are not clenching your teeth together.... And as your jaw relaxes so the rest of the muscles in your face relax even more....allowing every single muscle in your face to relax now.....

Begin to notice how all the sounds around you seem to drift into the background, as you become focused on yourself now.... nothing else matters.....nothing will disturb or bother you as you just relax comfortably...that relaxation spreading down over the back of your head now and down through the big muscles in your neck allowing your head and neck to settle into the most comfortable position...and you can move and adjust as you need to as you allow yourself to relax to the very best of your ability....you feel wonderfully calm and peaceful.....nice and warm and relaxed and comfortable.....

That calm peaceful feeling spreading down into your shoulders.... and quite often our shoulders can become tense without us realising.... so know now that you can relax those shoulders... allowing them hang down limp and relaxed...you might imagine that they are like elastic bands that have been pulled tight and you have just let them go and they are limp and floppy... and let that feeling go down into your arms....everything relaxing.... feeling a wonderful effortless feeling spreading down from your shoulders to your elbows...and now that feeling travelling down through your elbows and into your wrists.... and finally drifting down into your hands.... and fingers and thumbs.....and it may be that your fingers feel a little bit tingly....and that's fine it simply means that everything is relaxing.... so peaceful.... so calm....so relaxed.....

And because this is such a lovely feeling you can allow yourself just to drift a little more and a little more into this wonderful relaxed state.... deeper and deeper into a lovely state of relaxation...that relaxation continuing to spread down....down through your chest now...all those muscles relaxing.... noticing how your breathing has already settled down...you are breathing comfortably.....calm and relaxed.... no effort at all... not too deep... not too shallow... just right... just perfect for you and your baby....relaxed and calm...and as that relaxation continues to drift down.... down through your stomach through your tummy muscles....just be aware of all the lovely feelings there...nice and warm....nice and comfortable....relaxed and calm.... relaxed and peaceful....and allowing those feelings to spread into your back muscles now.... feeling comfortable..... imagining the muscles in your back becoming more and more relaxed now...more and more comfortable....and down across your hips and into your thighs... the muscles in the front.... and the back of your thighs...those muscles relaxing...softening... relaxing...spreading down through your knees... and down further now...that relaxation spreading through your lower legs... through your calf muscles...and finally feel that relaxation reach your feet now... through your ankles... your feet resting...feeling comfortable... effortless and peaceful.... not a trace of tension left anywhere in your body...and remaining tension going down and down and out of the soles of your feet....every single muscle in your body is relaxed now and you feel calm....your whole body in a lovely state of harmony....balance.....

And now you might like to think of some lovely scene...a pleasant place...somewhere which makes you feel wonderful and relaxed...letting it come to mind...wherever that might be... some people like to think about a desert island...some people will think about a comfortable bed...I really don't know where your special place might be but just allow yourself to drift there right now...make it just as relaxing as you can...letting it be as realistic as you can...as rewarding as you can...feeling wonderful...letting yourself enjoy this scene.... this place...and all that is there for you to notice...just feeling wonderful...content...calm and happy...continuing to enjoy this place...and know that every time you think of this place all these lovely feelings will be there for you...and you can visit this place any time you want to... any time you want to relax...

So...Just allowing yourself to rest there in a lovely state of deep..deep relaxation...drifting deeper and deeper into this lovely relaxed state..... And the deeper you go the nicer you feel...and the nicer you feel, the deeper you go...feeling really... really relaxed... and the more relaxed your body becomes, the calmer your mind becomes...so think about your mind being lovely and calm...lovely and relaxed...tranquil...and lovely and peaceful...A lovely state of peace in your mind...a lovely state of harmony between body and mind...just going deeper...deeper and deeper.... into this lovely state of relaxation...deeper and deeper...you feel really nice...really calm...really peaceful...

And as you drift deeper and deeper down, this is allowing you to create a state of harmony between your mind and your body, to take control, think of everything working really well.... everything as it should be.... every system working normally... in harmony....lovely and strong....stronger and stronger....and you are going to take control...feel yourself becoming stronger and stronger...feel the energy and strength within your body...

Now...let's make that feeling even stronger in a very simple...easy...relaxing way....

.... And in a few moments time, I am going to count up to 3 and...I'd like you to place a hand on your tummy.... whichever hand you choose... and placing it just where it feels right for you.... And as you place your hand on your tummy... feeling a lovely sense of comfort and well-being in your tummy... and so ready 1....2... and 3.... and placing a hand on your tummy...And just notice how it feels as it rests there..... noticing the warmth of that hand as it rests on your tummy.... the comfort of the palm of your hand on your tummy...

And imagining warmth and energy spreading from that hand..., imagining it beginning to spread through the muscles and tissues beneath your hand.... going right inside your tummy,.... surrounding your baby.... soothing,... peaceful....You can imagine that warmth in any way that you want to..., perhaps like the warmth of a hot water bottle.... or however you might imagine it,.... spreading through.... radiating through every muscle... every tissue.... every nerve.... going right into your tummy.... spreading into every nook and cranny....every muscle every fibre.

Every part of your body becoming nice and warm.... and that gentle warmth spreading through...creating harmony with your baby ...soothing.... Comforting.... Calming....And this gentle warmth means you are channelling the power of your mind into your tummy,,, the energy of your mind being channelled to your tummy.... And as you direct that gentle warmth...that energy.... so it's getting stronger and stronger... your body is gradually responding to the power of your mind....you are taking control of your body...more and more...

And to reinforce that control... in a few moment's time.... I shall count up to 3 again and then I'd like you to place the other hand on your tummy.... perhaps on top of the hand already on your tummy or wherever that feels right for you... 1...2... and 3...and placing the other hand on your tummy as well.... doubling that sense of control... feeling that control just getting stronger and stronger.... And

as you imagine that power right inside... everything becoming warmer... soothing and comforting..... Because with the power of your mind, you can bring everything under control.....Yes, with the power of your mind.... you can reduce any pain....with the power of your mind....you can reduce any discomfort.... and with the power of your mind you can achieve a calm and gentle birth.... And so as you imagine that warmth like a glow... a comforting glow... going right inside your tummy..., feeling that control getting stronger and stronger... you are using the power of your mind and you are bringing everything under control.....stronger and stronger....

And all of this is happening, not only because of your ability to relax so well... It is happening (not only because of the times you have practised) but it is happening most of all because of the power of your mind...and the ability to use this power is yours....no one else's...so feel that strength....that power ...getting stronger and stronger...your mind becoming stronger and stronger....and yet very peaceful and tranquil...you feel wonderful....

And the more you practice the more you will develop this wonderful skill of being able to control anything....anything you want....especially the ability to have a wonderful....easy....birth....

And I can remind you that what really matters right now is keeping cool ... and having a sense of calmness ...just take a few deep relaxing breaths and know that you can take control...of yourself...your thoughts...your feelings....your body....and you might be surprised at just how cool and calm you can be....at just how much you can influence your body...

And now that you can experience this Lovely state where you can feel so confident...so strong...so in control... your mind is strong...your body is healthy and relaxed...and you feel wonderful because you are so in control...enjoy feeling like this..it does you good to feel like this...so let it do you the world of good...and let yourself go deeper...deeper and deeper into this state where you can cope with anything...where you can overcome anything...and nothing is beyond your ability to control... You can cope with anything... you can control anything...you can deal with anything...you feel strong and in control...your whole being is in a lovely state of harmony... your whole being is very healthy and invigorated....everything is working perfectly...your body is really healthy...your mind is strong...and you can cope with anything...

Every system in your body is working normally...and your body is Feeling revitalised...invigorated...rejuvenated...refreshed...feeling wonderful...not a care in the world...a lovely state of peace in your mind...and calm in your body...blissfully relaxed and at peace...not a care in the world...a lovely state of balance and harmony in your body...

And just continue to rest a few more moments...enjoying all of this...letting all of this work within you... just continuing for as long as you wish...

In a moment I am going to stop speaking and it is then entirely up to you whether you want to stay in this lovely relaxed state or whether you want to wake up again...you can stay like this for as long as you want to....it's up to you....because you are completely and utterly in control....

Table S4. Clinical and psychological outcomes

CLINICAL									
Variable	N total	Intervention			Control			P	OR,CI for OR
		<i>n</i>	<i>n yes</i>	<i>%</i>	<i>n</i>	<i>n yes</i>	<i>%</i>		
Morbidity (antenatal)									
Hypertensive disease after randomisation (% yes)	672	337	26	7.7	335	29	8.7	0.656	0.88 (0.51,1.53)
Intrapartum events									
Spontaneous onset of labour	665	333	229	68.8	332	219	66.0	0.457	1.14 (0.82, 1.57)
Use of epidural	670	337	94	27.9	333	101	30.3	0.487	0.89 (0.64,1.24)
Use of opioid or epidural +	667	337	112	33.2	330	132	40.0	0.070	0.75 (0.54,1.02)
Caesarean section (total)	672	337	85	25.2	335	78	23.3	0.558	1.11 (0.78,1.58)
Instrumental or caesarean	672	337	163	48.4	335	161	48.1	0.936	1.01 (0.75,1.37)
Spontaneous vaginal birth	672	337	171	50.7	335	171	51.0	0.937	0.99 (0.73,1.34)
		<i>n</i>	<i>mean</i>	<i>SD</i>	<i>n</i>	<i>mean</i>	<i>SD</i>		Mean diff (CI)
Length of labour (vaginal births)	499	250	517.0	336.4	249	539.7	309.4	0.433	-22.71 (-79.49, 34.06)
Length of 2nd stage of labour (vaginal births)	522	265	83.98	70.47	257	90.25	89.46	0.373	-6.28 (-20.09,7.53)
Postnatal events									
		<i>n</i>	<i>n yes</i>	<i>%</i>	<i>n</i>	<i>n yes</i>	<i>%</i>		OR,CI for OR
Breastfeeding at 6 weeks	378	199	88	44.2	179	70	39.1	0.314	1.23 (0.82,1.86)
Admission to neonatal unit	669	337	16	4.7	332	17	5.1	0.824	0.92 (0.46,1.86)
Stillbirth	672	337	3	0.9	335	1	0.3	0.62	3 0.31-28.99
NNU >5 days	669	337	21	6.2	332	22	6.6	0.87	0.94 0.50-1.74
Extra postnatal care (mother)	672	337	10	3.0	335	17	5.1	0.17	0.57 0.26-1.27
Blood transfusion (mother)	672	337	8	2.4	335	8	2.4	1	0.99 0.37-2.68

PSYCHOLOGICAL							
	<i>N</i>	<i>Intervention</i> <i>n</i>	<i>Mean (SD)</i>	<i>Control</i> <i>n</i>	<i>Mean (SD)</i>	<i>P</i>	<i>Mean difference (95% CI)</i>
Two and six weeks postnatal							
Satisfaction with labour pain relief (of those who had this form of pain relief)+							
Pethidine	72	39	4.41 (1.82)	33	4.00 (1.89)	0.352	0.41 (-0.45, 1.27)
Entenox	357	188	4.26 (1.90)	169	4.07 (1.76)	0.328	0.19 (-0.19,0.57)
Self-hypnosis	160	111	4.32 (1.71)	49	4.04 (1.81)	0.345	0.28 (-0.30,0.87)
Epidural	127	63	6.52 (1.24)	64	6.55 (0.87)	0.904	-0.02 (-0.40,0.35)
Water immersion	174	90	5.46 (1.67)	84	4.94 (1.57)	0.037	0.52 (0.03,1.00)
Coping in labour	420	221	5.51 (1.79)	199	5.29 (1.91)	0.213	0.22 (-0.13,0.58)
Memory of labour pain ++							
'Worst imaginable'	430	227	68.26 (21.30)	203	68.21 (22.88)	0.982	0.05 (-4.13,4.23)
'Completely unbearable'	429	227	59.97 (24.42)	202	60.23 (24.71)	0.912	-0.26 (-4.92,4.40)
Psychological morbidity/wellbeing							
Impact of event	441	232	10.28 (11.71)	209	10.56 (11.13)	0.791	-0.29 (-2.43,1.85)
Scale: 2 wks pn \$							
EPDS score, 6 weeks	376	197	4.78 (0.30)	179	4.99 (0.31)	0.628	-0.29 (-2.18,1.752)
6 weeks postnatal \$\$							
State anxiety: 6 wks pn \$\$\$	372	197	9.30 (3.25)	175	9.65 (3.37)	0.314	-0.35 (-1.02,0.33)
Satisfaction with life +							
Satisfaction with life: 2 wks pn	447	233	5.55 (0.92)	214	5.54 (0.95)	0.973	0.01 (-0.17, 0.18)
Satisfaction with life: 6wks pn	377	198	5.51 (0.88)	179	5.49 (0.88)	0.882	0.02 (-0.16, 0.19)
Change from baseline to two weeks postnatal + (expectations to experience)							
Anxiety about labour +	425	225	-1.60 (2.33)	200	-0.88 (2.26)	0.001**	-0.72 (-1.16, -0.28)
Fear of birth +	425	225	-1.72 (2.40)	200	-1.10 (2.45)	0.009**	-0.62 (-1.08, -0.16)
pn = post-natal				\$ max score 88: high= worse			
+ seven point scale				\$\$ max score 30: high=worse			
++ 100 point scale				\$\$\$ max score 24: high =worse			
+++ five point scale							