„ONE LAUGHTYOGA A DAY – KEEP THE DOCTOR AWAY“

Research results on the effectiveness of Laughter Yoga with clinical conditions
The LVR Clinic Bonn is composed of eight departments with about 1200 employees and more than 800 inpatient and day treatment courses together, there is supply contract for the population of the city of Bonn, the Rhine-Sieg district.
Treats all psychiatric syndromes such as:

- Depression
- Bipolar disorders
- Anxiety disorders
- Psychosis
- Acute stress reactions
- Chronic pain conditions
- Mental disorders in Related to physical disorders
- Use of psychotropic substances
- Disorder Personality Development

"Disease concept" = neediness & poverty

© Bendix Landmann

Foto & Quelle: www.LVR.de
For 9 years, "Happiness Seminar"

People who come to me are in the truest sense of the word "Heartbroken"

"... the absence of misfortune does not mean they know how long the good fortune to work."

Quelle: Martin Seligman,
Kick-off event, rules, and presentation of the various topics
What actually goes "be happy" (3 hours perception exercises + Movie)
"Simplify your life"
My stress tolerance scales (What is coherence?)
Restful sleep, how to do that anyway?
Can you put yourself "happy thought?"
"Springs can be and still float" (examples of positive psychology)
What is my purpose of life?
Unlucky at cards, lucky in love, why do I always random to the Same?
The monk who sold his Ferrari, dealing with crises
WHY LAUGHTER YOGA IN PSYCHIATRY?

- Professional discussion medications and unwanted side effects
- Self-experiment-year participation in a LY-group
- To develop the concept LY under the salutogenesis as an independent module
- Clinical consensus process at the Interdisciplinary Team
- When do you have colleagues, you don’t need enemies?

Foto: ariwasabi, © #10043818, 123RF
The patients who participated in the study, there are had different forms of mental illness:

- Affective disorders
- Psychotic disorders
- Forced and anxiety disorders
- Borderline Personality Disorder (BPD)
It must not be harmed!
In depressive patient it might be helpful
Psychosis patients might fail to recognize it delusional
Oh dear... then my patients do not want any more of my pills.
In personality disorders BPS no assumptions are called
Humor therapy prior experience in the 90 years age psychiatry Bonn
Laughter Yoga is generally in mental illness not contraindicated.

Laughter Yoga affects the inner state and leads to a measurable positive therapeutic effect.

Laughter Yoga helps people with depressive disorders.
STUDY-DESIGN

Patient diagnosis after admission, LY participate at his own request

Laughter Yoga experimentalgruppe (n=50)

Drug Therapy
- 30 min Wkd. individual meetings
- Psychoeducational groups
- Socio-therapy groups
- Laughter Yoga 60 minutes a week
- Questionnaire end of LY hour

Control group (n=50)

Drug Therapy
- 30 min Wkd. individual meetings
- Psychoeducational groups
- Socio-therapy groups
- Questionnaire at discharge
QUESTIONNAIRE ZUF-8

- Original version von Client Satisfaction Questionaire CSQ-8 (Attkisson & Zwick, USA 1982)
- Application: Stats. Treatment, rehabilitation clinic, hospital in-patient psychotherapy, psychosomatic applicable from 16 years
- Processing time approx 3 min
- ZUF-8 is suitable for economic screening of patient satisfaction and is considered in the empirical record as a quality of treatment
- Prognostic validity is considered to be relevant (see J. Schmidt et al 1994)

Z U F - 8 – Fragebogen zur Patientenzufriedenheit

1. Wie würden Sie die Qualität der Behandlung, welche Sie erhalten haben, beurteilen?
   ausgezeichnet ☐ | gut ☐ | weniger gut ☐ | schlecht ☐

2. Haben Sie die Art von Behandlung erhalten, die Sie wollten?
   eindeutig nicht ☐ | eigentlich nicht ☐ | im Allgemeinen ja ☐ | eindeutig ja ☐

3. In welchem Maße hat unsere Klinik Ihren Bedürfnissen entsprochen?
   sie hat fast allen meinen Bedürfnissen entsprochen ☐
   sie hat den meisten meiner Bedürfnisse entsprochen ☐
   sie hat nur wenigen meiner Bedürfnisse entsprochen ☐
   sie hat meinen Bedürfnissen nicht entsprochen ☐

4. Würden Sie einem Freund / einer Freundin unsere Klinik empfehlen, wenn er / sie eine ähnliche Hilfe benötigen würde?
   eindeutig nicht ☐ | ich glaube nicht ☐ | ich glaube ja ☐ | eindeutig ja ☐

5. Wie zufrieden sind Sie mit dem Ausmaß der Hilfe, welche Sie hier erhalten haben?
   ziemlich unzufrieden ☐ | leidlich oder leicht unzufrieden ☐ | weitgehend zufrieden ☐ | sehr zufrieden ☐

6. Hat die Behandlung, die Sie hier erhielten, Ihnen dabei geholfen, angemessener mit Ihren Problemen umzugehen?
   ja, sie half eine garne Menge ☐
   ja, sie half etwas ☐
   nein, sie half eigentlich nicht ☐
   nein, sie hat mir die Dinge schwerer gemacht ☐

7. Wie zufrieden sind Sie mit der Behandlung, die Sie erhalten haben, im Großen und Ganzen?
   sehr zufrieden ☐
   weitgehend zufrieden ☐
   leidlich oder leicht unzufrieden ☐
   ziemlich unzufrieden ☐

8. Würden Sie wieder in unsere Klinik kommen, wenn Sie eine Hilfe bräuchten?
   eindeutig nicht ☐ | ich glaube nicht ☐ | ich glaube ja ☐ | eindeutig ja ☐

Autoren: J. Schmidt, W. Wittmann
8 questions with 4 answer without a "neutral" rating

Evaluation results by number of points =

- Excellent 32 points
- 24 = good
- 16 = less well
- 8 = dissatisfied
Average age: 42 years
Youngest / oldest patient: 18/68
Ward stay: 48.5 days
Shortest / longest 7/180 day
Weekly from 36 patient use 8-12 the Laughter Yoga group
3 patient LY further outpatient
The offer is voluntary and is arranged
<table>
<thead>
<tr>
<th>Gruppe</th>
<th>Teiln.</th>
<th>Bewertung</th>
<th>Alter Durchs.</th>
<th>Behand-Tage</th>
<th>m/w</th>
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<tbody>
<tr>
<td>Kontrollgruppe Gesamt</td>
<td>50/50</td>
<td>25,5</td>
<td>41</td>
<td>41</td>
<td>13m / 37w</td>
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<td>Kontrollgruppe Affekt.</td>
<td>32/50</td>
<td>25,3</td>
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<tr>
<td>Kontrollgruppe Persönlk.</td>
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<td>23,2</td>
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<tr>
<td>Kontrollgruppe Psychose</td>
<td>8/50</td>
<td>24,9</td>
<td></td>
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<tr>
<td>Experimentalgruppe Gesamt</td>
<td>50/50</td>
<td>27,3</td>
<td>43</td>
<td>53</td>
<td>10m / 40w</td>
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<tr>
<td>Experimentalgruppe Affekt.</td>
<td>39/50</td>
<td>27,5</td>
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<td>Experimentalgruppe Persönlk.</td>
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<td>26,4</td>
<td></td>
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<td>Experimentalgruppe Psychose</td>
<td>3/50</td>
<td>26,9</td>
<td></td>
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</tbody>
</table>

32 point = excellent/ 24 = good/ 16 = less good / 8 = discontented
blue = control group / red = LY- experimental group
● Depression 76.5%
● BPD 17.7%
● Psychosis 5.8%
Following LY the inner state is affected and leads to a measurable positive assessment about the type of treatment, as the patient use the no such offer

Women are more willing to engage in LY as an offer

Patient with depression disorder represent by far the largest group of interested participants

The assessment of patient satisfaction about the treatment offered by LY takes to measurable

The validity of data of psychosis patients is based on a few test subjects, (3/50) but the difference was also measured

Psychosis patients have less interest to join the LY offer

The BPD Pat. have the highest increase of 3.2 rating points of all patient in the experimental group was found

The depression patients, have the highest rating points were scored overall 27.5 on the treatment
SIDE EFFECTS OF LY TREATMENT

- Individual exercises of LY ("Very good, very good-Year"; don’t care laughter, etc.) in everyday activities imitated by Pat. and repeated at appropriate moments
- Apparently, some LY are exercises in cognitive restructuring as a pantomime mix "override Help"
- LY can evoke unpleasant memories which lead to internal stress states
- LY exercises can "flashbacks" trigger (schoolyard scene being laughed at, ridicule, shame and guilt) that can be edited in therapeutically talks continue
- LY can promote hyperventilation and lead to the outbreak LY can trigger the fear uncontrolled burst into tears (men do not cry)
SIDE EFFECTS OF LY TREATMENT

- LY interrupts thoughts circles
- LY lifts the mood and feels good
- LY leads to deep relaxation as healthy positive "balance feeling" (coherence) is interpreted

Foto: © #14489053, 123RF
Laughter Yoga can trigger flashbacks

Laughter Yoga can trigger hyperventilation

A triggering of Latex allergy through air balloon exercise

People with personality disorders (BBP) can “switchen on/off” laughing” and act by Parathym. Some will only start to laugh when other exercises are to be made (adoleszentes behavior)
Laughter Yoga generally in mental illness is not contraindicated.

Laughter Yoga affects the inner state and leads to a measurable positive therapeutic effect.

Laughter Yoga is particularly helpful for people with depressive disorders.

Laughter Yoga can trigger hyperventilation.
Laughter and tears re-balance the chemicals our bodies create when these distressed states are present, and so we feel better after we have laughter or cried.“

Have we ruled out an antagonist of the chemical imbalance in the therapeutic setting as "frivolous"?

Why is that so?
Evolutionary biologists suggest that the first ancestors of Homo sapiens six million years ago developed the beginnings of human laughter. Laughter has its origin in the limbic system, an evolutionarily ancient part of the brain. The Language Centre has formed until later in the course of evolution, as it is in the cortex.
Prior to around 2.5 million years ago Homo-rudolfensis had discovered the stone wedge. So that he could destroy the head from his opponent already, but was not yet able to speak with him. During the day, were the primitive man, like animals, stop by superiority and gestures of humility from such actions. At night, however, these gestures and facial expressions could not be seen.

The people were then instructed to sound. In the grunting "I-do-you-nothing-so-you-do-me-nothing" sounds of our ancestors, many scientists see the origins of laughter.

Quelle: Götz Bolten, Planet Wissen, Wunderwerk Mensch, 25.7.2013
History laughter has been ruled out as a serious form of dealing for a philosophical dispute between Diogenes and Plato.

In state and religion laughter in the Middle Ages is allowed only at Easter and Christmas.

Laughter is together with the vanity of the second great enemy of the monk, the first monastic rules (5th century), it generally appears in the chapter on silence, taciturnitas. Laughing is the scariest and most obscene way to break the silence.

Loud laughter considered ‘Hildegard of Bingen’\(^*1\) as an expression of a damaged mind, the disturbed state in the fall of Adam and Eve has its cause. The Devil Deform expressions of joy to a crude neighing, which burst out uncontrollably from the people. Laughter also be detrimental to the health, sadness and anger weaken the people, self-indulgent laughter hurt the spleen, the stomach and fatigue can upset the juices flowing.


\(^*1\) Hildegard of Bingen regarded as the first representative of German mysticism of the Middle Ages. Her works deal with religion, medicine, music, ethics and cosmology.
Until about 12 Century rejected the Church of the phenomenon of laughter completely off, she thought it was dangerous and did not know how she could keep it under control. To the 12th Century that changes, the stage of control had been achieved, and now a distinction was a permissible from the impermissible kind of laughter, a good from the bad kind of humor, so the church reached a kind of codification of the practice of laughter.

William of Baskerville, the educated, cosmopolitan and philanthropic Franciscans monk from England, countered: "I wonder why you are so resistant to the idea that Jesus could have laughed, I for one think the laugh quite a good remedy, similar bathing to cure the bad humors and other ailments of the body, particularly the melancholy.

Quelle: "Uberto Eco, „Der Name der Rose“, München 1982, S.168f."
Laughter kills fear, the common medieval opinion. And if there is no more fear, there would also be no faith. Who laughed at or even laugh at the devil, run the risk of no longer fear the devil and finally to laugh with him. Aristotle as an advocate of laughter is in the Middle Ages logically as a devil's advocate seen.
With the Enlightenment in the 18th Century changed the rating of laughter. For the first time 408 incidents of laughter is 1791 by the record holder of the French National Assembly, which met from May 1789 to September 1791, dokumentet in the meetings. The laughter is used for weapon of democratic debate with political opponents.

Quelle: Baecque a.a.O. S. 154 f
The Catholic Church waived only in the context of the Second Vatican Council (1962-1965) officially the most humorous hostility. Consequently, a sense of humor is also exact since the Council all popes rumored.

Quelle: Homepage, Christoph Schulte Richtering, 1997
In the case of Salman Rushdie's religious feelings seem to be considered so sacred that humor, fiction and irony are perceived as an insult and dishonor. It follows a fatwa, Rushdie now lives under an assumed name in New York and Atlanta. He escapes, but three translators of his work are killed by knife attacks.

Twelve drawings of the Prophet Mohammed in a Danish newspaper Jyllands-Posten broke in February 2006, a "clash of civilization" from, Death threats are traded several times. The cartoonist is repeatedly attacked and escapes his attackers only just by a "panic room"
Eskimos have to describe a variety of words for snow, but they use only one word for both Sex and Laughter

Lit.: Annette Goodheart, Ph.D. „Laughter Therapy“, 1994, S.119
...and what tells a Neurologist about this:
“Laughter Yoga is the most beautiful epileptic attack you can have” *1

Danke für Ihre Aufmerksamkeit

*1 Quote from a ward doctor of neurology LVR Clinic Bonn