

# Review: Some nonpharmacologic Tx effective in peds GI disorders

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(HealthDay)—Certain nonpharmacologic treatments are effective in pediatric abdominal pain-related functional gastrointestinal disorders (AP-FGIDs), according to a review published online Feb. 9 in *Pediatrics*.

Juliette M.T.M. Rutten, M.D., from Emma's Children's Hospital in Amsterdam, and colleagues conducted a systematic review of the literature relating to nonpharmacologic interventions for pediatric AP-FGIDs. Data were included from 24 randomized controlled trials that included 1,390 children.

The researchers observed significant improvement of [abdominal pain](#) after hypnotherapy versus standard care/wait list approaches and after [cognitive behavioral therapy](#) versus control/wait list approaches. At the

six-month follow-up only, written self-disclosure improved pain frequency. Significantly more treatment responders were seen with *Lactobacillus rhamnosus* GG (LGG) and VSL#3 versus placebo (LGG relative risk, 1.31; VSL#3 P

"Although high-quality studies are lacking, some evidence shows efficacy of hypnotherapy, cognitive behavioral therapy, and probiotics (LGG and VSL#3) in pediatric AP-FGIDs," the authors write.

**More information:** [Abstract](#)  
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