

# **„ONE LAUGHTYOGA A DAY – KEEP THE DOCTOR AWAY“**

- « **Research results on the effectiveness of  
Laughter Yoga with clinical conditions**



# LVR CLINIC BONN

«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

Quelle : [www.LVR.de](http://www.LVR.de)



Foto: Bendix Landmann





# LVR CLINIC BONN

**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" =**



Foto: Bendix Landmann



# GROUP THERAPY SALUTOGENESE

- ❖ **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 " \*1**  
Quelle: Martin Seligman,



Foto: © silense / 123RF





# SALUTOGENESEPROGRAM

- ❖ **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**

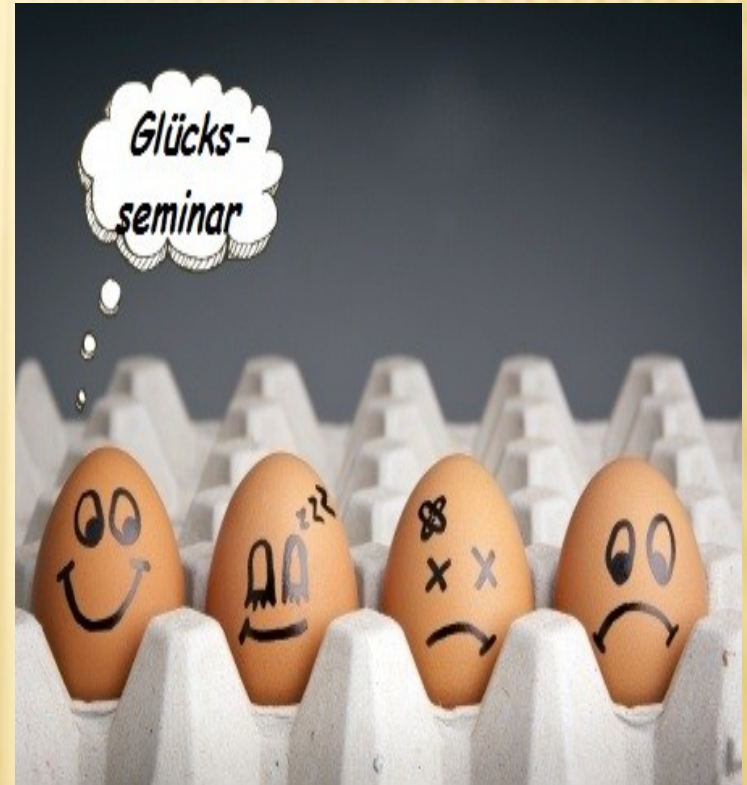


Foto: © Tim Hester, 20613678, psych. Gesundheit, 123RF



# WHY LAUGHTER YOGA IN PSYCHIATRY?



Foto: [ariwasabi](#), © #10043818, 123RF

- ❖ **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?**

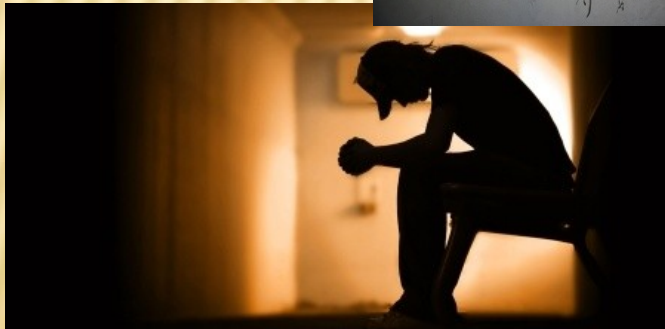




# ILLNESS STUDY

❖ 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)



# CONJECTURE, FEAR, PRE-ASSESSMENT

- ❖ 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



Foto: © #15711454 123RF





# SUSPICION THESIS

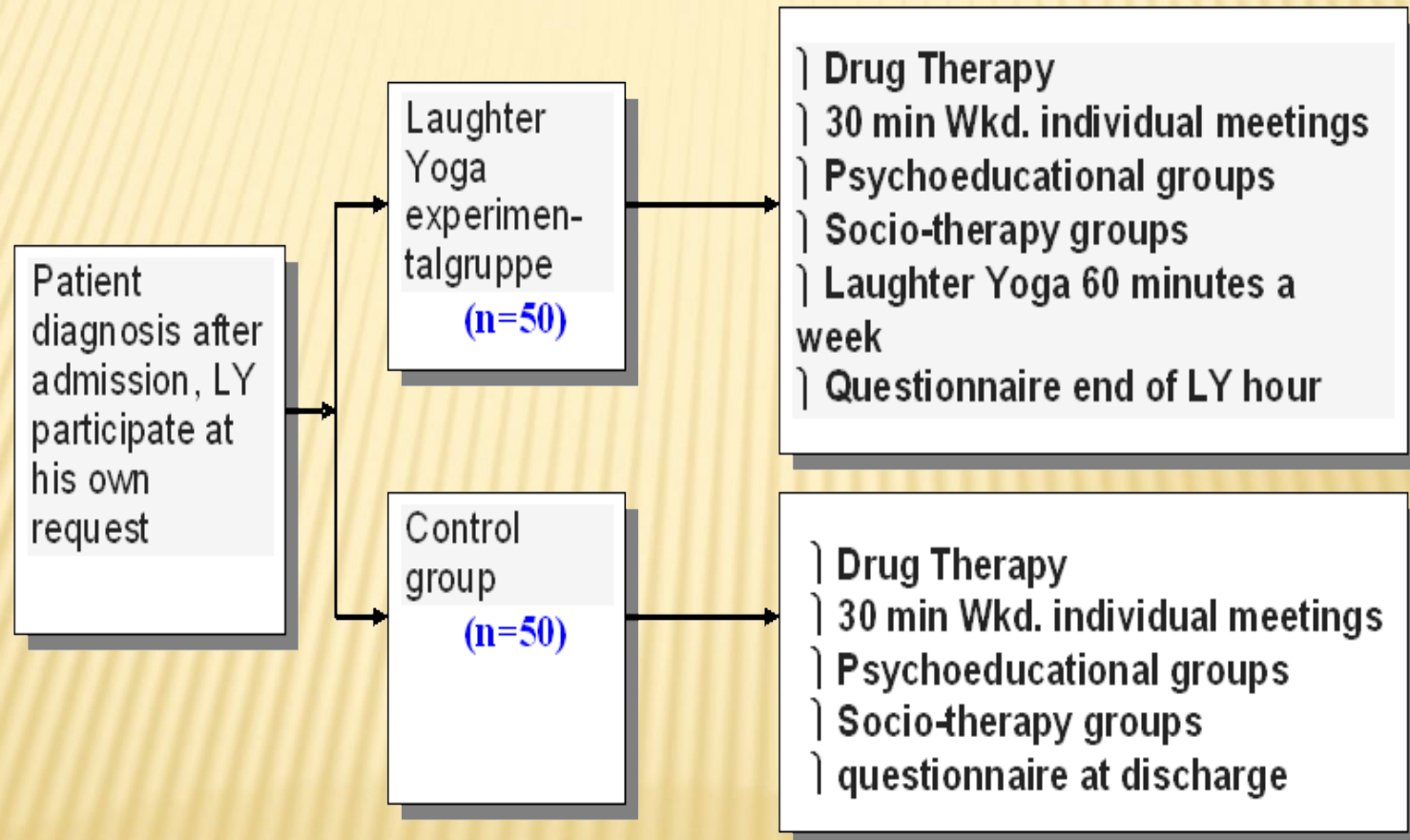


Foto : Igors Petrovs , ©, 9557210 123RF

- ❖ 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





# QUESTIONNAIRE ZUF-8

## ❖ Originalversion von Client Satisfaction

**Questionnaire 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 <input type="checkbox"/>	gut <input type="checkbox"/>	weniger gut <input type="checkbox"/>	schlecht <input type="checkbox"/>
2. Haben Sie die Art von Behandlung erhalten, die Sie wollten?			
eindeutig nicht <input type="checkbox"/>	eigentlich nicht <input type="checkbox"/>	im Allgemeinen ja <input type="checkbox"/>	eindeutig ja <input type="checkbox"/>
3. In welchem Maße hat unsere Klinik Ihren Bedürfnissen entsprochen?			
sie hat fast allen meinen Bedürfnissen entsprochen <input type="checkbox"/>	sie hat den meisten meiner Bedürfnisse entsprochen <input type="checkbox"/>	sie hat nur wenigen meiner Bedürfnisse entsprochen <input type="checkbox"/>	sie hat meinen Bedürfnissen nicht entsprochen <input type="checkbox"/>
4. Würden Sie einem Freund / einer Freundin unsere Klinik empfehlen, wenn er / sie eine ähnliche Hilfe benötigen würde?			
eindeutig nicht <input type="checkbox"/>	ich glaube nicht <input type="checkbox"/>	ich glaube ja <input type="checkbox"/>	eindeutig ja <input type="checkbox"/>
5. Wie zufrieden sind Sie mit dem Ausmaß der Hilfe, welche Sie hier erhalten haben?			
ziemlich unzufrieden <input type="checkbox"/>	leidlich oder leicht unzufrieden <input type="checkbox"/>	weitgehend zufrieden <input type="checkbox"/>	sehr zufrieden <input type="checkbox"/>
6. Hat die Behandlung, die Sie hier erhielten, Ihnen dabei geholfen, angemessener mit Ihren Problemen umzugehen?			
ja, sie half eine ganze Menge <input type="checkbox"/>	ja, sie half etwas <input type="checkbox"/>	nein, sie half eigentlich nicht <input type="checkbox"/>	nein, sie hat mir die Dinge schwerer gemacht <input type="checkbox"/>
7. Wie zufrieden sind Sie mit der Behandlung, die Sie erhalten haben, im Großen und Ganzen?			
sehr zufrieden <input type="checkbox"/>	weitgehend zufrieden <input type="checkbox"/>	leidlich oder leicht unzufrieden <input type="checkbox"/>	ziemlich unzufrieden <input type="checkbox"/>
8. Würden Sie wieder in unsere Klinik kommen, wenn Sie eine Hilfe bräuchten?			
eindeutig nicht <input type="checkbox"/>	ich glaube nicht <input type="checkbox"/>	ich glaube ja <input type="checkbox"/>	eindeutig ja <input type="checkbox"/>

Autoren: J.Schmidt, W.Wittmann



# QUESTIONNAIRE ZUF-8



Foto : Aurelio Scetta © #8564315, 123RF

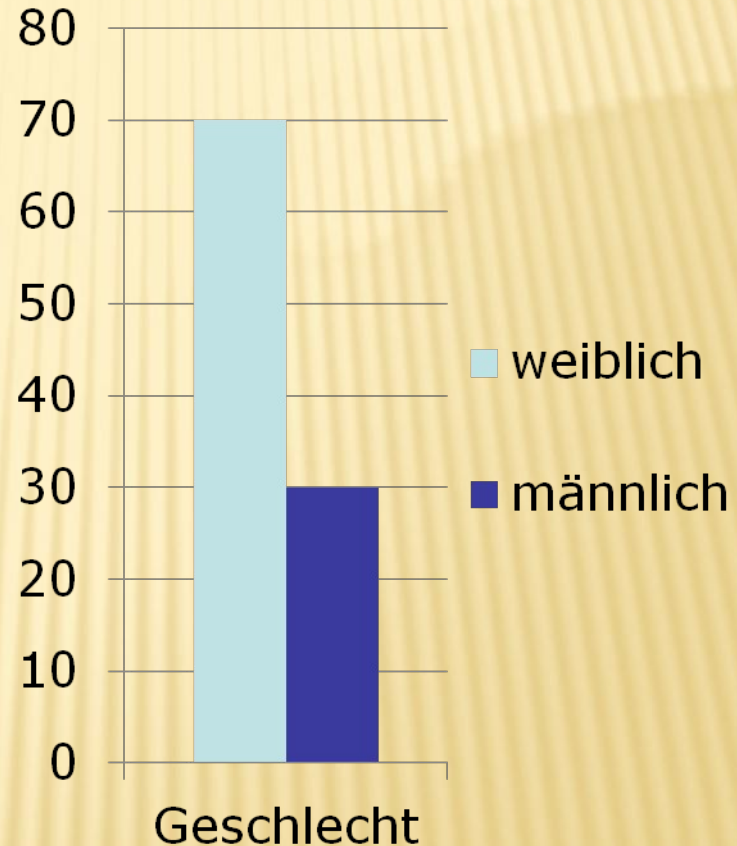
- ❖ 8 questions with 4 answer without a "neutral" rating  
Evaluation results by number of points =
- ❖ Excellent 32 points
- ❖ 24 = good
- ❖ 16 = less well
- ❖ 8 = dissatisfied





# AGE/SEX/STAY

- ❖ **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**



# THE FACTS

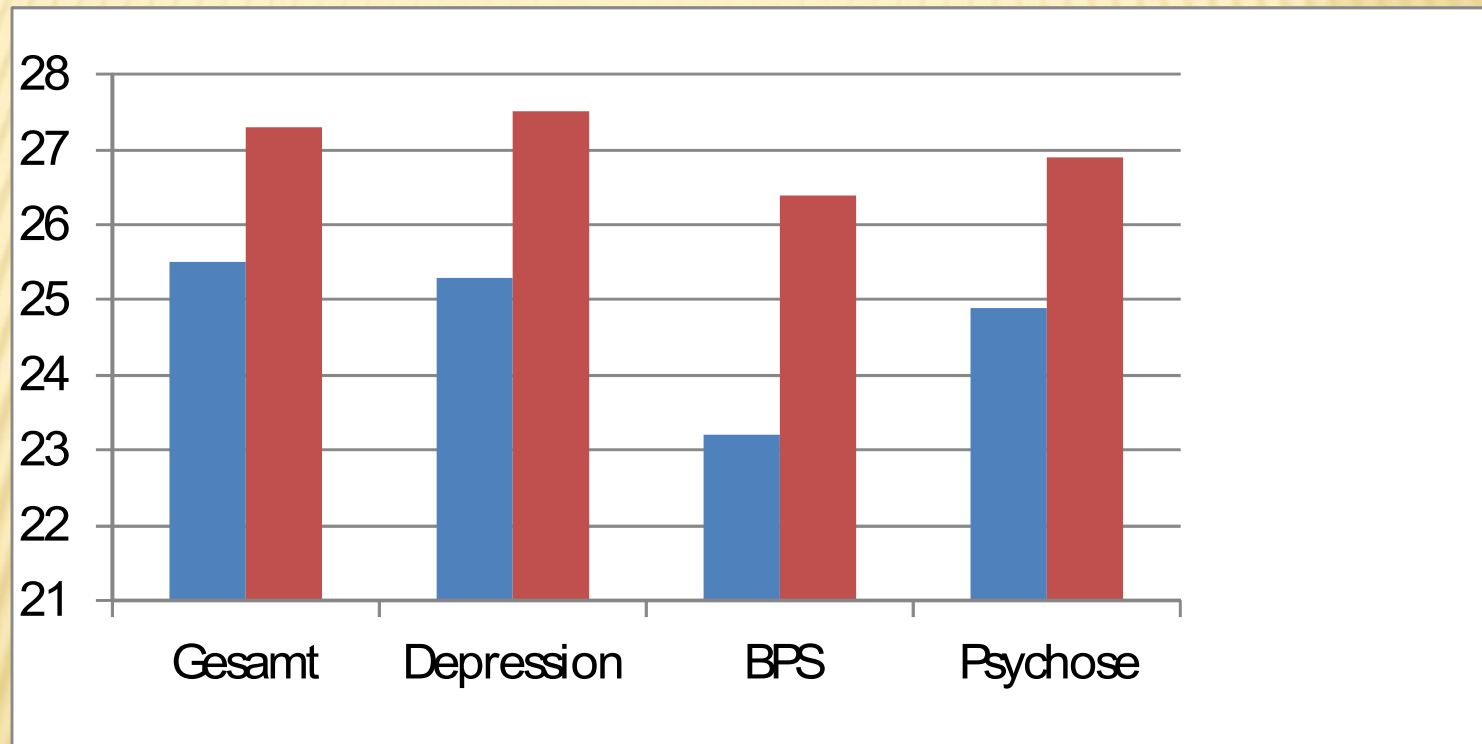
		Teiln.	Bewertung	Alter Durchs.	Behand-Tage	m/w
Kontrollgruppe Gesamt		50/50	25,5	41	41	13m / 37w
Kontrollgruppe Affekt.		32/50	25,3			
Kontrollgruppe Persönlk.		10/50	23,2			
Kontrollgruppe Psychose		8/50	24,9			
Experimentalgruppe Gesamt		50/50	27,3	43	53	10m / 40w
Experimentalgruppe Affekt.		39/50	27,5			
Experimentalgruppe Persönlk.		9/50	26,4			
Experimentalgruppe Psychose		3/50	26,9			

❖ 32 point = excellent/ 24 = good/ 16 = less good / 8 = discontented





# THE FACTS

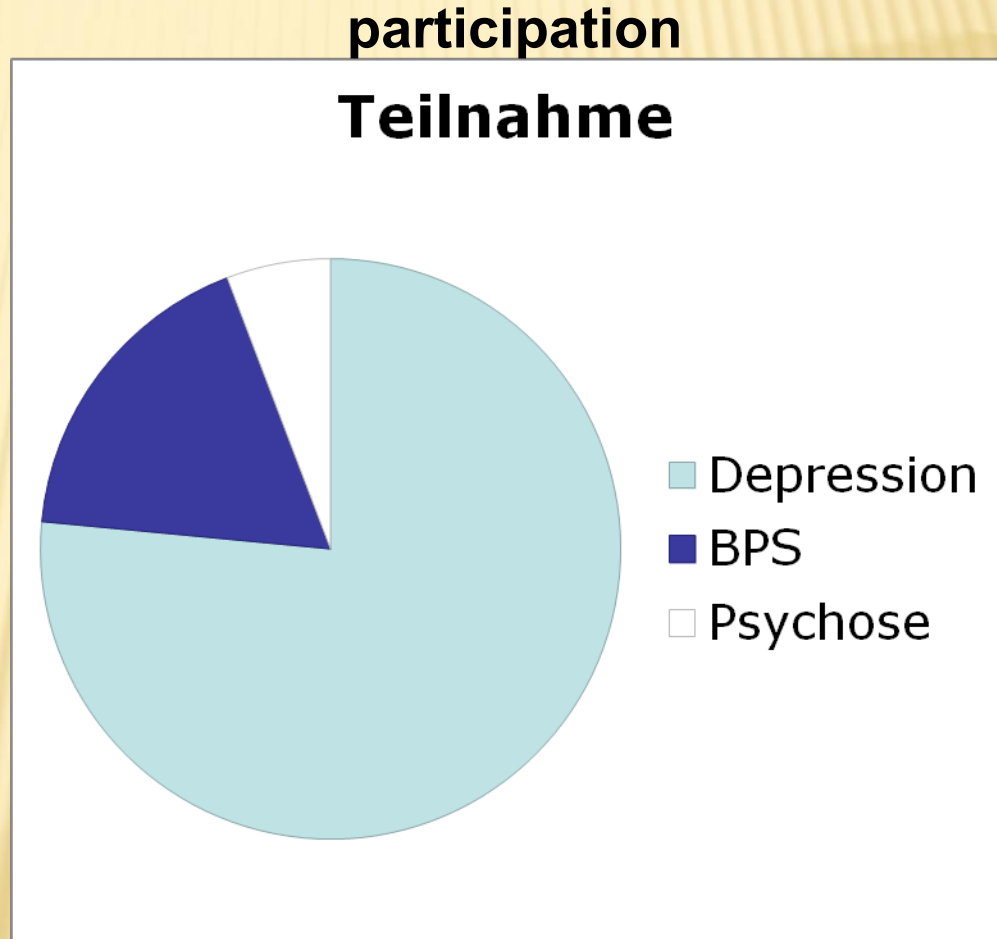


blue = control group / red = LY- experimental group



# PARTICIPATION AFTER DIAGNOSIS AFFILIATION

- ❖ Depression 76.5%
- ❖ BPD 17.7%
- ❖ Psychosis 5.8%





# INTERPRETATION OF THE DATA

- ❖ **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 "flash-backs" 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





# NEGATIV SIDE EFFECTS OF LY TREATMENT



Foto: © Viktor Bondar , #18369800 , 123RF

- ❖ Laughter Yoga can trigger flashbacks
- ❖ Laughter Yoga can trigger hyperventilation
- ❖ a triggering of Latex allergy through air ballon 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)



# THESES NOW



Foto: © Le Moal Olivier, #12198381, 123RF

- ❖ 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



# RE-THINKING OF PSYCHIATRY?

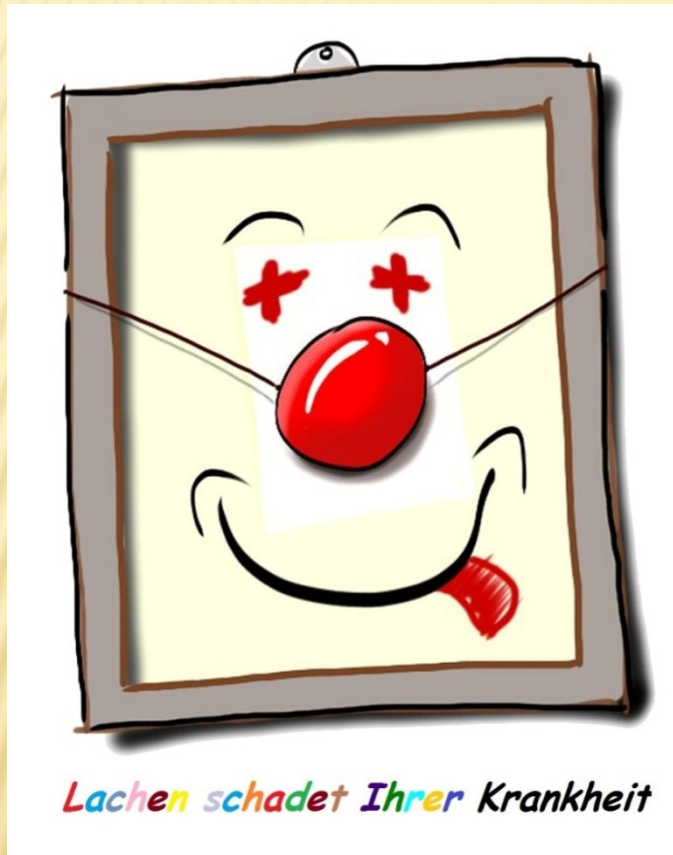


Foto: © Bernd Schönebaum

- ❖ „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“

Quelle: Laughter Therapy, Annette Goodheart, Less Stress Press, 1994, S.32





# LAUGHTER AS A THERAPEUTIC DISCIPLINE?



- ❖ Have we ruled out an antagonist of the chemical imbalance in the therapeutic setting as "frivolous"?
- ❖ Why is that so?

Foto: © [konstantynov](#), #19062807, 123RF



# SINCE WHEN PEOPLE LAUGH?

- « 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.

Quelle: Götz Bolten, Planet Wissen, Wunderwerk Mensch, 25.7.2013



# LAUGHTER IS A VITAL SKILL

- « 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





# IS LAUGHING DANGEROUS?

- ❖ 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

Quelle: Jacques Le Goff, Lachen im Mittelalter, in: Jan Bremmer, Herman Roodenburg, Hg., Kulturgeschichte des Humors. Von der Antike bis heute, 1999, 43ff., hier 49f.



# IS LAUGHING DANGEROUS?

- « 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

Quelle: Das Buch von dem Grund und Wesen und der Heilung der Krankheiten, übers. und erläutert von Heinrich Schipperges, Salzburg 1957, S.225.

\*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.



# IS LAUGHING DANGEROUS?

- « 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.

Quelle: Jacques Le Goff, Lachen im Mittelalter, in: Jan Bremmer, Herman Roodenburg, Hg., Kulturgeschichte des Humors. Von der Antike bis heute, 1999, S.43ff., 47f





# IS LAUGHING DANGEROUS?

- « 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: ." Umberto Eco , „Der Name der Rose“, München 1982, S.168f.



# IS LAUGHING DANGEROUS?

- « **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. Aristotles as an advocate of laughter is in the Middle Ages logically as a devil's advocate seen**

Quelle: Homepage Christoph Schulte Richter, 1997



# IS LAUGHING DANGEROUS?

- « 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





# IS LAUGHING DANGEROUS?

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- « 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 Richter, 1997



# YES - LAUGH EVEN TODAY CAN BE DANGEROUS!

«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"



# . . . DID YOU KNEW THIS ALREADY?



«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

Foto: © Alexander Ishchenko, #17271729, 123RF





„„ONE LAUGHTYOGA A DAY – KEEP THE  
DOCTOR AWAY“

. . .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

