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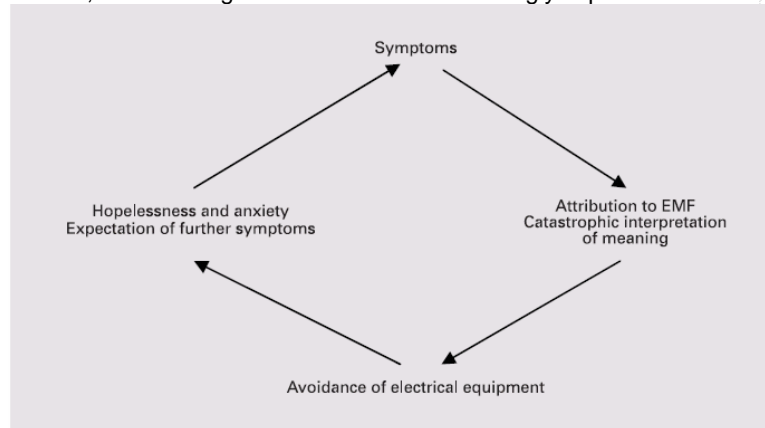
A Systematic Review of Treatments for Electromagnetic Hypersensitivity

The effectiveness of cognitive behavioural therapy as a treatment for electrical hypersensitivity suggests the disease is triggered and maintained by interpretation of perceived exposure.

Nine controlled trials of treatment for electromagnetic hypersensitivity were reviewed. If a treatment is effective, it could help identify aetiology.

Acupuncture, supplementary vitamins, EM screening and CBT were assessed for their ability to relieve self-reported symptoms. Of these, only CBT resulted in improvements.

For CBT to be effective, the following model of causation is strongly implied:



In other situations the link between hopelessness/anxiety and the actual experience of new or worsened symptoms would be called conversion hysteria. This aetiological concept has been presented in UK courts in the context of RSI, but has been dismissed.

Comment

CBT seems to offer the best opportunity for rehabilitation of CBT cases.

Links with liability exposure seem remote. It is a possibility that a duty holder could induce a fear of electrical equipment through information or over caution. It is a possibility that a duty holder could fail to make reasonable accommodations for EHS sufferers, perhaps through dismissing the problem too readily and failing to follow proper procedures.

Exposure to emfs is ubiquitous.