

DISCUSSION

CHAPTER 4

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The research was set out to investigate the effectiveness of hypnotherapy on psychosocial health of people with seropositive status, HIV+ people with and without dermatitis, on psychosocial health parameters i.e., Multidimensional Health Locus of Control, quality of life of HIV+ individuals, subjective well being, self confidence, subjective vitality, anxiety, adjustment, sensation seeking, coping skills and depression of people with seropositive status (HIV+), HIV+ with Dermatitis and Dermatitis alone; to study the effect of hypnotherapy on the disease progression of people with seropositive status with dermatitis and dermatitis alone through symptom alleviation/management; and, to Study the comparative effectiveness of clinical hypnotherapy on people with seropositive status (HIV+), HIV+ with dermatitis and dermatitis alone.

People who suffer from HIV and dermatitis have many psychosocial problems which affect their psychosocial health and in turn increases their level of stress. Due to the increased level of stress HPA (Hypothalamus – Pituitary - Adrenal) hormones get activated and secrete more gluco-corticoid. Excessive amount of gluco-corticoid starts killing NK cells (Natural killer cells) due to which immune system gets weakened; as the number of white cells starts decreasing. Thus; an individual with HIV positive status and dermatitis have more chances of getting infected with other diseases. Therefore, a hypnotherapeutic intervention was planned and prepared to check whether the intervention reduces the level of stress, which in turn improves the psychosocial health of HIV+ as well as dermatitis people.

Hypnotherapeutic techniques like ego enhancement, eye fixation, breath watching, progressive muscular relaxation, repetition hypnosis, sensory imagery conditioning, guided imagery etc were used to develop scripts for intervention. Suggestions related to self confidence, anxiety reduction, suggestion for desirable changes in behaviour, thinking process, feelings to create a sensory image in one's own mind were given. Also, suggestions for changing negative mood set to positive mood set, attention towards one's own health, helping others those who are in pain or having similar problems, confidence to face others, dealing with one's own problems with dignity and success over the situation, specific immune strengthening suggestions were prepared.

According to the goals of each therapeutic session, suggestions were used to address one or two psychological problems at a time. Suggestions were repeated throughout the therapeutic sessions so that all these suggestions get stored in subconscious mind and can work effectively for a longer duration. Total 16 sessions were given. Each session was of 90 minutes. It was found that the hypnotherapeutic intervention was very effective in improving the psychosocial health of people living with HIV+, HIV+ with dermatitis and people with dermatitis. Relaxation and imagery techniques of hypnotherapy was found to be most effective in reducing the pain and other symptoms of chronic ill patients, back aches, spinal cord injury etc (Jacknow, Tschann, et al, 1994; Marchioro, Azzaarello et al, 2000; Morrow and Morrell, 1982; Mundy, DuHamel and Montgomery, 1993; Troesch, Rodehaver, et al, 1993; Syrjala, Donaldson, et al, 1995; Walker LG, Walker MB, et al, 1999; Hough, Sigmund, Kleinginna, and Carol, 2002; Jacobson, Meade et al, 2002)

4.1. Effect of hypnotherapy on Self Confidence

Hypnotherapeutic intervention improved the Self confidence of HIV+, HIV+ with Dermatitis and dermatitis people. The mean score of experimental groups was lower as compared to mean scores of control groups in both post and follow up data, lower the score higher the level of confidence. Also a significant difference was found between the groups in post, follow – up and diseases post, follow up. Therefore, the hypothesis H_{01a} , H_{01b} , H_{01c} , and H_{01d} got rejected. The findings suggest that because of ego enhancement and suggestions for improving self confidence was given during the hypnotherapeutic sessions; it significantly improved the self confidence of HIV+ people, HIV+ with dermatitis and dermatitis. Similar results were shown by other researches that hypnotherapy improves self confidence of adolescents (Schreiber and Schreiber, 1998; Wachelka and Katz, 1999; Biswas, Kacker and Palan, 2011). Thus, it proves that hypnotherapy is effective in improving self confidence of HIV+, HIV+ with dermatitis and dermatitis people.

4.2. Effect of hypnotherapy on Subjective Well – Being

The findings of this research suggests hypnotherapy as an effective strategies to improve subjective well – being of HIV+ people with and without dermatitis. In this research it was found that due to hypnotherapeutic intervention, there is significant difference between the scores of experimental and control groups in all the dimensions i.e., General well – being positive affect, Expectation – achievement congruence, confidence in coping, transcendence, family group support, social support, primary group concern, inadequate mental mastery, perceived ill –

health, deficiency in social contacts and general well being negative affect. Mean scores of experimental group is higher as compared to control group in all the dimensions. Similarly in case of different types of diseases the mean score of experimental group is higher as compared to control in pre – post and post – follow up test scores. This shows that the subjective well – being of people living with HIV+, HIV+ with dermatitis and dermatitis has improved in case of experimental groups as compared to control groups due to the application of hypnotherapeutic intervention.

The results found to be significant because in hypnotherapeutic sessions suggestions for removing negative mood set, inducing positive mood set, positive visual imageries, confidence boosting, general well – being, anxiety reducing suggestions were given. Many subjects of experimental group after therapeutic sessions, in their feedback reported that, “I have started living a healthy life, take care of myself on my own, the attitude towards life has changed so now I am no longer burden on my family because of this change in me my family is now supporting me. They have started taking care of me”. Another subject reported that, “Now I can talk with my colleagues (those who are aware about my condition) with confidence that though I am HIV+ still I can perform my duties properly and I am performing office tasks effectively. They have observed change in me and started supporting and motivating me to fight with the condition I am facing. Now I feel refreshed and full of energy most of the time. I have also started paying extra attention to my diet and with that I do self hypnosis regularly”. So, the hypothesis $H_{02.a}$ and $H_{02.b}$ got rejected. Since in dimensions; family group support, social support and deficiency of social contact there is significant difference between the types of diseases so $H_{02.c}$ and $H_{02.d}$

got partially rejected. Similarly, other researches also showed a very positive impact on health-related quality of life with improvements in psychological well-being and physical symptoms. It appears most effective in patients with abdominal pain and distension (Smith, 2006). Physical training and relaxation training seem to be preferable non-pharmacologic treatments for improvement of central nervous system-related symptoms and subjective well-being for patients with Chronic Tension Type Headache (CTTH), Soderberg, Carlsson, Stener-Victorin, and Dahlof (2011). Therefore, it can be said that hypnotherapeutic intervention is effective in improving the subjective well-being of HIV+ people with and without dermatitis but it is not significantly effective when disease wise comparison is done as only three dimensions were showing significant difference out of eleven dimensions.

4.3. Effect of hypnotherapy on Adjustment

As a result of therapeutic intervention to individuals under experimental group it was found that the mean score of the group decreases as compared to mean score of control groups. Similarly it was found that there is significant difference between the scores of experimental groups as compared to control groups in all the dimensions i.e., home, health, social, emotional, occupation and adjustment total. There is significant difference between the types of diseases only in dimension social in post test score. Therefore, the hypothesis $H_{03,a}$ and $H_{03,b}$ got rejected. Since there is no significant difference across the categories of diseases so, $H_{03,c}$ and $H_{03,d}$ got accepted. This shows that hypnotherapeutic intervention is effective in increasing the level of adjustment of HIV+ people with and without dermatitis. In therapeutic sessions suggestions regarding improvement in health, dealing with stress and

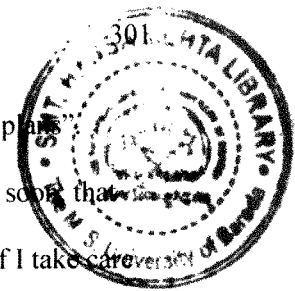
stressful situations, positive thought induction, positive visualization etc were added in the script to improve the level of adjustment. The feedbacks given by subjects justifies that there is improvement in the level of adjustment. Many subjects said that, “Earlier because of lack of confidence and lowered level of energy I was not able to adjust myself neither at home nor at my workplace. Emotionally I was very unstable and felt alone most of the time. I was also not able to accept the fact that I am ill need to do something about it. But after coming to these sessions I feel relaxed, refreshed, possess positive attitude towards life, I can do planning regarding the work I want to do, I am now able to manage my work, I have become more social. Emotionally I am becoming emotionally strong”. The research done by Leubbert, Dahme & Hasenbring, 2001 supports the research that relaxation training was so effective at helping emotional adjustment, tension, mood, and anxiety that “relaxation training should be implemented into clinical routine for cancer patients in acute medical treatment”. So it can be concluded that hypnotherapy is effective in improving the level of adjustment in people with seropositive status with and without dermatitis.

4.4. Effect of hypnotherapy on Anxiety

The mean scores on state and trait anxiety of experimental group was found to be less as compared to control groups. Significant difference between the experimental and control group was found across the three categories of diseases. Therefore, the hypothesis $H_{04.a}$, $H_{04.b}$ $H_{04.c}$ got rejected and $H_{04.d}$ got accepted. Anxiety of experimental group reduced significantly as compared to control groups. Feedback given by subjects also supports the research. As said by one of the subjects, “Now I feel relaxed, tension free. I do not spend longer time in thinking about why it

happened to me? Now I think about future and started working on future plans.”

Another subject said that, “Most of the time I used to think that I will die soon that I used to make me feel anxious throughout the day. But now, I know that if I take care of myself, take medication on time; I can live a healthy and longer life. This makes me feel relaxed, happy and motivated”. Most of the subjects reported feeling of happiness and relaxed mind and body even when there was anxiety arousing situation because of therapeutic sessions. Similar results are shown in other researches. Kanji, White and Ernst (2006) reported effectiveness of autogenic training in reducing anxiety in nursing students. In a study, where both the hypnosis and CB were found to be equally effective in reducing pain, hypnosis group reported less anxiety and distress (Liossi & Hatira, 1999). In another study, when deep relaxation was given to HIV+ people, due to the deep relaxation the anxiety of HIV+ people reduced (Medina, Ponce and Parra, 2004). So, it can be said that the hypnotherapeutic intervention is effective in reducing state and trait anxiety of people with HIV+ status with and without dermatitis.



4.5. Effect of hypnotherapy on Health locus of Control

Whether health locus of control can be improved using hypnotherapy a hypnotherapeutic intervention was planned and given to HIV+ people, HIV+ with dermatitis and people suffering from dermatitis. A person who is HIV+ or a person who is suffering from any skin disease which is clearly visible to others, it is very difficult for that person to deal with situation. And, when the person is not able to deal with the situation the individual starts blaming oneself or others for the mistakes which he/she has not done or done respectively. This leads to poor health locus of

control. So to improve health locus of control hypnotherapy found to be very effective in this research. In this research it is found that the internal blaming and powerful others got reduced in people who are HIV+ with and without dermatitis of experimental group as compared to control group. But, feeling that others are and blaming chance as a factor of suffering has no significant change. Similarly in different categories of disease there is significant difference in post testing in the dimension; Internal. Therefore, the hypothesis $H_{05,a}$ got rejected while $H_{05,b}$ $H_{05,c}$ and $H_{05,d}$ got accepted. This shows that hypnotherapy is effective in improving health locus (internal) of control of people who are HIV+ with and without dermatitis but not the dimensions powerful others and chance. This change in internal dimension is due to the positive suggestions given to people under experimental group. The suggestion given was to improve their health when they themselves take care about their health. Researches on relaxation training and/or biofeedback, chemotherapy patients with a high external health locus of control orientation, as compared to patients without such an orientation, had lower levels of physiological arousal and reported less negative affect (Burish, Carey, Wallston, Stein, Jamison, and Naramorelyles, 1984). Thus, hypnotherapy is effective in improving health locus of control of HIV+ people with and without dermatitis.

4.6. Effect of hypnotherapy on Sensation Seeking

Sensation seeking and sexual compulsivity were found to significantly contribute to the risk taking behaviours of men and women (Beck, Thombs, Mahoney and Fingar., 1995; Boyle, Murray and Boekeloo, 2002; Reece, Dodge and Cole, 2002; Reece, Plate and Daughtry, 2001). High sensation seekers (both men and women)

frequently have more sexual partners than low sensation seekers. High sensation seekers are easily bored with the “routine” and enjoy wild parties with excessive drinking, gambling, and exotic sexual experiences. Thus high sensation seekers are resistant to HIV risk behaviours (Kalichman and Rompa, 1995; Rolison, 2002). Sheer and Cline (1994) reported that high sensation seekers frequently had unprotected sex with someone of unknown HIV status. Though sensation seeking behaviour is difficult to change but to observe whether hypnotherapeutic intervention; if reduces the level of anxiety, inner frustration, guilt, confidence then that affects sensation seeking behaviour or not. When hypnotherapy was used as an intervention, only the dimension boredom susceptibility reduced significantly in experimental group when experimental and control groups were compared. Also, the total score of sensation seeking showed a significant difference between the diseases in follow up test scores. Especially in case of HIV+ people the scores were less as compared to people who are HIV+ with dermatitis and dermatitis alone. Therefore, the hypotheses $H_{06.a}$, $H_{06.b}$, and $H_{06.c}$ got accepted while, $H_{06.d}$ got rejected. Thus, hypnotherapeutic intervention was effective to reduce sensation seeking in HIV+ people only; while in HIV+ with dermatitis and dermatitis alone hypnotherapeutic intervention was not effective and showed no change in sensation seeking behaviour of people having HIV+ dermatitis and dermatitis alone.

4.7. Effect of hypnotherapy on Coping Skills

The findings of the study suggest that the mean scores of experimental groups, dimensions: active coping, planning, positive reinterpretation and growth, acceptance, focus on venting of emotions and humor found to be higher as compared

to mean scores of control groups. While mean scores of dimensions; seeking instrumental social support, seeking emotional social support, suppression of competing activities, restraint coping, denial, mental disengagement and behavioral disengagement and alcohol/drug use scores of experimental group is lesser as compared to control group. This shows improved coping skills of individuals under experimental group. Only in the dimension of turning to religion there is neither increase nor decrease of mean scores. Also, there is significant difference between the scores of experimental groups and control groups in all the dimensions i.e., active coping, planning, seeking instrumental social support, seeking emotional social support, suppression of competing activities, turning to religion, positive reinterpretation and growth, restraint coping, acceptance, focus on and venting of emotions, denial, mental disengagement, behavioral disengagement, alcohol/drug use, and humor. In dimension alcohol/drug use the subjects were addicted to tobacco chewing/smoking instead of alcohol/drugs. Therefore, the hypothesis $H_{07.a}$ and $H_{07.b}$ got rejected. Since there is no significant difference across the categories of diseases so, $H_{07.c}$ and $H_{07.d}$ got accepted. In a study it was found that because of hypnotherapeutic intervention, the patients reported the greatest benefit of hypnotherapy; as it helped them to cope better with their disease and also in improving their psychological state. Hypnotherapy may improve quality of life of Irritable Bowel Disease patients in remission and help them to cope better with their disease (Emami, Gholamrezaei, and Daneshgar, 2009). Similarly, this research also shows that the hypnotherapeutic intervention improved the coping skills of HIV+ people with and without dermatitis. On the basis of this, it can be said that the hypnotherapeutic intervention is effective.

4.8. Effect of hypnotherapy on Depression

It is been recommended that if the individual is suffering from severe depression then do not give hypnotherapy. So, to check whether the subjects for the research work is suffering from severe depression or not depression inventory was used. Those who were showing symptoms of severe depression were excluded from sample. But to keep an eye on the level of depression of individual under research, depression inventory was given to all the individuals after post and follow up sessions. Interestingly it was found that those who showed moderate to mild level of symptoms of depression; after therapeutic intervention there was drastic reduction in the scores of experimental group as compared to control groups. Due to the suggestions given to reduce anxiety and improve self confidence there could be reduction in the level of depression. In this research a significant difference was found in the scores of experimental and control groups. Other researches also, show that hypnosis appeared to significantly improve symptoms of depression. Hypnosis appears to be a viable nonpharmacologic intervention for depression. (Shih, Yuan - Han, Yang, and Koo, 2009). Therefore, the hypothesis $H_{08,a}$ and $H_{08,b}$ got rejected. $H_{08,c}$ and $H_{08,d}$ got accepted. So, it can be said that hypnotherapeutic intervention is effective in removing symptoms of depression of those who are showing moderate to mild level of symptoms of depression.

4.9. Effect of hypnotherapy on Subjective Vitality

Subjective vitality is a part of subjective well – being. Subjective well – being is the overall field that attempts to understand how people evaluate their own

lives (Diener, Emmons, Larsen and Griffin, 1985) while subjective vitality deals with feelings of animation and energy – what a person likely refers to when they suggest that a person is “so full of life” (Shin and Johnson, 1978). The results of the present research not only reports that hypnotherapeutic intervention improves subjective well – being of HIV+ people with and without dermatitis, it also reports that the intervention improves the subjective vitality of these people. For improving subjective vitality, suggestions for feeling lively, enthusiasm, full of positive emotions and thought processes, feeling relaxed and energetic now and always even if busy doing some work etc were given. The mean scores of experimental groups found to be higher as compared to mean scores of control groups. Also, there is significant difference in the scores of experimental groups and control groups. Similarly, there is significant difference in the scores of categories of diseases in follow – up test scores. Therefore, the hypothesis $H_{09.a}$, $H_{09.b}$ and $H_{09.d}$ got rejected and $H_{09.c}$ got accepted. So, it can be said that hypnotherapeutic intervention is deeply affecting the people with HIV+ status with and without dermatitis and improves the subjective vitality.

4.10. Effect of hypnotherapy on Quality of Life

Quality of life is an integral part of better and content life. Specifically HIV+ individuals should have high quality of life to help them live stress free life. The research intends to test effectiveness of hypnotherapeutic intervention on quality of life of HIV+ and HIV+ with dermatitis people. The mean score of experimental group was higher in post and follow up scores as compared to control group in all the dimensions of quality of life, i.e.; overall function, life satisfaction health worries, financial worries, medication worries, HIV mastery, disclosure worries, provider trust

and sexual functioning. Since there is significant difference between the pre, post and follow up scores of groups, the hypothesis $H_{010.a}$ and $H_{010.b}$ got rejected. Except overall functioning and medication worries; there is no significant difference in other dimensions in the follow- up test scores.

There are studies which reports effectiveness of hypnotherapy in improving quality of life. Paediatric cancer is the fourth leading cause of death in children ages 1-19 in the United States (Pollack, Stewart, & Thompson, 2007). Hypnotherapy has a very positive impact on health-related quality of life with improvements in psychological well-being and physical symptoms. Hypnotherapy is found to be most effective in patients with abdominal pain and distension (Smith, 2006). With so many children suffering with the side effects of cancer, it is important that there should be psychosocial interventions done to improve their quality of life. In another study on cancer patients hypnosis was used and it was found that the cancer patients under the intervention showed reduction of symptoms and improvement in their quality of life (Collingwood and Elliott, 2003). On the similar line, this research also reports that using hypnotherapy as an intervention not only alleviates symptoms of HIV and dermatitis but also improves their quality of life. This proves that hypnotherapy is effective in improving quality of life of people with HIV+ and HIV+ with dermatitis.

4.11 Effect of hypnotherapy on Symptom alleviation of dermatological conditions

Positive visualizations were given for symptom alleviation. The magnitude of symptom alleviation due to the effect of hypnotherapy was assessed by comparing the symptom checklists. The symptom check list was prepared by the skin specialist

comprising of all the possible symptoms of the group of dermatological problems. The pre-post comparison of symptoms shows that subjects under experimental group showed 80 to 100% of symptom alleviation as compared to the subjects under control groups, where subjects showed symptom alleviation ranging from 20% to 60%. Therefore the hypothesis H_{011a} and H_{011a} got rejected. There are many clinical trial research evaluating hypnosis for eliminating warts (Calwson, Swade, 1975 and Gravitz, 1981; Sinclair – Gieben, Chalmers, 1959). Hypnosis was advocated to avoid pain and scarring, reactions to anesthetics, and the need for wound care and special equipment. The technique may be particularly applicable for warts in sensitive or inaccessible areas. Hypnosis has been used successfully for other dermatologic conditions. Patients with atopic dermatitis noted decreased pruritus, scratching, sleep disturbance, and tension after treatment with hypnosis (Stewart, Thomas, 1995). In many patients, improvements persisted at follow-up evaluations up to 18 months later. A review of the use of hypnosis in dermatology supports its value for many skin conditions not believed to be under conscious control (Shenefelt, 2000). This proves that the hypnotherapeutic intervention is effective in alleviating skin disease symptoms significantly and since there is significant reduction in the all the psychological health aspects of subjects under experimental group that affected the physiological health of people with dermatitis.

4.12. Major Findings:

Hypnotherapy as an intervention strategy has been found to be effective in enhancing the well-being and psychological health of HIV positive people and people suffering from dermatitis. The major findings are as follows:

i. Self confidence of participants under experimental group improved as compared to control group.

ii. Subjective well being of subjects under experimental group improved.
Improvement found in all the dimensions.

iii. The level of adjustment increased in case of individuals under experimental group.

iv. The level of anxiety; both state and trait got reduced of subjects under experimental group.

v. In multidimensional health locus of control only internal factor improved significantly. No change was found in dimensions; powerful others and chance.

vi. No significant change found in the sensation seeking behaviour of individuals under experimental and control groups.

vii. Coping skills improved as there was significant change shown in most of the dimensions except one dimension i.e., turning to religion where no change was found in both experimental and control groups.

viii. The level of depression reduced of individuals under experimental group.

ix. Subjective vitality increased of subjects under experimental group.

x. Quality of life improved significantly of individuals under experimental group.

xi. Skin symptoms got managed and alleviated faster of individuals under experimental group as compared to control group.

4.13. Limitations:

Physical parameters (CD4 count, plasma viral load, cortisol level, interleukins etc) were not tested. Socio-cultural diversity and religious background were not been considered in this research. Gender differences were not considered in the research. People living with HIV positive were considered part of the research but there are more people suffering from AIDS which require more attention and effective interventions. The research focuses on psychosocial health problems of HIV positive people, HIV+ with dermatitis and dermatitis alone and could not control the problems faced by the relatives and family members of these people.

4.14. Implications:

Hypnotherapeutic intervention found to be effective in reducing anxiety, increasing self confidence, level of adjustment, subjective well – being, subjective vitality, Quality of life, health locus of control, reduced depression symptoms etc which is actually reducing the level of stress and the further process of HPA becomes smooth; this reduces the secretion of glucocorticoides and the number of white cells increases which strengthens the immune system and helps in fighting with diseases causing bacteria, germs and viruses. So, hypnotherapeutic intervention can be used as an adjunct therapy to deal with various psychosocial health parameters and to reduce disease progression of people who are HIV positive, HIV+ with dermatitis and dermatitis.

Hypnotherapy is effective in alleviating symptoms of dermatitis so hypnotherapy can be given as intervention from the onset of disease or when person get detected as HIV positive or suffering from any skin disease then it will be easier and much effective to control the disease progression. Also, these people will live a healthy and longer life as their immune system will be strong and they will not catch other disease infections. Hypnotherapy will also help them to bear the side effects of Antiretro viral therapy. Similarly, hypnotherapeutic interventions can be used for other diseases like cancer, tuberculosis, hypertension, pre and post surgery, child birth, post traumatic disorder etc.

Hypnotherapy found to be more effective when combined with medication so it can be used as an adjunct therapy on several medical conditions particularly on all autoimmune diseases and immune related diseases.

4.15. Recommendation and Suggestions for Further Research:

1. Stress affects neurology due to which immune system gets affected so for further research this can be measured using modern blood assays like interleukins tests. Research can be done to see how hypnotherapeutic intervention affects the Psychoneuroimmunology of HIV positive people and whether spreading of virus gets affected or not due to hypnotherapy by testing blood samples of these people.
2. Research can be designed to explore the moderator/mediator effect of socio-economic, cultural and religious background of individuals in studying the effect of hypnotherapy on disease progression.

3. The differential effect of hypnotherapeutic intervention on different age and gender groups can be further explored.

4. Hypnotherapy can also be used to control disease progression of similar other chronic diseases.

5. The effect of hypnotherapy on clinical parameters like CD4 count, plasma viral load, cortisol, interleukins etc can be tested for HIV positive people.

6. Research can be planned with few techniques of hypnotherapy like relaxation, visualization, mini nap etc can be used just to relax their mind and body for better functioning for those who because of some physical conditions (chronic back pain) or lack of time not able to lie down for a longer duration, them.

7. Those people who are not suffering from any medical disease or psychological disorder on those people also hypnotherapeutic can be given to boost their self confidence, improve concentration, improve memory, remove fatigue, relaxation etc.

4.16. Conclusion:

The research concludes that hypnotherapeutic intervention has positive effect on psychosocial health of people with HIV positive status with and without dermatitis. The hypnotherapeutic intervention improved their self confidence, quality of life, health locus of control, coping skills, adjustment level, subjective well – being, subjective vitality and reduced the anxiety level and depression. The hypnotherapeutic

intervention also found to be effective in alleviating symptoms of dermatological diseases. Since no significant difference was found across the three categories of diseases i.e., HIV+, HIV+ with dermatitis and dermatitis. Thus, hypnotherapy was found to be equally effective on all the three categories of respondents suffering from different diseases.