AT is therapeutic alongside medical treatment for illnesses made worse by stress:

* Cancer and HIV patients have been reported to increase their immune responses, sleep better and feel better about themselves. Kermani, K 'Stress, Emotions, Autogenic Training and AIDS: A Holistic Approach to management of HIV-infected individuals', Holistic Medicine, Volume 2, pages 203-215, 1987.

* Women with early breast cancer reported reduced anxiety and depression, and immune marker cells’ level especially CD8 and natural Killer cells improved in those who appeared to reach a fully meditative state during AT, and they reported an improved sense of coping along with improved sleep. European Journal of Oncology Nursing, Volume 8, pages 61-65, 2004.

* Depression was reported to clear up more quickly and be less likely to come back. European Psychologist, Volume 4, pages 11-18, 2004.

* At 4 year follow up, people with high blood pressure were more likely to have kept their pressure down if they practised AT. Curruthers, M Patel et al, 'Trial of relaxation in reducing coronary risk: 4 year follow up' British Medical Journal (Clinical research Edition), Volume 290, pages 1103-1106, April 1985.

* Stroke patients whose treatment included an AT component recovered faster. American Chiropractor, pages 50, 52, Fall 2004.

* Chronic and acute pain were less, and chronic pain patients reduced their physician visits by 36%. American Journal of Nursing, Volume 8, pages 75-76, August 2004. The Clinical Journal of Pain, Volume 2, pages 305-310, 1991.


* A case study of a young anorexic woman reported that after learning AT she had less reoccupation with food, less interpersonal tension, greater self-esteem, and weighed more. Japanese Journal of Autogenic Therapy, Volume 19, pages 55-61, December 2000.

* Children and adolescents with type 1 diabetes mellitus seemed to have fewer problems with attention, less test-anxiety and less aggression and nervousness when they used AT. Praxis der Kinderpsychologie und Kinderpsychiatrie, Volume 46, pages 288-303, 1997.

* Atopic dermatitis skin conditions improved, the severity of skin lesions decreased, and people used less topical steroids after they practised AT for a year. Journal of Consulting and Clinical Psychology, Volume 63, pages 624-636, August 1995.

* Multiple Sclerosis patients reported more energy and vigour and less limitation in their roles from physical and emotional problems at the end of a 10 week AT programme. Journal of Behavioral Medicine, Volume 28, pages 249-256, June 2005.

* A study of fire services workers reported that AT was associated with reduced disturbance of cardiac autonomic nervous activity and decreased impact of psychological issues which are secondary to post-traumatic stress disorder. *Journal of Psychosomatic Research*, Volume 60, pages 439-444, 2006.

* Meta-analysis of studies of AT reported that practising AT was linked to improvements in tension headache, mild-to-moderate essential hypertension, coronary heart disease, asthma bronchiale, somatoform pain disorder (unspecified type), Raynaud’s disease, anxiety disorders, mild-to-moderate depression/dysthymia, and functional sleep disorders. *Applied Psychophysiology and Biofeedback*, Volume 27, pages 45-96, 2002.

* Pressure in the eyes (IOP) was reduced for people with open-angle glaucoma who practised AT along with special exercises in ocular relaxation and imagination of aqueous humour drainage. *Ophthalmologica*, Volume 209, pages 122-128, 1995.