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Title: Therapeutic communication improves patient comfort during venipuncture in children: A single-blinded intervention study

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Supplementary Table 1: An overview of therapeutic communication techniques applied in our study with examples.

Therapeutic communication techniques	Example
<i>Instant rapport (matching)</i>	Non-verbal matching (eye contact, posture, behavior and breathing rate), verbal matching (speaking volume, tempo, word choice).
<i>Avoid sabotage words/ sentences</i>	Try, don't, always, pain, sharp, hurt, cry, cold, " here it comes", "'do you think it is exciting?"
<i>Positive suggestion</i>	Just blow out gently and you will notice that this makes you more relaxed.
<i>Use positive words</i>	Help, secure, comfort, warm, together.
<i>Imagery</i>	Where would you rather be at this moment? Or: What would you rather do at this moment? Tell me about your hobbies, holidays, sport, school....
<i>Reversed effect</i>	"You may try to keep your eyes open. "(Try implies failure).
<i>Presumed outcome</i>	"How deep do you want to relax, deep, moderate or extra deep" (You always relax).
<i>Dissociation</i>	I will hold the arm (in stead of " your arm)
<i>Distraction/confusion</i>	" You want me to count before starting? Fourteen, fifteen, sixteen..." (confusion).

<i>Self-experience</i>	Avoid expressing observed emotions. Leave the interpretation of expression to the child. Every child has his own experience. If it is uncomfortable they will tell you.
<i>Double bind</i>	“What do you want, climbing on the table yourself of that mum/dad helps you?”
<i>Direct command</i>	“Take a deep breath and blow bubbles: now!”
<i>Complimenting</i>	Instead of; “well done, you are a big boy/girl” say: “because you kept your arm so still, I could easily take blood and that’s why we are done superfast.