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Introduction. Placebo effect has been a controversial and hot topic within psychoneuroimmunology. However recent studies have shed considerable light on the potential mechanisms of placebo responses and their role in health outcomes. Aim and objectives. This study aims to provide a new and integrative look at the neurobiological mechanisms underlying the placebo effect. Methods. A systematic review was conducted for articles published in peer-review journals in the last decade. Results. The two most evidence-based neural pathways for placebo effect: dopamine-related and endorphine-related; are fully explained and integrated in a comprehensive view. Conclusions. The placebo effect represents an example of well-documented mind effect on the body. Implications for stress-related diseases are discussed.