

A brief review of some of the research evidence on the effectiveness of hypnosis:

SMOKING

90.6% Success Rate for Smoking Cessation Using Hypnosis

Of 43 patients undergoing treatment protocol, 39 reported remaining abstinent from tobacco at follow-up (6 months to 3 years post-treatment), a 90.6% success rate using hypnosis. University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, *International Journal of Clinical Experimental Hypnosis*. 2001 Jul;49(3):257-66. Barber J.

87% Reported Abstinence From Tobacco Use With Hypnosis

A field study of 93 male and 93 female CMHC outpatients examined smoking cessation using hypnosis. At 3-month follow-up, 86% of the men and 87% of the women reported continued abstinence from the use of tobacco using hypnosis. "Performance by gender in a stop-smoking program." Johnson, et al., Bloomington, Indiana. *Psychol Rep*. 1994 Oct;75(2):851-7.

81% Reported They Had Stopped Smoking After Hypnosis

Twenty-one patients received hypnosis for smoking cessation. After treatment, 81% of patients reported that they had stopped, and 48% reported abstinence at 12 months post-treatment.

Texas A&M University, System Health Science Center, College of Medicine, College Station, TX USA.

International Journal Clinical Experimental Hypnosis. 2004 Jan;52(1):73-81. Clinical hypnosis for smoking cessation: results of a three-session intervention. Elkins GR, Rajab MH.

Hypnosis Patients Twice As Likely To Remain Smoke-Free After Two Years

Study of 71 smokers showed that after a two-year follow up, patients using hypnosis were twice as likely to remain smoke-free than those who did not. Guided imagery for smoking cessation and long-term abstinence. Wynd, CA.

Journal of Nursing Scholarship, 2005; 37:3, pgs 245-250.

Personal Hypnosis Sessions More Effective For Smoking Cessation

Group hypnosis sessions, evaluated at a less effective success rate (22% success) than individual hypnosis sessions. However, group sessions were still more effective than drug interventions.

Ohio State University, College of Nursing; Outcomes of the American Lung Association of Ohio hypnotherapy smoking cessation program. Ahijevych K, Yerardi R, Nedilsky N.

Hypnosis Most Effective Says Largest Study Ever:

3 Times as Effective as Patch and 15 Times as Effective as Willpower.

Hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit. A meta-analysis, statistically combining results of more than 600 studies of 72,000

people from America and Europe to compare various methods of quitting. On average, hypnosis was over three times as effective as nicotine replacement methods and 15 times as effective as trying to quit alone. University of Iowa, *Journal of Applied Psychology*, How One in Five Give Up Smoking. October 1992.

WEIGHT LOSS

Hypnosis Over 30 Times as Effective for Weight Loss

Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego-strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group: an average of 17 lbs lost by the hypnosis group vs. an average of 0.5 lbs lost by the control group, on follow-up. Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. *Journal of Consulting and Clinical Psychology*, 54, 489-492.

WEIGHT LOSS (continued)

Two Years Later: Hypnosis Subjects Continued To Lose Significant Weight

109 people completed a behavioral treatment for weight management either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. At 8-month and 2-year follow-ups, the hypnosis subjects were found to have continued to lose significant weight, while those in the behavioral-treatment-only group showed little further change. *Journal of Consulting and Clinical Psychology* (1985)

Hypnosis Meta-Study: Subjects Lost More Weight Than 90% of Others and Kept it Off

Researchers analyzed 18 studies comparing cognitive behavioral therapy like relaxation, guided imagery, and/or goal setting with the same therapy supplemented by hypnosis. Those receiving hypnosis lost more weight than 90% of those who did not. Further, they maintained the weight loss for two years after treatment ended. University of Connecticut, Storrs Allison DB, MS. Hypnosis as adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. *Journal of Consulting Clinical Psychol.* 1996; 64(3): 513-516.

Hypnosis More Than Doubled Average Weight Loss

Study of the effect of adding hypnosis to cognitive-behavioral treatments for weight reduction, additional data were obtained from authors of two studies. Analyses indicated that the benefits of hypnosis increased substantially over time. Kirsch, Irving (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments— meta-analysis. *Journal of Consulting and Clinical Psychology*, 64 (3), 517-519.

Hypnosis Showed Significantly Lower Post-Treatment Weights

Two studies compared overweight smoking and non-smoking adult women in an hypnosis-based, weight-loss program. Hypnosis yielded significantly lower post-treatment weights and a greater average number of pounds lost. *Weight loss for women: studies of smokers and nonsmokers using hypnosis and multi-component treatments.* Johnson DL, Psychology Reprints. 1997 Jun;80(3 Pt 1):931-3.

Hypnotherapy group with stress reduction achieved significantly more weight loss than the other two treatments.

Randomized, controlled, parallel study of two forms of hypnotherapy (directed at stress reduction or energy intake reduction), vs dietary advice alone in 60 obese patients with obstructive sleep apnea on nasal continuous positive airway pressure treatment. J Stradling, D Roberts, A Wilson and F Lovelock, Chest Unit, Churchill Hospital, Oxford, OX3 7LJ, UK

Hypnosis more than doubles the effects of traditional weight loss approaches

An analysis of five weight loss studies in the *Journal of Consulting and Clinical Psychology* in 1996 showed that the "... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches. University of Connecticut, *Journal of Consulting and Clinical Psychology* in 1996 (Vol. 64, No. 3, pgs 517-519).

Weight loss is greater where hypnosis is utilized

Research into cognitive-behavioral weight loss treatments established that weight loss is greater where hypnosis is utilized. It was also established that the benefits of hypnosis increase over time. *Journal of Consulting and Clinical Psychology* (1996)

Showed Hypnosis As "An Effective Way To Lose Weight"

A study of 60 females who were at least 20% overweight and not involved in other treatment showed hypnosis is a more effective way to lose weight. *Journal of Consulting and Clinical Psychology* (1986)

MIGRAINES

Hypnosis Reduces Frequency and Intensity of Migraines

Comparing treatment of migraines by hypnosis with treatment with the drug prochlorperazine (Stemetil). Results show that the number of attacks and the number of people who suffered blinding attacks were significantly lower for the group receiving hypnotherapy. For the group on hypnotherapy, these two measures were significantly lower than when on the previous treatment.

Anderson JA, Basker MA, Dalton R, Migraine and hypnotherapy, *International Journal of Clinical & Experimental Hypnosis* 1975; 23(1): 48-58.

RECOVERY FROM SURGERY/HOSPITALS

Hypnosis Reduces Pain and Speeds up Recovery from Surgery

Since 1992, we have used hypnosis routinely in more than 1400 patients undergoing surgery. We found that hypnosis used with patients as an adjunct to conscious sedation and local anesthesia was associated with improved intra operative patient comfort, and with reduced anxiety, pain, intra operative requirements for anxiolytic and analgesic drugs, optimal surgical conditions and a faster recovery of the patient. We reported our clinical experience and our fundamental research.

Hypnosis and its application in surgery, Defechereux T, Joris J, Adant JP, Hamoir E, Meurisse, Service d'Anesthésie-Reanimation, Université de Liège, Rev Med Liège. 1998 Jul;53(7):414-8.

Patients healed 41% faster from bone fracture; Healed significantly faster from surgery.

Two studies from Harvard Medical School show hypnosis significantly reduces the time it takes to heal. **Study One:** Six weeks after an ankle fracture, those in the hypnosis group showed the equivalent of eight and a half weeks of healing. **Study Two:** Three groups of people studied after breast reduction surgery. Hypnosis group healed “significantly faster” than supportive attention group and control group.

Harvard Medical School, Carol Ginandes and Union Institute in Cincinnati, Patricia Brooks, Harvard University Gazette Online at <http://www.hno.harvard.edu/gazette/2003/05.08/01-hypnosis.html>.

Surgical patients in hypnotherapy treatment groups do 89% better than normal.

In a meta-study of 20 published, controlled studies on the use of hypnotherapy with patients having surgical procedures to determine these: **1)** Whether hypnosis had a beneficial impact; **2)** Whether there are outcomes for which hypnosis offers a distinct advantage; **3)** Whether the method of hypnotic induction made a difference in efficacy. The average improvement for surgical hypnotherapy was 20% and 89% of patients did better than the control group. No significant differences in efficacy were found among hypnotic induction techniques.

Montgomery, David, Winkel, Silverstein, Bowbiere (2007) “The Effectiveness of Adjunctive Hypnosis With Surgical Patients” Behavioral Medicine Program, Rutenberg Cancer Center, Mount Sinai School of Medicine, New York.

Hypnosis Useful in Hospital Emergency Rooms

Hypnosis can be a useful adjunct in the emergency department setting. Its efficacy in various clinical applications has been replicated in controlled studies. Application to burns, pain, pediatric procedures, surgery, psychiatric presentations (e.g., coma, somatoform disorder, anxiety, and post traumatic stress), and obstetric situations (e.g., hyperemesis, labor, and delivery) are described.

Emerg Med Clin North Am. 2000 May;18(2):327-38, x. The use of hypnosis in emergency medicine. Peebles-Kleiger MJ, Menninger School of Psychiatry and Mental Health Sciences, Menninger Clinic, Topeka, KS, USA. peeblemj@menninger.edu

PAIN

Hypnosis Reduces Pain Intensity

Analysis of the simple-simple main effects, holding both group and condition constant, revealed that application of hypnotic analgesia reduced report of pain intensity significantly more than report of pain unpleasantness.

Dahlgren LA, Kurtz RM, Strube MJ, Malone MD, Differential effects of hypnotic suggestion on multiple dimensions of pain. *Journal of Pain & Symptom Management*. 1995; 10(6): 464-70.

PAIN (continued)

Hypnosis Reduces Pain of Headaches and Anxiety

The improvement was confirmed by the subjective evaluation data gathered with the use of a questionnaire and by a significant reduction in anxiety scores.

Melis PM, Rooimans W, Spierings EL, Hoogduin CA, Treatment of chronic tension headache with hypnotherapy: a single-blind time controlled study. *Headache* 1991; 31(10): 686-9.

Hypnosis Lowered Post-treatment Pain in Burn Injuries

Patients in the hypnosis group reported less post treatment pain than did patients in the control group. The findings are used to replicate earlier studies of burn pain hypnoanalgesia, explain discrepancies in the literature, and highlight the potential importance of motivation with this population.

Patterson DR, Ptacek JT, Baseline pain as a moderator of hypnotic analgesia for burn injury treatment. *Journal of Consulting & Clinical Psychology* 1997; 65(1): 60-7.

Hypnosis Lowered Phantom Limb Pain

Hypnotic procedures appear to be a useful adjunct to established strategies for the treatment of phantom limb pain and would repay further, more systematic, investigation. Suggestions are provided as to the factors which should be considered for a more systematic research program.

Treatment of phantom limb pain using hypnotic imagery. Oakley DA, Whitman LG, Halligan PW, Department of Psychology, University College, London, UK.

Hypnosis Has a Reliable and Significant Impact on Acute and Chronic Pain

Hypnosis has been demonstrated to reduce analogue pain. Studies on the mechanisms of pain reduction have provided useful applications to clinical populations. Studies showing central nervous system activity during hypnotic procedures offer preliminary information concerning possible physiological mechanisms of hypnotic analgesia. Randomized controlled studies with clinical populations indicate that hypnosis has a reliable and significant impact on acute procedural pain and chronic pain conditions. Methodological issues of this research are discussed, as are methods to better integrate hypnosis into comprehensive pain treatment.

Hypnosis and clinical pain. Patterson DR, Jensen MP, Department of Rehabilitation Medicine, University of Washington School of Medicine, Seattle, WA USA 98104 *Psychol Bull.* 2003 Jul;129(4):495-521.

Hypnosis is a Powerful Tool in fibromyalgia Pain Therapy and is Biological in Addition to Psychological

Attempting to elucidate cerebral mechanisms behind hypnotic analgesia, we measured regional cerebral blood flow with positron emission tomography in patients with fibromyalgia, during hypnotically-induced analgesia and resting wakefulness. The patients experienced less pain during hypnosis than at rest. Cerebral blood-flow was bilaterally increased in the orbitofrontal and subcallosal cingulate cortices, the right thalamus, and the left inferior parietal cortex, and was decreased bilaterally in the cingulate cortex. The observed blood-flow pattern supports notions of a multifactorial nature of hypnotic analgesia, with an interplay between cortical and subcortical brain dynamics.

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Functional anatomy of hypnotic analgesia: a PET study of patients with fibromyalgia. Wik G, Fischer H, Bragee B, Finer B, Fredrikson M, Department of Clinical Neurosciences, Karolinska Institute and Hospital, Stockholm, Sweden *Eur J Pain.* 1999 Mar;3(1):7-12.

SELF-ESTEEM/ANGER

Raised Self-esteem & Serenity. Lowered Impulsivity and Anger

In a research study on self-hypnosis for relapse prevention training with chronic drug/alcohol users. Participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs (SARRTPs). individuals who used repeated self-hypnosis "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.

American Journal of Clinical Hypnotherapy (a publication of the American Psychological Association) 2004 Apr;46(4):281-97)

MENTAL ISSUES

Hypnotherapy Recovery Rate For Mental Issues, 93% After six Sessions

Using the National Library of Medicine's Medical Literature Analysis and Retrieval System (MEDLARS) storage of information, based on some 2,400 medical and psychological journals, Alfred Barrios, Ph.D., found that the average recovery rate for hypnotherapy success was 93% after an average of 6 sessions. This was compared to a 38% recovery rate after an average of 600 sessions for psychoanalysis (talktherapy).

Barrios, A., "Hypnotherapy: A Reappraisal" *Psychotherapy: Theory, Research and Practice* (1970)".

Hypnosis Statistics from Answers.com