

# Scientific Studies On The Effectiveness Of Hypnosis For Smoking Cessation

1. In 1992 in order to find the most effective method to stop smoking Frank Schmidt and research student, Chockalingham Viswesvaran from the University Of Iowa used a meta-analysis utilizing the results of more than 600 studies.

This comparison was reported in the *New Scientist*. The article in that publication put Hypnosis at the very top of available treatments by stating that '*Stop Smoking Hypnosis*' was the MOST effective way to give up the habit.

A second report of the same research published in the *Journal of Applied Psychology* included the results of 48 studies of hypnosis (covering some 6000 smokers) clearly showed the effectiveness of stop smoking with hypnosis. The results clearly demonstrated that hypnosis was three times more effective than NRT.

**References** - Elliot Wald Tami J Egelston PhD.& Fredrick Gibbson PhD Cognitive reactions to smoking relapse *New Scientist* vol 136 pp6.

2. A report in *The American Journal of Clinical Hypnotherapy* (1968) cites a study that showed 94% of patients that quit smoking through hypnosis were still not smoking 18 months later. Further, the *International Journal of Clinical and Experimental Hypnosis* (1970) cites a study with 88% reporting success after one year.

3. In a 1993 study, more than half of the 226-person study group completely abstained from smoking one week after a single-session habit-restructuring intervention involving self-hypnosis. The participants were taught how to enter self-hypnosis and to use it when they wanted to smoke. Clinicians presented a strategy involving a positive commitment to respect and protect one's body, rather than the conventional strategy of fighting the urge to smoke. Cessation rates at six months climbed to 66 percent for individuals who completed a hypnosis-based treatment program according to research published in the *American Journal of Clinical Hypnosis* (Vol. 40, No. 2, p. 146–156, 1997).

4. While the success of hypnosis sometimes depends on a patient's ability or willingness to be hypnotized as well as the skill of the hypnotherapist, it has been used effectively in the treatment of obesity, smoking, insomnia, acute and chronic pain, anxiety and depression and during dental and surgical procedures. It also has proven useful in treating such conditions as irritable-bowel syndrome and tension headaches, says a 1996 National Institutes of Health Technology Assessment Panel on Integration of Behavioral and Relaxation Approaches (*Journal of the American Medical Association*, Vol. 276, No. 4, p. 313–318).