

# Hypnotherapy For Smoking Cessation Has Strong Results

**Results:** Hospitalized patients who smoke may be more likely to quit smoking through the use of hypnotherapy than patients using other smoking cessation methods. This study shows that smoking patients who participated in one hypnotherapy session were more likely to be nonsmokers at 6 months compared with patients using nicotine replacement therapy (NRT) alone or patients who quit "cold turkey."

**Notes:** This study compared the quit rates of 67 smoking patients hospitalized with a cardiopulmonary diagnosis. All patients were approached about smoking cessation and all included in the study were patients who expressed a desire to quit smoking. At discharge, patients were divided into four groups based on their preferred method of smoking cessation treatment: hypnotherapy (n=14), NRT (n=19), NRT and hypnotherapy (n=18), and a group of controls who preferred to quit "cold turkey" (n=16). All patients received self-help brochures. The control group received brief counseling, but other groups received intensive counseling, free supply of NRT and/or a free hypnotherapy session within 7 days of discharge, as well as follow up telephone calls at 1, 2, 4, 8, 12, and 26 weeks after discharge. Patients receiving hypnotherapy also were taught to do self-hypnosis and were given tapes to play at the end of the session.

At 26 weeks after discharge, 50 percent of patients treated with hypnotherapy alone were nonsmokers, compared with 50 percent in the NRT/hypnotherapy group, 25 percent in the control group, and 15.78 percent in the NRT group. Patients admitted with a cardiac diagnosis were more likely to quit smoking at 26 weeks (45.5 percent) than patients admitted with a pulmonary diagnosis (15.63 percent).

The researchers note that hospitalization is an important opportunity to intervene among patients who smoke.

This study was presented at Chest 2007, the 73rd annual international scientific assembly of the American College of Chest Physicians Oct. 24, 2007

By: Faysal Hasan, MD, FCCP, North Shore Medical Center, Salem, MA Dr. Hasan and colleagues from North Shore Medical Center and Massachusetts General Hospital

<http://www.sciencedaily.com/releases/2007/10/071022124741.htm>

## 1.1 Smoking Cessation

In 2007, researchers from North Shore Medical Center in Salem, Massachusetts compared 67 people who wanted to quit smoking and were divided into 4 groups based on their method of smoking cessation treatment: (a) hypnotherapy; (b) nicotine replacement therapy; (c) nicotine replacement therapy plus hypnotherapy; and (d) quitting "cold turkey." They concluded that a person may be more likely to quit smoking through the use of hypnotherapy than by using other smoking

cessation methods. This study shows that smokers who participated in one hypnotherapy session were more likely to be nonsmokers after 6 months compared with patients using nicotine replacement therapy alone or patients who quit "cold turkey."<sup>[1.1]</sup>

- In 1992, researchers from the University of Iowa statistically analyzed the results of 633 smoking cessation studies involving 71,806 participants. They concluded that hypnosis was the most effective technique used to quit smoking. In fact, they found that a single session of hypnosis is three times more effective than nicotine gum and five times more effective than willpower alone.<sup>[1.2]</sup>
- In 2004, researchers from Texas A&M University's Health Science Center studied 21 smokers who had failed in previous unassisted attempts to stop smoking. The participants were given three hypnosis sessions and also a tape recording with a hypnotic induction they could use on their own time. At the end of the program, 17 subjects (81%) reported that they had stopped smoking. A 12-month follow-up revealed that 10 of them (48%) remained smoke-free.<sup>[1.3]</sup>
- In 2015, researchers from the Faculty of Nursing at the Beni-Suef University in Egypt studied 59 male secondary school students who were smokers. These subjects were taught self-hypnosis for the purpose of quitting smoking. After nine weeks of doing the self-hypnosis, 65.4% of those studied had stopped smoking.<sup>[1.4]</sup>

## 1.2 Smoking Cessation A Meta-Analytic Comparison of the Effectiveness of Smoking Cessation Methods

**Results:** They found that among of all of the techniques used, hypnosis was the most effective. They found that a single session of hypnosis was three times more effective than the nicotine gum and five times more effective then willpower alone (willpower was 6%; nicotine gum was 10% and a single hypnosis session was 30%).

**Notes:** The Institute of Actuaries (in the US) commissioned the largest study ever done on smoking cessation. It statistically analyzed the results of 633 smoking cessation studies involving 71,806 participants.

Journal of Applied Psychology. Vol 77(4), Aug 1992, 554-561

By: C. Viswesvaran, F. L. Schmidt, Department of Management and Organizations, University of Iowa, Iowa City 52242

- <https://www.ncbi.nlm.nih.gov/pubmed/1387394>
- <http://psycnet.apa.org/journals/apl/77/4/554/>