WASHINGTON STATE UNIVERSITY
College of Education

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Will defend the dissertation

Date: April 5, 2017
Time: 9:00 A.M.
Location: Pullman - Cleveland 353

Faculty, students and the general public are encouraged to attend.

EFFECTS OF HYPNOSIS TO FACILITATE MOVEMENT THROUGH STAGES OF CHANGE FOR SMOKING CESSATION

Chair: Arreed Barabasz

On the basis of the transtheoretical model of change, it was hypothesized that hypnosis would facilitate significantly greater movement through the stages of change toward smoking cessation in contrast to an active control condition. Thirty participants were pre-tested for hypnotizability using the Elkins Hypnotizability Scale. Participants readiness for change was assessed using the University of Rhode Island Change Assessment scale. Groups were balanced for hypnotizability, stage of change, number of cigarettes smoked per day, and years spent smoking. The relaxation induction from the Elkins Hypnotizability Scale was used to relax participants and induce hypnosis. Hypnotic suggestions were then matched to participants stage of change and were intended to reduce ambivalence while increasing motivation about smoking cessation. The University of Rhode Island Change Assessment scale was administered immediately following intervention and at a 10-day follow-up. A series of two-factor split-plot ANOVA’s showed significant changes within groups in the hypothesized direction at multiple time points, including a decrease in contemplation scores from pre-intervention to 10-days following intervention (p = .002) and an increase in action scores from pre-intervention to post-intervention (p = .00007). Effects of both groups further showed a significant reduction to the amount of cigarettes smoked per day (p = .003).