



Evidence Supporting the Use of Hypnosis for Stop Smoking

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 (October, 1992): How One in Five Give Up Smoking

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 who used hypnosis to stop smoking were twice as likely to remain smoke-free than those who stopped smoking on their own.

Guided health imagery for smoking cessation and long-term abstinence. Wynd, CA. Journal of Nursing Scholarship, 2005; 37:3, pages 245-250.

Hypnosis More Effective Than Drug Interventions For Smoking Cessation Hypnosis

(individualised or group) was demonstrated to be more effective than drug interventions. The study also noted that individualised hypnosis sessions were more effective than group hypnosis sessions, though the group hypnosis sessions were still demonstrated here as being more effective than drug interventions.

Kirsch, Irving (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments--Another meta-reanalysis. Journal of Consulting and Clinical Psychology, 64 (3), 517-519.

90.6% Success Rate for Smoking Cessation Using Hypnosis

Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 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 the facilitation of smoking cessation by 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 combining hypnosis and aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. Psychol Rep. 1994 Oct;75(2):851-7.