

Research: hypnosis and phobias

Student test anxiety

Students taught self-hypnosis showed a significant reduction in anxiety scores (maintained at 6-month follow-up) then a control group. (1)

Public speaking

The group who received hypnosis had a greater expectation for change and that change was achieved, than those who had non-hypnotic treatment.

Fear of flying

50% of patients afraid of flying were improved or cured after Hypnosis treatment.

References:

- (1) *Stanton, H. E. (1994)*
- (2) *Schoenberger, N. E.; Kirsch, I.; Gearan, P.; Montgomery, G.; Pastyrnak, S.L. (1997).*
- (3) *Spiegel, D. (1998) Report in the Harvard Mental Health Letter, September 1998, vol. 15, p. 5-6*