Hypnotic tape intervention ameliorates stress: a randomized, control study.

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Abstract

This study (N = 35) used a randomized control design, and participants were collected from a variety of groups. After evaluating their degree of stress and burnout, coping styles, general well-being, and hypnotizability, participants were matched by stress level and randomly assigned to an intervention or wait-list group. The intervention comprised an audio recording of a hypnotic induction accompanied by suggestions for progressive relaxation, imagery, and anchoring to be used for 2 weeks. The results show that, as compared with baseline and wait-list conditions, the hypnotic intervention had a medium-to-large beneficial effect on participants' experience of stress, burnout, and well-being. Some participants also decreased their use of the coping strategy escape-avoidance postintervention. Hypnotizability correlated significantly or marginally with some outcomes of the intervention, but only for 1 group.

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