

Changes in expectancies for the hypnotic state directly associated with improvements in conscious/nonconscious attitudes towards hypnosis: An intervention study with Japanese university students

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Introduction

How hypnosis is treated

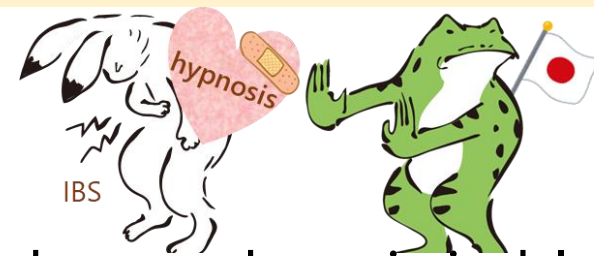
- Many studies show that hypnosis is effective for psychosomatic disorders such as irritable bowel syndrome.
- However, hypnosis is rarely utilized in Japan, probably because of its negative image.

Attempt to change attitudes towards hypnosis

- Nakatani et al. (2021) demonstrated that the psycho-education to correct expectancies for the hypnotic state improved attitudes towards hypnosis.
- However, this study did not identify the changes in expectancies for the hypnotic state sub-scales that were directly associated with the changes in conscious/nonconscious attitudes towards hypnosis.

Purpose of this study

The current study examined the relationship between the degree of changes in four sub-scale scores of expectancies for the hypnotic state and conscious/nonconscious attitudes towards hypnosis scores using the data of Nakatani et al. (2021).



Materials, Methods and Analysis

Participants

- University students ($N = 54$)

correcting expectancies
for loss of control
Condition ($N = 18$)



correcting expectancies
for released potentiality
condition ($N = 17$)



control condition

($N = 19$)



Scales

- Modified scale for Attitudes Toward Hypnosis** (Shimizu, 2009)

The higher score is, the more positive attitudes towards hypnosis is.

- Hypnotic State Expectancy Questionnaire** (Shimizu, 2009)

There are four sub-scales (Nakatani et al., 2021).

Sub-scales	Hypnotized people will...
Expectancy for the loss of control	lose control and be manipulated by the hypnotist easily.
Expectancy for the ability to improve	be able to do anything, in spite of exceptionally difficult tasks.
Expectancy for memory recall	recall memory from childhood.
Expectancy for being relaxed	be relaxed.

Procedures and Analysis

- Participants signed an informed consent form.
- Changes in expectancies for the hypnotic state and conscious/nonconscious attitudes towards hypnosis through psycho-education were assessed by the scales shown above.
- Partial correlation analyses** were performed among changes in each scale under three conditions of psycho-education using expectancies for the hypnotic state sub-scale scores and conscious/nonconscious attitudes towards hypnosis scores before psycho-education as control variables.

Results

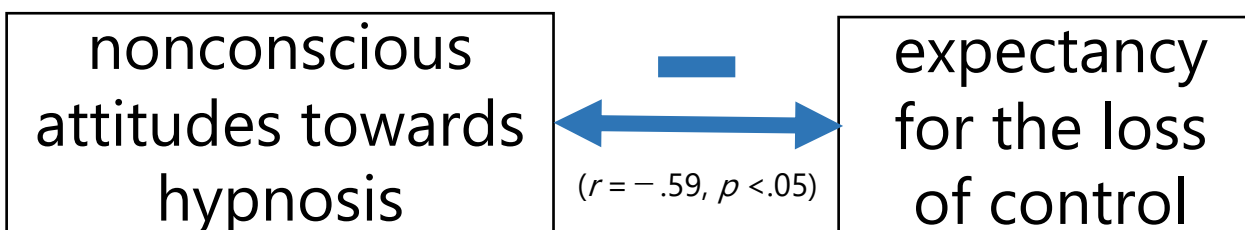
Table 1 Results of partial correlation analyses among changes in each scale.

	Expectancies for the loss of control	Expectancies for the ability to improve	Expectancies for memory recall	Expectancies for being relaxed
correcting expectancies for the loss of control condition				
conscious attitudes towards hypnosis	.20	.09	-.07	.28
nonconscious attitudes towards hypnosis	-.39	-.05	-.04	-.27
correcting expectancies for released potentiality condition				
conscious attitudes towards hypnosis	.12	.13	-.01	-.09
nonconscious attitudes towards hypnosis	-.59*	-.15	-.05	-.19
control condition				
conscious attitudes towards hypnosis	-.05	.60*	.16	.35
nonconscious attitudes towards hypnosis	.24	.27	.01	.01
All				
conscious attitudes towards hypnosis	-.08	.20	.05	.11
nonconscious attitudes towards hypnosis	-.14	-.03	.04	-.15

*: $p < .05$

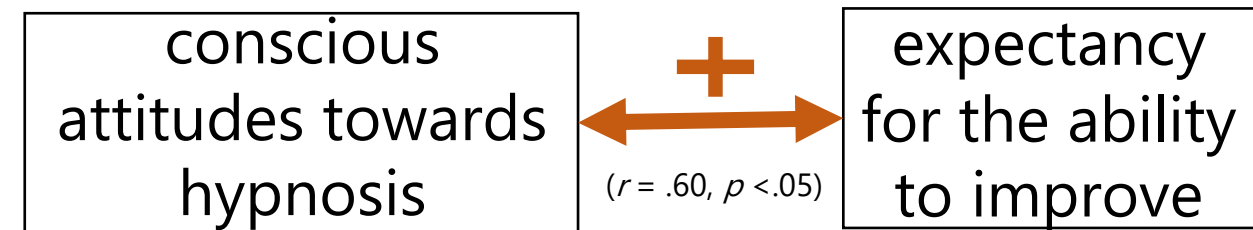
correcting expectancies for the loss of control condition

a significant **negative** correlation



control condition

a significant **positive** correlation



Conclusion

- These results indicate that the relationships are different in each condition between changes in expectancies for the hypnotic state to changes in conscious/nonconscious aspects of attitudes towards hypnosis..