

# Effect of hypnotherapy on smoking cessation among secondary school students

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## Abstract

**Background:** Hypnotherapy is widely promoted as a method for aiding smoking cessation. It is proposed to act on underlying

impulses to weaken the desire to smoke or strengthen the will to stop. The aim of this study was to examine the effectiveness of

hypnotherapy on smoking cessation among secondary school students.

**Method:** A random sample of 59 male smokers was selected from two governmental secondary schools. Design: A quasiexperimental

design was used. Tools: Data were collected using; A- an Interview Questionnaire included; I- smoking assessment tool to determine the smoking rate among males students. II-Characteristics of studied students regarding smoking pattern. III Smoking

Cessation Questionnaire. B-Wisconsin smoking withdrawal scale. The hypnotherapy was implemented after assessing

the rate of male smokers, the researchers trained the students in practicing self hypnosis, and asked them to practice it at home

and to document the frequency of daily smoked packs for nine weeks.

**Results:** The present study findings indicated that the rate of male smokers among secondary school students in Beni-Suef

city was 52.4%, about two third of studied students (65.4%) stopped smoking after nine weeks of practicing hypnosis and the

percentage of smoked packs of cigarettes/ day decreased after implementing the program.

**Conclusion:** The present study findings showed that hypnotherapy has a therapeutic effectiveness in achieving a high rate

of smoking cessation among secondary school students. There was a highly significant difference in total score of smoking

withdrawal index before and after intervention. Recommendation: Community and school education programs should include

sessions on quitting smoking, implementing school-based interventions in combination with antitobacco mass media campaigns.

**Key Words:** Secondary school students, Hypnotherapy, Smoking cessation