

The Relationship between Trait Anxiety and Hypnotic Suggestibility

Charlotte Cassidy, Ben Silver; SCAN Lab

Introduction



- Social Cognitive and Affective Neuroscience lab is examining hypnosis and its effect on emotional regulation.
- Hypnosis linked to mindfulness, linked to trait anxiety.
- TA and suggestibility have direct life satisfaction outcomes (Stanford et al 2009), with role for hypnotherapy.

Hypothesis

Individuals with high trait anxiety are suggestible

Methods

Data Collection



- Barret Impulsivity Scale
- Tellegen Absorption Scale
- Five Factor Mindfulness Questionnaire
- NIH-PROMIS Anxiety 8a short form – Emotional Distress

Statistical Analysis

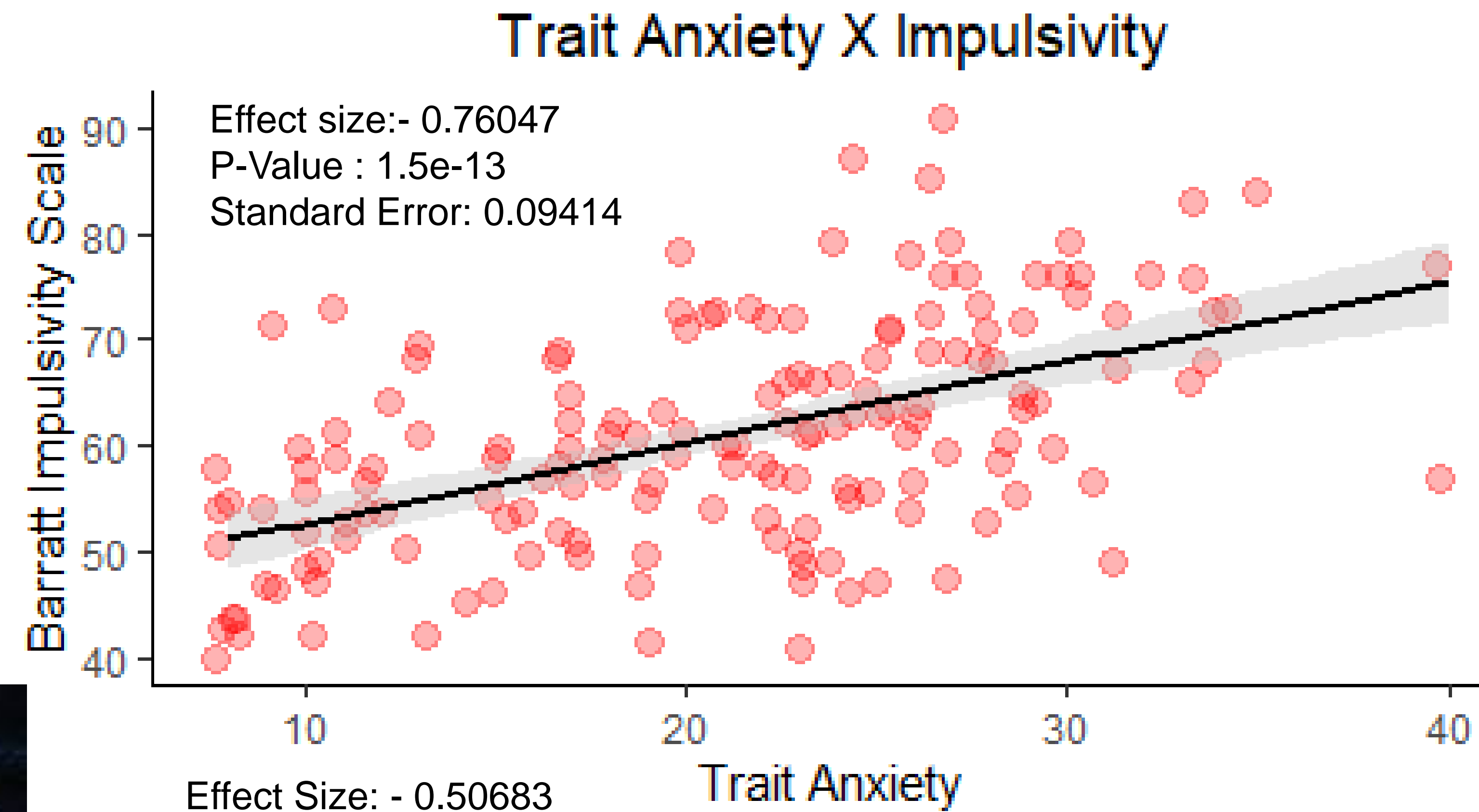
Ran three linear regression models to examine how suggestibility relates to anxiety

All data was collected on Qualtrics via the SCAN lab

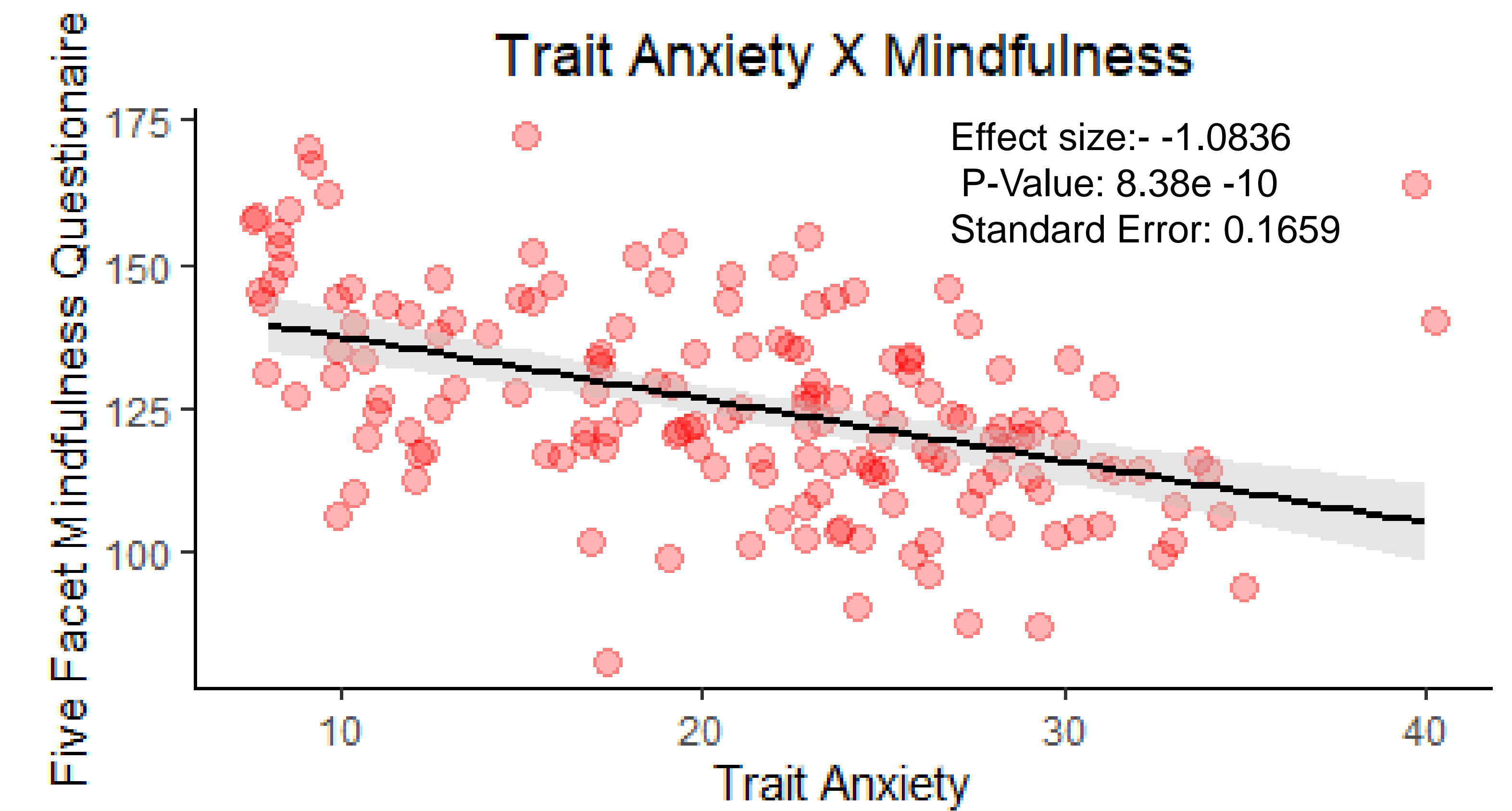
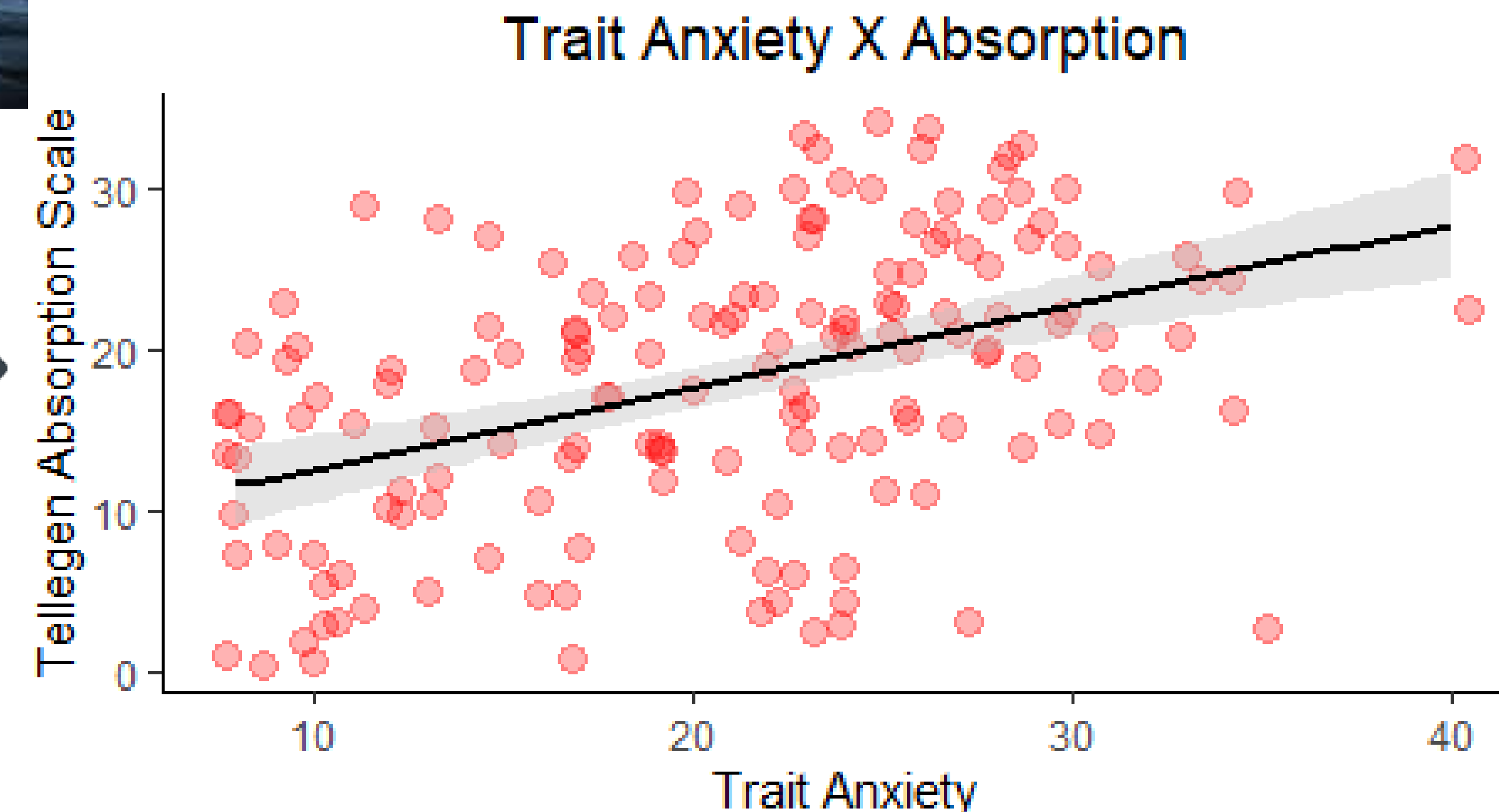


qualtrics^{XM}

Results



Effect Size: -0.50683
P-value: 4.16e-09
Standard Error: 0.08148



Conclusion

- Studies show that children with high trait anxiety are more suggestible
- The BIS scale consists of sub traits such as not thinking ahead that relates to anxiety
- Studies using mindfulness meditation techniques have shown to improve anxiety
- The TAS has been shown to be significantly correlated with hypnotic susceptibility
- This opens up the question as to why absorption is positively correlated whereas mindfulness is negatively correlated.

The Relationship between Trait Anxiety and Hypnotic Suggestibility

Charlotte Cassidy, Ben Silver; SCAN Lab

Gu, J., Strauss, C., Crane, C., Barnhofer, T., Karl, A., Cavanagh, K., & Kuyken, W. (2016). Examining the FACTOR structure of THE 39-ITEM And 15-item versions of the FIVE Facet MINDFULNESS questionnaire before and after mindfulness-based cognitive therapy for people with RECURRENT DEPRESSION. *Psychological Assessment, 28*(7), 791–802. <https://doi.org/10.1037/pas0000263>

Almerigogna, J., Ost, J., Bull, R., & Akehurst, L. (2018). A state of high anxiety: How non-supportive interviewers can increase the suggestibility of child witnesses. *Investigating the Truth, 112–125*. <https://doi.org/10.4324/9781315169910-8>

Gershon, R. C., Rothrock, N., Hanrahan, R., Bass, M., & Cella, D. (2010). The use of PROMIS and assessment center to deliver patient-reported outcome measures in clinical research. *Journal of applied measurement, 11*(3), 304–314.

Wolfradt, U., & Meyer, T. (1998). Interrogative suggestibility, anxiety and dissociation among anxious patients and normal controls. *Personality and Individual Differences, 25*(3), 425–432. [https://doi.org/10.1016/s0191-8869\(98\)00023-3](https://doi.org/10.1016/s0191-8869(98)00023-3)

Stanford, M. S., Mathias, C. W., Dougherty, D. M., Lake, S. L., Anderson, N. E., & Patton, J. H. (2009). Fifty years of the Barratt Impulsiveness SCALE: An update and review. *Personality and Individual Differences, 47*(5), 385–395. <https://doi.org/10.1016/j.paid.2009.04.008>

Semple, R. J., Reid, E. F., & Miller, L. (2005). Treating anxiety with mindfulness: An open trial of mindfulness training for anxious children. *Journal of Cognitive Psychotherapy, 19*(4), 379–392. <https://doi.org/10.1891/jcop.2005.19.4.379>

Reiss, S. (1997). Trait anxiety: It's not what you think it is. *Journal of Anxiety Disorders, 11*(2), 201–214. [https://doi.org/10.1016/s0887-6185\(97\)00006-6](https://doi.org/10.1016/s0887-6185(97)00006-6)

Carpenter, J. K., Conroy, K., Gomez, A. F., Curren, L. C., & Hofmann, S. G. (2019). The relationship Between Trait mindfulness and AFFECTIVE symptoms: A meta-analysis of the FIVE Facet MINDFULNESS Questionnaire (FFMQ). *Clinical Psychology Review, 74*, 101785. <https://doi.org/10.1016/j.cpr.2019.101785>