

THE EFFECTS OF HYPNOSIS ON WEIGHT LOSS

By

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The work reported in this thesis is original and carried out by me solely, except for the acknowledged direction and assistance gratefully received from colleagues and mentors.

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## Abstract

The number of overweight and obese Americans is increasing at an alarming rate every year in the United States. Both men and woman are visiting weight loss clinics, buying weight loss products, and electing for various forms of surgery to either decrease the bulges or limit food intake. American women, in particular, have more pressure on them, than men do, to lose weight, partly due to the influences of the media. Whether it be radio, television, or print ads, women are bombarded daily with weight loss sales hype.

For many women, being hypnotized to lose weight seems like an easy and painless alternative to feeling hungry while dieting or going through the pain and danger of surgery. This study hypothesized that one session of hypnosis directed at weight loss would cause the female participants in the study to lose both pounds and inches within a 90 day intervention period. The participants were given an audiotape of the session to take home. Each participant was instructed to listen to the audiotape once per day and record the session on a diary sheet. Compliance was low.

In this study, pounds and inches were measured in 13 women between the ages of 38 to 63 years before and after one hypnosis intervention. There was no noticeable weight loss at the end of the intervention period. Concurring with the review of literature, it is believed that a cognitive-behavioral therapy used in conjunction with the hypnosis intervention should allow for the desired weight loss to occur. Recommendations for future research are discussed.

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Seven of the participants reviewed the take-home materials. Of these, four listened to the audiotape and 3 read the script and affirmations. There were a total of 145 exposures, averaging out to 11.15 exposures for each of the 7 participants. This information can be viewed in Table 7.

Table 7: Review of Take Home Materials- Frequency of Compliance

	Read Affirmations	Read Script	Audiotape
1	0	0	35
2	0	0	1
3	0	0	0
4	0	0	0
5	0	0	55
6	0	0	0
7	4	2	0
8	20	1	0
9	0	0	0
10	0	0	0
11	0	0	0
12	0	0	22
13	3	2	0

Eight of the 13 participants ranked their personal satisfaction with their weight higher at the post intervention appointment. Two of these 8 participants had gained weight, but lost inches during the 90-day intervention period. Four participants had no change in rating their personal satisfaction of their weight, and of these 3 had gained weight during the intervention period. Only one participant, Subject 10, ranked her satisfaction with her weight lower at the post intervention appointment. She gained 5 pounds during the intervention period. Table 8 illustrates this information.

Table 8: Differential Rating Scale Scores of Weight Satisfaction with 1 being extremely unsatisfied with current weight and 7 being extremely satisfied with current weight

Subjects	Pre-Intervention	Post-Intervention	Change in Rating
1	1	4	+3
2	2	3	+1
3	2	5	+3
4	2	3	+1
5	2	3	+1
6	1	2	+1
7	1	1	0
8	2	2.5	+.5
9	1	1	0
10	3	2	-1
11	3	3	0
12	2	4	+2
13	1	1	0
Average	1.77	2.65	.88

Table 9 is a summary table. Included is the list of subjects with their ages at the first intervention appointment. Changes measured at the end of the intervention period include: pounds and inches gained or lost, dessert and sweets consumption, water intake, weekly exercise frequency, and exposures to the take-home materials. The last column indicates changes in weight satisfaction measured by a semantic differential rating scale.

Table 9: Summary Table Based on Measurement Changes after a 90 Day Intervention

Subject	Age at Onset	Pounds	Inches	Sweets	Water	Exercise	Total Exposures	Weight Satisfaction
1	54	+1.0	-1.75	0	+2	0	35	+3
2	46	-2.0	-2.75	0	+2	0	1	+1
3	40	-2.8	-4.00	-4	-3	0	0	+3
4	63	-1.4	+4.75	-2	0	+5	0	+1
5	48	-.4	N/A	-1.5	+4	+3	55	+1
6	41	-7.6	+1.75	-1	+1	+5	0	+1
7	56	+3.2	+4.25	-1	-2	0	6	0
8	55	-.4	+2.00	0	+6	+5	21	+5
9	38	+2.8	+2.00	+1	-1	0	0	0
10	48	+5.0	+4.50	-.35	-4	+3	0	-1
11	52	-2.2	-2.25	-.5	-.5	0	0	0
12	61	+6	-3.25	-2.5	+3	12	22	+2
13	60	+5.0	+2.00	+1	+5	-.5	5	0
Average	50.92	.80	4.25	-.83	.62	1.46	11.15	.88

## Chapter 4

### Discussion

This study found no apparent relationship between applying a particular hypnosis weight loss script, with either pounds or inches lost. In addition, no apparent relationship was found between pounds or inches lost with the use of a particular hypnosis audiotape and/or written affirmations.

The level of compliance was very low with only 3 participants reported having consistently listened to the weight loss script on side A of the hypnosis audiotape. In addition, only 3 participants reported to have read the list of affirmations taken from the hypnosis script during the 90 day intervention period. The principal investigator discovered blank and/or missing self-recorded diary sheets at the post intervention appointments. Only 1 participant turned in her self-recorded diary sheets to the Principal Investigator. When the principal investigator asked the other 12 participants for their sheets, she was told they were blank or misplaced.

The non-compliance by the majority of the participants is a signal that follow-up calls or postcards should be utilized during the intervention period, and/or the intervention period should be of a shorter time frame. Denial of participation after binge eating could have influenced this non-compliance, as each participant realized she was not achieving her weight loss goals. The most common comment the principal investigator heard was, "I don't want you to fail because I did not lose weight." Rather than assuring the participants at the end of the 90 day intervention period, their weight

gain would not affect the principal investigator's class grade, this information should have been shared at the intervention appointment.

One suggestion for improving the design of this particular study is to provide additional hypnosis sessions for weight loss during the intervention period. The intervention period could range from eight to twelve weeks. A hypnosis session once a week should be provided during the intervention period in any replication study. The participants would be reminded after each session to listen to the audiotape, read and/or say the affirmations, and record the daily activities of both during that week.

The low sample size of 13 participants precludes meaningful analysis using inferential techniques. Clearly, further replication attempts will require a larger sample size. Because the sample size was so small, only female participants were chosen for the study. This created a homogeneous group of women, with 10 being in pre-menopause or menopause, and the other 3 participants being post-menopausal. (This information was extracted during conversation at each intervention appointment). This is a concern as it is considered to be an internal validity threat to history and acts as a confounding variable. Women in pre-menopause or menopause can have a greater desire to snack, crave fatty foods, and have greater difficulty losing weight. Hormone imbalance can create physical difficulties for a woman trying to lose weight. Furthermore, replication of this study should include both men and women. The age range studied should be broader, including those from 20 years of age to 70 years of age.

It is possible that the results of this study reflect the absorption of distracting information and/or competing responses during the hypnosis process. If for example, a participant's subconscious self heard, or absorbed conflicting information during the

hypnosis process, her response to suggestions could be diminished. After the hypnosis intervention, one participant disclosed she has cravings for salty foods, not sweet foods. The hypnosis weight loss script refers to sweet and fatty foods, not salty foods. Another participant did blame her weight gain at the end of the 90 day intervention period on the wording in the hypnosis script, used during her intervention. A future replication study could investigate the contribution of negative priming and retrieval inhibition to individual differences in interrogative suggestibility. Negative priming is reflected in an inhibitory mechanism related to selective attention.

The principal investigator believes the Inner Counselor Process should remain in the beginning of the weight loss script used for this study, or the entire Inner Counselor Process be offered to those who wish to experience it, in lieu of a hypnosis session. In a larger study, multivariate techniques can be used to analyze various weight loss results of participants using the two interventions simultaneously or separately. Approximately half of the participants of this study expressed emotions of embarrassment or remorse at the end of the intervention period for not losing, or even gaining weight. This could call into question the validity of the self-report data, since many of the participants seemed to want to please the principal investigator. Therefore, instrumentation is yet another threat to the internal validity of this study.

By “empowering” the participants with the Inner Counselor Process, the limitation of using hypnosis alone might be eliminated. The Inner Counselor Process addresses both conscious and subconscious resistance and allows the participant to connect with her Higher mind in order to consciously transform the underlying causes of that resistance.

The application of the Biocomputer Emotional Spiritual techniques (BES) could be used as a second alternative to bring back the responsibility of losing weight to the individual participant. This healing modality is intended to harmonize the body's energy fields by removing the disturbances, which are preventing it from being in balance. Weight loss difficulties are related to physical and/or emotional imbalances within the body. This body harmonizing technique could be used as a second independent variable within a replication study. Researchers found hypnosis works best when applied in conjunction with cognitive behavioral psychotherapy. The principal investigator proposes that the Inner Counselor Process and the BES technique are powerful healing interventions that work in this same capacity.

Cognitive behavioral therapy targets the behavioral pattern of binge eating, related distress and depression, as well as related cognition and attitudes. This is accomplished through self-monitoring, systematic delay, and stimulus control techniques. Rather than using these specific techniques to eliminate behavioral patterns and mood disorders, the Inner Counselor Process addresses intrinsic needs and reactive attitudes by guiding the participant beyond the needs and demands of the conscious self. The process provides a means of clear introspection to facilitate the shattering of old patterns. New patterns may then easily emerge as healing takes place on a mental, physical, emotional, and spiritual level.

BES uses the body's wisdom to tap into the body's inborn potential to heal itself. The practitioner's hands 'key in', 'hold', or 'tap' on certain points on the body to move energy into balance, all the while using muscle testing to utilize the body wisdom. The participant's mental, emotional, spiritual, and physical energy fields are balanced when

experiencing this energy medicine modality. Unlike cognitive behavioral therapy, the BES technique honors and supports the participant's healing process.

The principal investigator did provide the hypnosis intervention for each participant. She is certified as a Master Hypnotist having attended a 30 hour training course just 2 months prior to the interventions. There is a possibility that the outcome of this study would be different had she more experience in this field.

In conclusion, the field of hypnosis has been much researched and there is evidence to indicate that it can offer assistance in certain situations. Weight loss is quite a complex issue that includes physical, emotional, mental, and spiritual aspects. Dr. Doreen Virtue, author of *Earth Angels*, writes that incarnated angels have overeating or weight issues. There are some individuals who believe this is why they have weight loss difficulties. Perhaps, future research can systematically investigate a more comprehensive approach to weight loss that would address each of the aspects listed.

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**How many servings of the following do you consume on a daily basis?**

Fruits and vegetables \_\_\_\_\_ Grains or cereal \_\_\_\_\_ Dairy \_\_\_\_\_

Proteins \_\_\_\_\_ If so, how many ounces? \_\_\_\_\_ Fats/oils \_\_\_\_\_

Sweets/desserts \_\_\_\_\_ Coffee \_\_\_\_\_ Tea \_\_\_\_\_

How many times per week do you generally exercise? \_\_\_\_\_

**Average amount of time per session?** \_\_\_\_\_

Type of exercise \_\_\_\_\_

# of times last week \_\_\_\_\_ Average length of time \_\_\_\_\_

Type of exercise \_\_\_\_\_

# of times last week \_\_\_\_\_ Average length of time \_\_\_\_\_

Type of exercise \_\_\_\_\_

# of times last week \_\_\_\_\_ Average length of time \_\_\_\_\_

Type of exercise \_\_\_\_\_

# of times last week \_\_\_\_\_ Average length of time \_\_\_\_\_

What is your current position regarding the effectiveness of hypnosis?

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Do you expect to receive results from this treatment and why or why not? \_\_\_\_\_

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Appendix B  
Self-Recorded Diary





## Appendix C

### Hypnosis Weight Loss Script Weight Loss Script

#### **Pre-Hypnotic Talk:**

(After answering questions and concerns about hypnosis) The purpose of hypnosis is to break through the filter separating the conscious from the subconscious mind to activate a positive change. This allows a new emotion to be generated to replace the old one. The ego protects your subconscious mind, which holds all your thoughts and beliefs about life. It is like a cap over your subconscious mind.

If you will, just imagine your mind in 3 layers. First you have your conscious mind, which represents about 12% of your brain's power. It reasons, criticizes, and judges based on what was programmed into your subconscious mind before you turned 6 or 7 years old. During your first 4 hours of sleep, your conscious mind releases thoughts and activities from the day through your sleeping ego, into your subconscious mind. Your subconscious mind represents about 88% of your brain's power. Whatever matches the preprogrammed thoughts and judgments, will be accepted. Whatever does not match will be rejected. This is often the reason for any nightmares you might experience. This is also another reason why it is so hard to change as an adult and why hypnosis can be so beneficial- it works directly with your subconscious mind to facilitate positive changes. Your ego, or the middle layer (demonstrate with your hands while making direct eye contact) acts like a cap over your subconscious mind during the day, but while you sleep, it is resting. It is the middle layer separating your conscious and subconscious minds. Do you have any questions about this?

### **Hypnotic Induction:**

Put all your things on the floor....get relaxed and find a comfortable place, remove your glasses (if appropriate), ...uncross your legs (all extremities should be free)...as you get ready to access your power to release the habit of overeating and increase your desire for good healthy foods...foods that contain fewer calories...

Begin in a place of peace. Close your eyes for a moment and feel yourself totally there. See the colors...hear the sounds...smell the fragrances... In this place you feel calm and safe. Invite your Higher Self (some people may prefer Divine Self, Wise Advisor, or Full Potential Self) to be present and to be the principal guide for this journey. You may also call in your guardian angels and any guides you wish. As the facilitator today, I will invite my Higher Self to be present as my guide. Ask your Higher Self, if we have permission to proceed with this process. (If yes, then proceed, if no, address concerns and only proceed once permission is given.)

Participant's first name, find a spot on the ceiling where it meets the wall. At your own time, pace, speed, and rate, you may notice your eyes just begin to want to close...as you are gazing at the spot, it may become more and more difficult to keep your eyes open, or it may not...if this happens, just let them close on their own...if not, then with your intention you can allow them to close...closing the eyes now...your relaxation deepens at your feet, ankles, and calves, as you become more comfortable and your breathing becomes deeper, slower, and more regular.

You may notice that every time you open or close your eyes, that your eyelids become more and more relaxed and may not even want to open again...or your relaxation deepens or you become more comfortable or your breathing becomes deeper, slower, and more regular...there may be a chance that each and every time you open or close your eyes, you will experience a deeper and deeper state of relaxation or if not, that's O.K., too...you may also notice that your mouth becomes dry...all these things are perfectly natural and normal...you can just allow yourself to go even deeper...if you choose, and

it's your choice, your desire to release the habit of overeating today and increase your desire for good healthy foods...healthy foods that contain fewer calories!

I need for you to be fully aware of the sound of my voice during this process...your relaxation deepens at your thighs, then hips, as you become more comfortable and your breathing becomes deeper, slower, and more regular.

When I ask you to begin, at your own time, pace, rate, and speed, please allow the conscious part of your mind to begin counting slowly backwards from 100 to 1... please allow the conscious part of your mind to begin counting slowly backwards from 100 to 1...you may notice that with each progressively descending number your relaxation deepens or you become ever more comfortable or your breathing may deepen or become more rhythmic...if you should lose count at any time during this process, please simply start counting again at the place you thought you left off...if you should reach the number 1, then please simply start to count from 100 to 1 backwards again...I will be talking to you in the background, and I ask that you continue counting backwards as I speak to you...and should you notice any other sounds, please just allow those sounds to deepen your state of relaxation or comfort...moving deeper down...I will be talking to you in the background, and I ask that you continue counting backwards as I speak to you...and should you notice any other sounds, please just allow those sounds to deepen your state of relaxation or comfort...moving deeper down...

It is normal for you to be fully aware, in fact super sensitive to all the sounds and activities going on in the room around you...and I ask you to please remain fully aware of the sound of my voice during this entire process...begin now to count backwards from 100 to 1...allow time to pass...99, 98, 97, 96, 95, 94, 93, 92, 91, 90...(watch the subject's reactions)

You are one body, one mind...one body, one mind...it is your choice, your decision to lose weight, to become the healthy weight that you have chosen here today...because the time has arrived to release old habits...adding joy to your life and life to your years...you

are one body, one mind...one body, one mind...the time has arrived for you to release the habit of overeating, and increase your desire for good healthy foods, foods that contain fewer calories...continue counting please...you can, you will and you must stay away from rich, fatty, high caloric foods...because it is your choice, your desire and your decision to lose weight, to allow your body to begin taking food in only for the purposes of nourishing your body...finding great satisfaction, reward, comfort, and support from other things in your life, like exercise, drinking lots of clear, clean water and eating only low calorie healthy foods...the longer you stay away from rich, fatty, high calorie foods, the better you feel...continue counting please...the longer you stay away from rich, fatty, high calorie foods, the better you feel, the better and better you feel...you can, you will, and you must stay away from rich, high calorie, sweet, or fatty foods because it is your choice, your desire and your decision to be slim, trim, and healthy...you make healthy choices for yourself because your desire and choice is to add joy to your life and life to your years...continue counting please...you drink lots of clean clear cold water each and every day because it is your choice to improve your health and cleanse your body, allowing your body to burn off the fat as if a furnace or flame were melting wax off a candle, because it is your choice and desire to be slim, trim, and healthy because your desire and your choice is to add joy to your life and life to your years...because it is your choice and desire to be slim, trim, and healthy, because your desire and your choice is to add joy to your life and life to your years.

You shall simply release any old desire for rich, high calorie, fatty foods, because it is your choice and desire to do so...continue counting please...filling your lungs from bottom to top with clean, healthy free air...being revitalized and energized with good clean air, simply becoming cleansed from all the effects associated with the habit of overeating, and with each breath, you experience a new sensation as you notice that your body is already burning off that excess fat, with every breath...allowing your body to remain slim, trim, and healthy because it is your choice to improve your health and cleanse your body, allowing your body to burn off the fat as if a furnace or flame were melting wax off a candle, because it is your choice and desire to remain slim, trim, and

healthy, and because your desire and your choice is to add joy to your life and life to your years...continue counting please...you are one body, one mind...

You have an intense desire to stay away from high calorie, rich, fatty foods, and to drink plenty of good clean water...as you lie in your bed at night and drift to sleep, you keep this thought in mind as you lose consciousness...and each time you sleep you have a strong intense desire to stay away from rich, fatty, high calorie foods...because your desire and choice is to add joy to your life and life to your years...continue counting please...because your desire is to add joy to your life and life to your years...and when this process is completed, with each breath that you take, you notice that your body is burning off the excess calories like a furnace melts wax off a candle...

You may have a strong, inner desire to eat only low calorie healthy foods, exercise more, and drink plenty of water...continue counting please...you may have a strong, inner desire to eat only low calorie healthy foods, exercise more, and drink plenty of water...you eat only low calorie healthy foods, exercise more, and drink plenty of water because your desire and choice is to add joy to your life and life to your years...continue counting please...knowing in your mind that things in life can only bother you as much as you allow them to do so...knowing that things in life can only bother you as much as you allow them to do so...feeling in your heart and with each and every breath that your body is purifying, and cleansing itself through the breath and power of your own mind...you know that you want to be slim, trim, and healthy...you know its your desire to eliminate the habit of overeating...continue counting please...you know its your desire to eliminate the habit of overeating, to live a healthy lifestyle and to cleanse your body...because its time to release the habit of overeating and increase your desire for good healthy foods, foods that contain fewer calories...adding life to your years and joy to your life...continue counting please...

You know you will do exactly what you must do to make healthy choices for yourself and stay away from high calorie, rich, fatty foods, because you know there is one body, one mind...only one of you and it is your choice, your desire, your decision to eliminate

the habit of overeating...and as I pause, you may notice your breathing beginning to slow...with each pause...you may drift deeper and deeper down...with each pause...you may drift deeper and deeper down...continue counting please...you may drift deeper and deeper down...drift deeper and deeper down...

Imagine yourself in your mind's eye...surrounded by people you love and care about congratulating you on your success...as happiness, health, wealth, success, and abundance now flows into your life freely...your physical body becomes healthier and healthier with each passing day...you become more and more relaxed the longer I pause...you become more and more relaxed the longer I pause...keep counting please...you pay close attention to what you are imagining...you are the director of your life...the longer you stay away from rich, high calorie, fatty foods the better and better you feel...the more you exercise and drink lots of water, the better and better you feel...

You know its your desire to remain slim, trim, and healthy...its your choice to remain slim, trim, and healthy...because its time to release the habit of overeating and increase your desire for good healthy foods, foods that contain fewer calories...adding life to your years and joy to your life...continue counting please...you know you will do exactly what you must do to quit the habit of overeating...you will do exactly what you must do to make healthy choices for yourself and stay away from high calorie, rich, fatty foods, because you know there is one body, one mind...only one of you and it is your choice, your desire, your decision to release the habit of overeating...one body, one mind...only one of you and it is your choice, your desire, your decision to remain slim, trim, and healthy...to make healthy choices for your life and to exercise more...

When this process is completed, with each breath you take, you will notice your body burning off those unnecessary pounds like a furnace melts wax off a candle...and you have a strong, inner desire to make healthy choices for your life, to stay away from high calorie, rich, fatty foods...continue counting please...to stay away from high calorie, rich, fatty foods knowing in your mind that things in life can only bother you as much as you allow them to do so, that food is only fuel and that your mind is very powerful...you

get to choose how you soothe yourself, other ways like taking a walk, reading a book, going to a movie, or other activities...you get to choose how you soothe yourself, other ways like taking a walk, reading a book, going to a movie, or other activities...the longer you stay away from rich, fatty foods the more successful you become...you do exactly what you must do from this moment forward...with each exhale you may find yourself relaxing and letting go even more deeply...remaining in complete and total control of yourself...

You utilize your free given gifts from birth...and always remain careful to notice your thoughts, taking care to stay in whole mind thinking...manifesting your health, wealth, and success with your free given gifts from birth...and always remain careful to notice your thoughts, taking care to stay in whole mind thinking...manifesting your health, wealth, and success with your free given gifts from birth...manifesting your health, wealth, and success with your free given gifts from birth...and now...as I count upwards from 0 to 5...at 0 dipping just a little deeper, and at 5 you open your eyes fully awake, alert, and successful. With each ascending number gratitude may swell in your heart for life, health, energy, success, happiness, and vitality...utilizing your free given gifts from birth...full mind thinking...0...a little deeper now...1, aware that you are exercising your free given gift from birth, whole mind thinking...manifesting life, health, energy, vitality...2, aware of your ability to pursue health and happiness...3, feeling better and better, happier and happier with each number...recognizing your choice, desire, motivation, and willingness for your success today, staying away from rich, high calorie, fatty foods...adding joy to your life and life to your years...4, alert, aware of your body, the chair...5, eyes open...wide awake...taking a deep breath and noticing that your body is burning off those unnecessary pounds, adding joy to your life and life to your years, feeling great...YES!

## Appendix D

### Consent Form

#### The Effects of Hypnosis on Weight Loss

Holos University Graduate Seminary supports the practice of protection for human subjects participating in research. The following information is provided for you to decide whether you wish to participate in the present study conducted by graduate student Susan Baroni. You should be aware that even if you agree to participate, you are free to withdraw at any time without penalty.

Susan will be studying the effects of hypnosis on weight loss as a Masters Thesis project. She took and received a certificate for a 30 hour Master Hypnotist course. You will be participating in two sessions that involve filling out a questionnaire, being weighed, and talking with Susan. At the first session, Susan will use the attached hypnotic script with you. It is estimated that together the two sessions will take no longer than two hours of your time.

There are no foreseeable risks with this research. Once in a hundred first inductions, mild side-effects may occur. They almost always occur with the first induction of hypnosis and are more likely to occur in patients with psychiatric disorders. The most common of these side-effects during induction is the occurrence of increased anxiety. This is most often related to fears of loss of control, which many patients associate with hypnosis. Other affective responses, such as crying, may also occur.

More rarely, patients will feel dizzy, or develop varying degrees of nausea during an initial induction. Spontaneous regression to a traumatic event or period of life is even more rare, but is among the most important effects to recognize and handle properly.

These side-effects are usually mild and can be alleviated quickly by one or two approaches: stop the induction when the effect is recognized and discuss the reaction with the patient; if the reaction is mild, continue with the induction and the side-effect will usually disappear as the hypnotic state develops.

One potential benefit of participating is in contributing to scientific knowledge on this topic. The other benefit is the potential to lose weight. No costs or payment are associated with participating in the study. If any discomfort should arise regarding the topic or materials addressed in the study, participants can call the Principal Investigator's number listed below to ask for a referral of a qualified therapist to discuss their feelings.

Your participation is strictly voluntary. Your name will not be associated in any way with the research findings. The information will be identified only by a code number, with the key for the code kept in a secure location.

If you would like additional information concerning this study before or after it is completed, please feel free to contact me by phone, mail, or email. If you have any concerns or questions about your rights as a research participant you may contact the Faculty Supervisor at (785) 841-3550, 24900 Chieftain Rd., Lawrence, KS 66046, or by email to Monika Eichler @ monikae@sbcglobal.net.

Sincerely,

Susan Baroni  
Principal Investigator  
934 Ranch House Rd.  
Westlake Village, CA 91361  
(805) 373-7861  
susanbaroni@aol.com

Monika Eichler, LMSW  
Holos University Faculty Supervisor  
24900 Chieftain Rd.  
Lawrence, KS 66046  
(785) 841-3550  
monikae@sbcglobal.net

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Signature of subject agreeing to participate

With my signature I affirm that I am at least 18 years of age and have received a copy of the consent form to keep.

## Appendix E

## Consent to Hypnosis

TAKE NOTICE THAT THIS IS A REQUEST FOR HYPNOSIS AND  
CONTAINS A LIMITATION OF LIABILITY EXEMPTION CLAUSE

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I, \_\_\_\_\_ (The Undersigned Participant) request, and consent to receive, a hypnosis session from Master Hypnotist\* Susan Baroni.

I am aware, that the hypnosis is not a medical treatment and is not a substitute for professional medical, naturopathic, psychiatric, or psychological treatment.

I am also aware that the hypnosis is a practice that will only seek to facilitate weight loss.

I understand that we are working with my perception of what is real from a physical and emotional point of view and this perception will be honored as such.

I agree to assume full responsibility for any medical condition, disclosed or undisclosed, any drug or alcohol use, or any serious mental or emotional problem I may have.

I acknowledge that I have had the opportunity to read the hypnosis script to be used during my hypnosis session.

I agree to have my hypnosis session audio taped.

I acknowledge that I will not listen to the audiocassette tape recorded during my hypnosis session, while driving or operating heavy machinery.

EXEMPTION OF LIABILITY CLAUSE: It is hereby agreed between myself as the Participant, and the Practitioner, that in consideration of the Participant receiving the hypnosis, the Practitioner shall not be held liable, in contract or in tort; for any personal injury of any nature whatsoever that arises from, or is in result of the hypnosis session.

I am over 18 years of age and I have read this notice and understood its contents.

Signed this \_\_\_\_ (day) of \_\_\_\_\_ (month), 2003 at Westlake Village, California.

Signature: \_\_\_\_\_

Participant's name: \_\_\_\_\_ (please print)

\* denotes Susan took and received a certificate for a 30 hour Master Hypnotist course

## Appendix F

## Letter of Participation

## The Effects of Hypnosis on Weight Loss

As we recently discussed, I am currently involved in a research pilot study related to hypnosis and weight loss. The project examines the use of hypnosis to lose weight. The study is performed as partial fulfillment of the requirements for my Masters degree in Theology at Holos University Graduate Seminary.

Your participation will provide useful information for this pilot study. You qualify for participation if you are between the ages of 18 and 65. You will be weighed and measured on the day of the hypnosis session, as well as ninety days later. You will also be asked to fill out a background questionnaire at both appointments that will take approximately 10 to 15 minutes to complete.

The actual hypnosis session will take approximately 45 minutes. You are welcome to ask any remaining questions after the session. Nutritional snack foods, fruit juices, and bottled water will be provided.

Participation in this study is strictly voluntary. You may withdraw from the study at any point without penalty. All data from this project are confidential and will be used for research purposes only. Names of participants will not be connected to information and scores. There are no foreseeable risks to the participant. There are no costs or fees associated with participating in the study.

Per our last conversation, your first appointment is scheduled for \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_. If for any reason you are unable to make this appointment, or need to change the date or time, please call immediately. Thank you.

Susan Baroni  
(805)373-7861

## Appendix G

### Location of Interventions

## Appendix H

Hypnosis Audiotape Affirmations  
Hypnosis Audiotape -Side 2

- 1) I am freely choosing good healthy foods.
- 2) I am releasing the habit of overeating now.
- 3) My preference for good healthy foods increases daily.
- 4) I chose a healthy balanced diet.
- 5) It is my decision to lose weight.
- 6) I am releasing old habits. I am bringing in new habits that serve my highest potential.
- 7) I am increasing my desire to choose healthy foods.
- 8) I consume only the calories I need to have optimal health.
- 9) I am finding great satisfaction from daily exercise.
- 10) I am drinking all the clean fresh water my body needs every day.
- 11) I am feeling lighter and lighter every day.
- 12) I am feeling better every day.
- 13) It is my choice to be slim, trim, and healthy.
- 14) I am cleansing my body every time I drink a glass of fresh clear water.
- 15) I am burning off fat as if a furnace was melting wax off a candle.
- 16) It is my choice to add joy to my life and life to my years.
- 17) I am filling my lungs from bottom to top with good clean air.
- 18) With each breath I take, my body feels more and more free from old habits. I bring in new habits that do serve my highest good and are in my best interest.
- 19) My body is already burning off excess fat with every breath I take.

- 20) I have a deep desire to eat only healthy foods.
- 21) I am exercising more and more often.
- 22) I am living a healthy lifestyle.
- 23) I am cleansing my body with healthy foods.
- 24) I am surrounded by people I love, and who love me.
- 25) My friends and family support me in my weight loss success.
- 26) I deserve happiness, health, wealth, success, and abundance.
- 27) My physical body is becoming healthier and healthier with each passing day.
- 28) I am utilizing all of my gifts from birth, given to me freely, which I deserve.
- 29) My body is burning off unnecessary pounds.