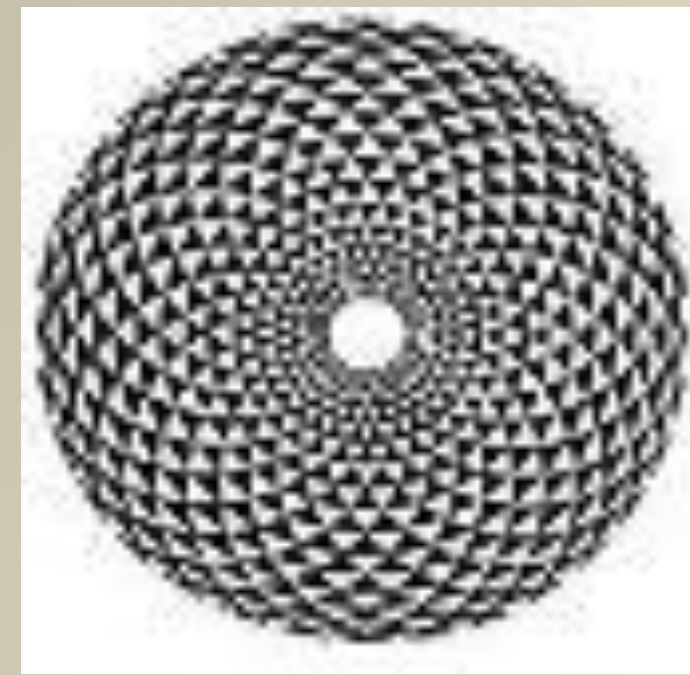
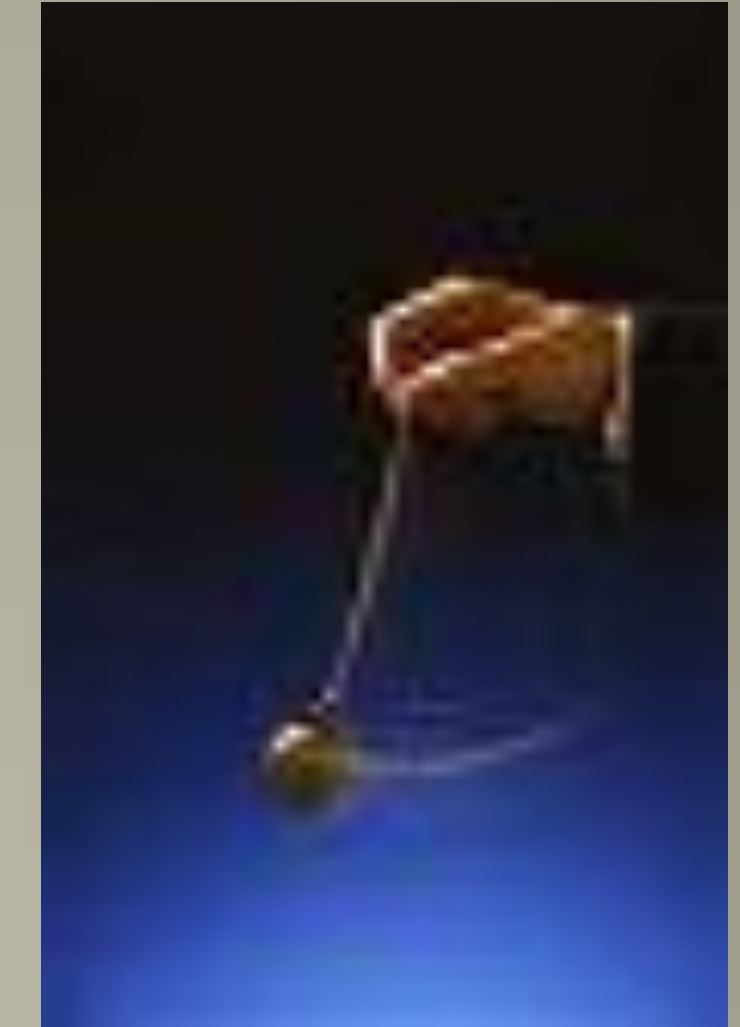




# Is Being Hypnotized a Positive or Negative Experience?



Hannah Peck



## Procedure

- Application to Honors Director
- Institutional Review Board – Received an exempt status due to our survey being confidential and self reporting.
- Began creating the Survey Tool with 10 positive and 10 negative descriptors. .
- Demographic information was collected..
- Survey was administered in cafeteria to volunteers.

## Survey

Participants were asked the following:  
**how the following feelings applied to you during and after hypnosis ranging from Strongly Agree, Agree, Disagree, Strongly Disagree, or Don't Know.**

- |             |             |
|-------------|-------------|
| Relaxed     | Depressed   |
| Nervous     | Exciting    |
| Anxious     | Confusing   |
| Calm        | Funny       |
| Pleasant    | Painful     |
| Unpleasant  | Well Rested |
| Enjoyable   | Angry       |
| Unenjoyable | Thought-    |
| Happy       | Provoking   |
| Sad         | Frightening |
| Fun         |             |

## Results

Hypnosis is a very positive experience. (Relaxed, Calm, Enjoyable) that becomes more positive for those who are hypnotized multiple times