

Assessment of Hypnotizability

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Why Hypnotizability Is Important

- Big Individual Differences
 - Hypnotic “Virtuosos”
- Effects of Hypnosis Should Be Correlated with Hypnotizability
 - Clinical Response to Hypnotic Interventions
- Collect Data on Correlates

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Work-Samples of Hypnotic Behavior

- Standardized Induction Procedure
 - Relaxation
 - Focused Attention
 - Eye Closure
- Representative Test Suggestions
 - Scored by Objective Behavioral Criteria
 - Observer Ratings
 - Self-Ratings
- Termination Procedure
 - Followed by Test of Posthypnotic Suggestion

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Available Scales

- Stanford Scales
 - SHSS:A, B
 - **SHCC:C**
 - “Tailored” Version
 - W-SGSHS:C
 - SPSHS:A, B
 - SHCS: Child, Adult
 - SHALIT
- Harvard Scales
 - **HGSHS:A, B**
- Alternatives
 - BSS
 - CURSS
 - HIP
 - CIS
- Special-Purpose
 - CHSS
 - AMSHS

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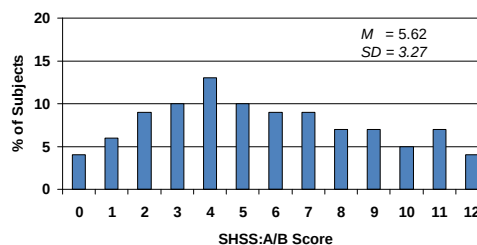
Stanford Hypnotic Susceptibility Scale, Forms A & B

Weitzenhoffer & Hilgard (1959)

- | | |
|---------------------------|---------------------------|
| • Postural Sway | • Hands Moving Together |
| • Eye Closure (Induction) | • Verbal Inhibition |
| • Hand Lowering | • Fly Hallucination |
| • Arm Immobilization | • Eye Catalepsy |
| • Finger Lock | • Posthypnotic Suggestion |
| • Arm Rigidity | • Posthypnotic Amnesia |

Distribution of Hypnotizability

Hilgard (1965)



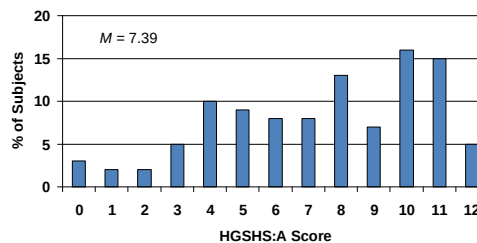
Harvard Group Scale of Hypnotic Susceptibility, Form A

Shor & E. Orne (1963), after Weitzenhoffer & Hilgard (1959)

- Head Falling (Postural Sway)
- Eye Closure (Induction)
- Hand Lowering
- Arm Immobilization
- Finger Lock
- Arm Rigidity
- Hands Moving Together
- Verbal Inhibition
- Fly Hallucination
- Eye Catalepsy
- Posthypnotic Suggestion
- Posthypnotic Amnesia

Distribution of Hypnotizability

Shor & Orne (1963)



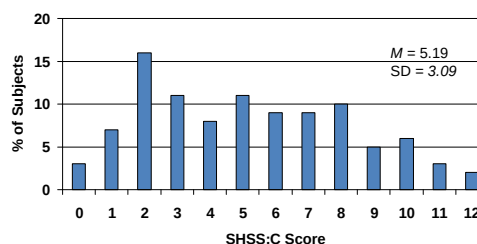
Stanford Hypnotic Susceptibility Scale, Form C

Weitzenhoffer & Hilgard (1962)

- Eye Closure (Induction)
- Hand Lowering
- Moving Hands Apart
- Mosquito Hallucination
- Arm Rigidity
- Dream (about hypnosis)
- Age Regression – 5th, 2nd grades
- Anosmia
- Arm Immobilization
- Voice Hallucination
- Negative Visual Hallucination
- (Posthypnotic Suggestion)
- Posthypnotic Amnesia

Distribution of Hypnotizability

Hilgard (1965)

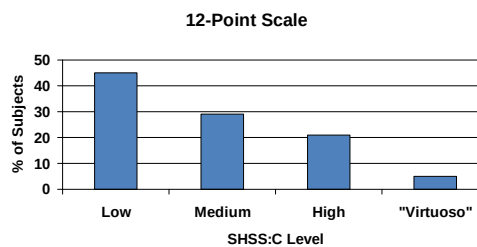


Classification of Hypnotizability 12-Point Scale

Category	Range
Low	0-4
Medium	5-7
High	8-9
Virtuoso	10-12

Distribution of Hypnotizability

Hilgard (1965)



Stanford Profile Scales of Hypnotic Susceptibility, Form I

Weitzenhoffer & Hilgard (1963)

- Hand Analgesia
- Music Hallucination
- Anosmia
- Hypermnnesia
- Hallucinated Light
- Dream (Unspecified)
- Agnosia
- Joke
- Posthypnotic Suggestion

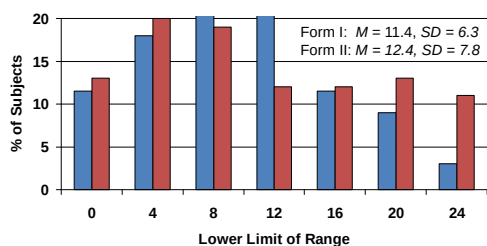
Stanford Profile Scales of Hypnotic Susceptibility, Form II

Weitzenhoffer & Hilgard (1963)

- Heat Hallucination
- Selective Deafness
- Smell Hallucination
- Age Regression (Birthday)
- Selective Blindness (Missing Watch Hand)
- Dream (Hypnosis)
- Agnosia
- Personality Alteration
- Posthypnotic Automatic Writing

Distribution of Hypnotizability

Hilgard (1965)



Standard Behavioral Scoring

Stanford and Harvard Scales

06. FINGER LOCK

You were next told to interlock your fingers, told how your fingers would become tightly interlocked and then told to try to take your hands apart. Would you estimate that an onlooker would have observed if your fingers were incompletely separated (before you were told to stop trying to take them apart)?

- Circle one:
- A. My fingers were still incompletely separated by then.
 - B. My fingers had completely separated by then.

06. LEFT ARM RIGIDITY

You were next told to extend your left arm straight out and make a fist, told to notice it becoming stiff and then told to try to bend it. Would you estimate that an onlooker would have observed that there was less than 2 inches of arm bending (before you were told to stop trying)?

- Circle one:
- A. My arm was bent less than 2 inches by then.
 - B. My arm was bent 2 or more inches by then.

07. MOVING HANDS TOGETHER

You were next told to hold your hands out in front of you about a foot apart and then told to imagine force pulling your hands together. Would you estimate that an onlooker would have observed that your hands were not over 6 inches apart (before you were told to return your hands to their resting position)?

- Circle one:
- A. My hands were not more than 6 inches apart by then.
 - B. My hands were still more than 6 inches apart by then.

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SHSS:A and SHSS:C

Hilgard (1965)

	SHSS:C	Correlations	
		SPSHS:I	SPSHS:II
SHSS:A	.82	.64	.62
SHSS:C		.71	.72
SPSHS:I			.78

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HGSHS:A and SHSS:C

- Bentler & Roberts (1963): $r = .67$
- Coe (1964): $r = .60$
- Evans & Schmeidler (1966): $r = .59$

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HGSHS:A and SHSS:C Classifications

Evans & Schmeidler (1966)

	SHSS:C			
HGSHS:A	Low	Medium	High	Virtuoso
Low	14	6	0	0
Medium	4	10	6	0
High	2	9	7	2

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HGSHS:A and SHSS:C Classifications

Kihlstrom & Evans (1979) cited in Kihlstrom & Register (1986)

	SHSS:C			
HGSHS:A	Low	Medium	High	Virtuoso
Low	48	13	7	0
Medium	23	22	20	3
High	4	20	33	15
Very High	0	1	6	4

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HGSHS:A and SHSS:C Classifications

Kihlstrom & Register (1986)

	SHSS:C			
HGSHS:A	Low	Medium	High	Virtuoso
Low	17	4	3	0
Medium	13	5	4	2
High	3	9	11	1
Very High	0	5	11	8

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Supplemental Scoring of HGSHS:A

- Due to Group Setting?
 - Self-Reports
- Adjust Scoring Criteria
 - Arizona Motor Scale of Hypnotizability
- Add Information
 - Subjective impressions of Item “Success”
 - Rating of Hypnotic “Depth”
 - Global Rating Scale
 - “Inventory” Scale
 - Experienced Involuntariness of Response

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Adjusting Item Difficulties

Arizona Motor Scale of Hypnotizability

- Continuous Scoring
- Establish Cutpoints Empirically
 - Approximately 50% Pass Rate

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Subjective Success

SUBJECTIVE IMPRESSIONS OF RESPONSE

During the tape recording, several suggestions were administered. We are interested in your impressions about how you experienced these suggestions. The items, listed in the order presented, are described briefly below. For each item, please check the appropriate column.

Item	Suggestion	Successful	Unsuccessful
01.	Head falling forward.		
02.	Eyes becoming heavy and closing.		
03.	Extended left arm becoming heavy and pulling down.		
04.	Right arm heavy and difficulty in lifting it.		
05.	Difficulty in separating interlocked fingers.		
06.	Extended left arm becoming stiff and difficult to bend.		
07.	Outstretched arms, hands being pulled together.		
08.	Difficulty in shaking head “no”.		
09.	Getting rid of annoying fly.		
10.	Difficulty in opening eyes.		
11.	Touching left ankle at tapping sound.		
12.	Temporary difficulty in remembering events of hypnosis.		

Score + if
“Successful”

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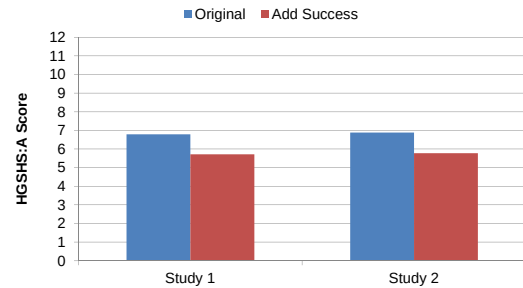
Behavioral Response, Subjective Success and “Virtuosity”

Kihlstrom & Register (1986)

HGSHS:A	Non-Virtuosos	Virtuosos
Behavioral Score	10.47	11.03*
4 Direct Items	3.89	3.93
5 Challenge Items	4.69	4.77
3 Cognitive Items	1.89	2.33*
Subjective Success	10.15	10.76*
4 Direct Items	3.91	3.93
5 Challenge Items	4.62	4.77
3 Cognitive Items	1.62	2.07*
Absorption Scale	23.17	23.54

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Effect of Adding Subjective Success



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Global Depth Rating

OVERALL SUBJECTIVE RATING

On the following scale, position "1" represents completely unhypnotized, while position "10" represents as deeply hypnotized as anyone could become. Please put a mark on the scale to indicate, subjectively, how deeply hypnotized you became during the tape-recorded hypnosis session.

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Briefly explain why you chose this number.

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Global Depth Rating and “Virtuosity”

Kihlstrom & Register (1986)

HGSHS:A	Non-Virtuosos	Virtuosos
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5 Challenge Items	4.62	4.77
3 Cognitive Items	1.62	2.07*
Global Depth	7.22	7.92*

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Inventory Scale of Hypnotic Depth

Adapted from Field (1965); See also Shor (1979)

OTHER SUBJECTIVE EXPERIENCES

This page contains some statements that people sometimes use to describe their experiences while hypnotized. Use the following scale to describe your experiences during the tape-recorded hypnosis session. Please respond to each statement, even if you are not sure of your answer. Circle the number that best represents your response.

0-----1-----2-----3
Not at all Very much

Item	Experience	Rating
01	The experience was quite out of the ordinary, very strange and mysterious	0 1 2 3
02	I felt that I had more than my normal capacity to do and understand things	0 1 2 3
03	I think that I was unaware of my surroundings most of the time	0 1 2 3
04	It seems as though I stayed at a constant level of hypnosis during the session	0 1 2 3
05	I felt separated from the things around me, and lost track of where I was at times	0 1 2 3
06	I thought I could not come out of hypnosis or overcome the suggestions at will	0 1 2 3
07	Things happened automatically, without effort on my part, and I had trouble resisting the suggestions	0 1 2 3
08	I lost track of time during hypnosis and was surprised at how much time had gone by when I came out of it	0 1 2 3

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Experienced Involuntariness

After Bowers (1982)

1-----2-----3-----4

Deliberate
Effortful
Voluntary

Automatic
Effortless
Involuntary

Score + if > 2

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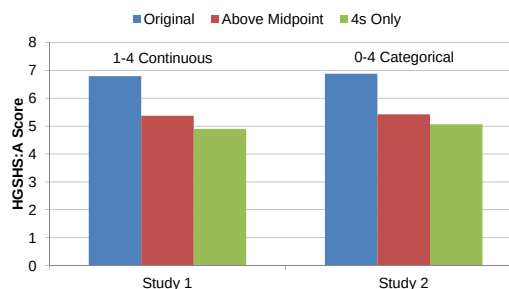
Experienced Involuntariness

Bowers et al. (1988)

- A – I did not respond at all during this time. (0)
- B – My response was mostly voluntary. (1)
- C – My response was mostly involuntary. (4)
- D – The feeling that my response was voluntary was completely intermixed with the feeling that it was involuntary. (2)
- E – At first my response was voluntary, but then later on it continued to occur involuntarily. (3)
- F – None of the above.

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Effect of Adding Involuntariness



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Experienced Involuntariness

Current Version, Modified from Bowers et al. (1988)

97. MOVING HANDS TOGETHER

You were next told to hold your hands out in front of you about a foot apart and then told to imagine a force pulling your hands together.

- Circle one:
- A. I did not respond at all during this time.
 - B. My response was mostly voluntary.
 - C. At first my response was involuntary, but then later on I had to continue it voluntarily.
 - D. The feeling that my response was voluntary was completely intermixed with the feeling that it was involuntary.
 - E. At first my response was voluntary, but then later on it continued to occur involuntarily.
 - F. My response was mostly involuntary.

Score + if > "C"

98. COMMUNICATION INHIBITION

You were next told to think how hard it might be to shake your head to indicate "no", and then told to try to do so anyway.

- Circle one:
- A. I did not respond at all during this time.
 - B. My response was mostly voluntary.
 - C. At first my response was involuntary, but then later on I had to continue it voluntarily.
 - D. The feeling that my response was voluntary was completely intermixed with the feeling that it was involuntary.
 - E. At first my response was voluntary, but then later on it continued to occur involuntarily.
 - F. My response was mostly involuntary.

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Notes on Administering HGSHS:A

- Use a Recording
 - Watch Out for Pencil Tap Cue for PHS
- Adequate Staff to Assist
- Block Out 1-1/2 Hours Minimum
- Take Time to Build Rapport, Answer Questions
- Comfortable Seating
 - Enable Subjects to Spread Themselves Out
 - Dim Lighting

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Notes on Administering SHSS:C

- Do It In Person, Use the Script
 - Record Session
- Take Time to Build Rapport, Answer Questions
- Suggested Modifications
 - Add Posthypnotic Suggestion
 - Trim Age Regression
 - Use Peppermint for Anosmia

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Obtaining the HGSHS:A Recording

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