

**MANUAL**

**HARVARD GROUP SCALE**  
OF  
**HYPNOTIC SUSCEPTIBILITY**

FORM A

*by Ronald E. Shor and Emily Carota Orne*



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577 College Avenue, Palo Alto, California 94306

## INTRODUCTION

The Harvard Group Scale of Hypnotic Susceptibility, Form A, is an adaptation for group administration with self-report scoring of the original, individually-administered and objectively-scored Stanford Hypnotic Susceptibility Scale, Form A (Weitzenhoffer & Hilgard, 1959).<sup>\*</sup> The adapted scale was developed at our laboratory to eliminate the need for a trained examiner to devote an hour's time to the testing of each subject individually. This revised version can be administered to groups of unlimited size.

The Harvard Group Scale was prepared conservatively by making only those changes needed to preserve the characteristics of the original version under group conditions. Although many minor changes proved to be necessary, the only fundamental alteration was the provision for self-report scoring. In self-report scoring the subject judges afterwards whether or not he performed the requested behaviors, and then records his judgments in special Response Booklets.

The manual consists of a complete set of instructions for attempting the induction of hypnosis and for measuring susceptibility to the standard induction procedures on a 12-point scale. The instructions are prepared on the assumption that the adapted scale is being used with a group where at least one or more of the subjects is likely to be experiencing hypnotic procedures for the first time.

The instructions begin with some recommendations for establishing rapport through a preliminary conversation, and then go on through eleven specific instructions, each of which is eventually scored by the subject.<sup>\*\*</sup> The final score of the 12-item scale is arrived at through a written interrogatory on amnesia. A specimen booklet for self-report scoring is included; these booklets are available separately and should be distributed to subjects with appropriate instructions prior to the hypnotic procedures.

The individual sections of the scale are timed to indicate an approximate reading rate. The induction and hypnotic testing should take about 50 minutes. The initial and final periods are flexible, depending upon the time available. With careful planning and efficient distribution of the Response Booklets, a 70-minute total time period should be adequate.<sup>\*\*\*</sup>

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\* Form A is designed to be given either as the first or as a later hypnotic susceptibility testing procedure. It can be administered to the same individual more than once. Form B, its alternate, cannot be used for the first induction and is thus less general in its application. A group administration adaptation of Form B is, however, in preparation.

\*\* In the original version alternative preliminary remarks were included so that the scale could be used in therapeutic situations. Because group hypnotic induction would probably have limited clinical application, similar alternative remarks have not been made here but could easily be devised if the need should arise.

\*\*\* Where time cannot be sufficiently regulated, a selection from the scale of fewer items may be found satisfactory, as has been suggested in preliminary work on a brief group form by Weitzenhoffer (1962).

Research findings to date indicate that norms derived from the adapted scale are congruent with norms derived from the individually-administered version (Bentler & Hilgard, 1963; Shor & E. Orne, 1963).

The same social and ethical responsibilities that apply in the individual administration of the scale also apply, of course, in a group administration. Because in a group administration the examiner has little direct contact with the individual reactions of his subjects, it behooves him to take extra precautions to be alert to the possibility of an occasional disturbance which may arise attendant to the hypnotic experience. Out of hundreds of subjects hypnotized with the individually-administered and group-administered versions of the scale, only two or three per cent felt in the least disturbed by the experience, but it is valuable to learn from these subjects. "In some cases a disturbance such as a headache resulted from the revival under hypnosis of bad childhood experiences under chemical anesthetics; in other cases the disturbance attributed to hypnosis could be shown to have been there prior to the hypnotic induction. While hypnosis is in general entirely harmless, and often helpful, the assumption must not be made that it is a trivial experience. For some subjects it is a deep intrusion into their private lives. Hence the person planning experiments on hypnosis should be prepared for the possibility of some unusual consequences" (Weitzenhoffer & Hilgard, 1959, p. 6).

## ESTABLISHING RAPPORT PRIOR TO THE INITIAL

### INDUCTION (Time: 7 minutes)

It is assumed that subjects have been notified of the hypnotic testing and that their presence is an implicit agreement to be hypnotized. An effort should be made to discourage a lack of seriousness in subjects and to prevent the presence of casual onlookers. Provisions should also be made to prevent persons from entering the room once the examiner begins the introductory remarks. The gist of the following remarks should be memorized, but the conversation should flow naturally; hence these initial remarks should not be read from the printed page. (The main procedures that follow in later sections are intended to be read verbatim.)

Subjects are to be seated. Physical arrangements should be moderately comfortable and relatively non-disturbing. For example, subjects should not be seated so close to a table that they hit against it when carrying out the tasks. Similarly, smoking cannot be allowed during the test proper.

Preliminary Remarks by Examiner. In a few minutes I am going to administer a standard procedure for measuring susceptibility to hypnosis. At the end of the standard procedure you yourself will report on what the experience was like in the Response Booklet which has been distributed to you. Note that the booklet is sealed. Do not open the Response Booklet until I specifically tell you to do so at the end of the standard procedure. On the Cover Page of the Response Booklet are spaces for your name, address, and some other general information. Please fill in this information now. Again, please do not open the booklet now. Fill in the information on the Cover Page only. (Allow a minute or two for subjects to record this information.)

Let's talk a while before we start. I want you to be quite at ease, and it may help if I answer a few of your questions first. I am assuming that for some of you this is the first time you are experiencing hypnosis.

(In presenting the following remarks the examiner may find it useful in establishing rapport to elicit some questioning and participation from members of the group. Questions are to be answered by paraphrasing the points made below.)

People experiencing hypnosis for the first time are sometimes a little uneasy because they do not know what the experience will be like, or because they may have a distorted notion of what it is like. It is very natural to be curious about a new experience. Your curiosity will be satisfied before we are through, but you can best get the answers you want by just letting yourself be a part of what goes on, and by not trying to watch the process in detail.

Some people, however, have a tendency to allay their initial uneasiness in a new situation by laughing, giggling or whispering. We must request that you refrain from this type of response for the duration of the procedures here so as not to disrupt the concentration of the individuals around you.

To allow you to feel more fully at ease in the situation, let me reassure you on a few points. First of all, the experience, while a little unusual, may not seem so far removed from ordinary experience as you have been led to expect. Hypnosis is largely a question of your willingness to be receptive and responsive to ideas, and to allow these ideas to act upon you without interference. These ideas we call suggestions.

Second, you will not be asked to do anything that will make you look silly or stupid, or that will prove embarrassing to you. We are here for serious scientific purposes.

Third, and finally, I shall not probe into your personal affairs, so that there will be nothing personal about what you are to do or say during the hypnotic state.

You may wonder why we are doing these experiments. Hypnotism is being used more and more by physicians: for example, by dentists to relieve pain, by obstetricians to make childbirth easier, by psychiatrists to reduce anxiety. If we can understand the processes involved, we will know more about the relationship between ideas and action, more about the way in which personality operates. So in participating here you are contributing to scientific knowledge of a kind that can be used to help other human beings. We are trying here merely to understand hypnotism. Probably all people can be hypnotized, but some are much more readily hypnotized than others, even when each of them co-operates. We are studying some of these differences among people.

Have you any questions or comments before we go ahead? (Answer questions by paraphrasing the above points.)

Now please make yourself comfortable in your chair. Clear your lap of books and papers, and prepare to begin. Individuals who wear glasses should keep them on. If, however, you are wearing contact lenses, it might be more comfortable to remove them. (The examiner should also communicate the following if the main procedures are tape recorded.) In order to help keep our main procedures constant they have been put onto a tape recording. In a moment I shall turn on the tape recorder.

#### MAIN PROCEDURES

(The following instructions are to be presented verbatim.)

1a. HEAD FALLING (Total time: 3' 30")

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42:15  
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To begin with, I want you to experience how it feels to respond to suggestions when you are not hypnotized. If you will now please sit up straight in your chair . . . . Close your eyes and relax; continue, however, to sit up straight. That's right. Eyes closed and sit up straight. Please stay in that position with your eyes closed, while at the same time letting yourself relax. (Allow 30" to pass.) Now just remain in the same position and keep your eyes closed. . . . sitting up straight in your chair. . . . with your eyes closed.

In a moment I shall ask you to think of your head falling forward. As you know, thinking of a movement and making a movement are closely related. Soon after you think of your

head falling forward you will experience a tendency to make the movement. You will find your head actually falling forward, more and more forward, until your head will fall so far forward that it will hang limply on your neck.

Listen carefully to what I say and think of your head falling forward, drooping forward. Think of your head falling forward, falling forward, more and more forward. Your head is falling forward, falling forward. More and more forward. Your head is falling more and more forward, falling more and more forward. Your head is going forward, drooping down, down, limp and relaxed. Your head is drooping, swaying, falling forward, falling forward, falling forward, falling, swaying, drooping, limp, relaxed, forward, forward, falling, falling, falling . . . . Now!

That's fine. Now please sit up and open your eyes. That's right. Sit up and open your eyes. You can see how thinking about a movement produces a tendency to make the movement. You learn to become hypnotized as you bring yourself to give expression to your action tendencies. But at this point you have the idea of what it means to accept and act upon suggestions.

2a. EYE CLOSURE (Total time: 15' 25'')

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38:45  
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Now I want you to seat yourself comfortably and rest your hands in your lap. That's right. Rest your hands in your lap. Now look at your hands and find a spot on either hand and just focus on it. It doesn't matter what spot you choose; just select some spot to focus on. I shall refer to the spot which you have chosen as the target. That's right . . . hands relaxed . . . look directly at the target. I am about to give you some instructions that will help you to relax and gradually to enter a state of hypnosis. Just relax and make yourself comfortable. I want you to look steadily at the target and while keeping your eyes upon it to listen to what I say. Your ability to be hypnotized depends partly on your willingness to cooperate and partly on your ability to concentrate upon the target and upon my words. You have already shown yourself to be cooperative by coming here today, and with your further cooperation I can help you to become hypnotized. You can be hypnotized only if you are willing. I assume that you are willing and that you are doing your best to cooperate by concentrating on the target and listening to my words, letting happen whatever you feel is going to take place. Just let it happen. If you pay close attention to what I tell you, and think of the things I tell you to think about, you can easily experience what it is like to be hypnotized. There is nothing fearful or mysterious about hypnosis. It is a perfectly normal consequence of certain psychological principles. It is merely a state of strong interest in some particular thing. In a sense you are hypnotized whenever you see a good show and forget you are part of the audience, but instead feel you are part of the story. Many people report that becoming hypnotized feels at first like falling asleep, but with the difference that somehow or other they keep hearing my voice as a sort of background to whatever other experience they may have. In some ways hypnosis is like sleepwalking; however, hypnosis is also an individual experience and is not just alike for everyone. In a sense the hypnotized person is like a sleepwalker, for he can carry out various and complex activities while remaining hypnotized. All I ask of you is that you keep up your attention and interest and continue to cooperate as you have been cooperating. Nothing will be done that will cause you any embarrassment. Most people find this a very interesting experience. (Time: 3' 35'')

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35.10  
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Just relax. Don't be tense. Keep your eyes on the target. Look at it as steadily as you can. Should your eyes wander away from it, that will be all right . . . just bring your eyes back to it. After a while you may find that the target gets blurry, or perhaps moves about, or again, changes color. That is all right. Should you get sleepy, that will be fine, too. Whatever happens, let it happen and keep staring at the target for a while. There will come a time, however, when your eyes will be so tired, will feel so heavy, that you will be unable to keep them open any longer and they will close, perhaps quite involuntarily. When this happens, just let it take place. (Time: 1' 10")

34:00

34:00

As I continue to talk, you will find that you will become more and more drowsy, but not all people respond at the same rate to what I have to say. Some people's eyes will close before others. When the time comes that your eyes have closed, just let them remain closed. You may find that I shall still give suggestions for your eyes to close. These suggestions will not bother you. They will be for other people. Giving these suggestions to other people will not disturb you but will simply allow you to relax more and more.

You will find that you can relax completely but at the same time sit up comfortably in your chair with little effort. You will be able to shift your position to make yourself comfortable as needed without it disturbing you. Now just allow yourself to relax completely. Relax every muscle of your body. Relax the muscles of your legs . . . Relax the muscles of your feet . . . Relax the muscles of your arms . . . Relax the muscles of your hands . . . of your fingers . . . Relax the muscles of your neck, of your chest . . . Relax all the muscles of your body . . . Let yourself be limp, limp, limp. Relax more and more, more and more. Relax completely. Relax completely. Relax completely. (Time: 2'15")

31:45

As you relax more and more, a feeling of heaviness perhaps comes over your body. A feeling of heaviness is coming into your legs and your arms . . . into your feet and your hands . . . into your whole body. Your legs feel heavy and limp, heavy and limp . . . Your arms are heavy, heavy . . . Your whole body feels heavy, heavier and heavier. Like lead. Your eyelids feel especially heavy. Heavy and tired. You are beginning to feel drowsy, drowsy and sleepy. Your breathing is becoming slow and regular, slow and regular. You are getting drowsy and sleepy, more and more drowsy and sleepy while your eyelids become heavier and heavier, more and more tired and heavy. (Time: 1' 25")

30:20

Your eyes are tired from staring. The heaviness in your eyelids is increasing. Soon you will not be able to keep your eyes open. Soon your eyes will close of themselves. Your eyelids will be too heavy to keep open. Your eyes are tired from staring. Your eyes are becoming wet from straining. You are becoming increasingly drowsy and sleepy. The strain in your eyes is getting greater and greater, greater and greater. It would be so nice to close your eyes, to relax completely, and just listen sleepily to my voice talking to you. You would like to close your eyes and relax completely, relax completely. You will soon reach your limit. The strain will be so great, your eyes will be so tired, your lids will become so heavy, your eyes will close of themselves, close of themselves. (Time: 1' 20")

29:00

Your eyelids are getting heavy, very heavy. You are relaxed, very relaxed. There is a pleasant feeling of warmth and heaviness all through your body. You are tired and drowsy. Tired and sleepy. Sleepy. Sleepy. Sleepy. Listen only to my voice. Pay attention



to nothing else but my voice. Your eyes are getting blurred. You are having difficulty seeing. Your eyes are strained. The strain is getting greater and greater, greater and greater. (Time: 50")

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28:10  
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Your lids are heavy. Heavy as lead. Getting heavier and heavier, heavier and heavier. They are pushing down, down, down. Your eyelids seem weighted, weighted with lead, heavy as lead . . . Your eyes are blinking, blinking, blinking . . . closing . . . closing . . . (Time: 35")

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27:35  
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Your eyes may have closed by now, and if they have not, they would soon close of themselves. But there is no need to strain them more. Even if your eyes have not closed fully as yet, you have concentrated well upon the target, and have become relaxed and drowsy. At this time you may just let your eyes close. That's it, eyes completely closed. Close your eyes now. (Time: 35")

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27:00  
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You are now comfortably relaxed, but you are going to relax even more, much more. Your eyes are now closed. You will keep your eyes closed until I tell you otherwise, or I tell you to awaken . . . You feel drowsy and sleepy. Just keep listening to my voice. Pay close attention to it. Keep your thoughts on what I am saying --just listen. You are going to get much more drowsy and sleepy. Soon you will be deep asleep but you will continue to hear me. You will not awaken until I tell you to do so. I shall now begin to count. At each count you will feel yourself going down, down, into a deep, comfortable, a deep restful sleep. A sleep in which you will be able to do all sorts of things I ask you to do. One--you are going to go deeply asleep . . . Two--down, down into a deep, sound sleep . . . Three--four--more and more, more and more asleep . . . Five--six--seven--you are sinking, sinking into a deep, deep sleep. Nothing will disturb you. Pay attention only to my voice and only to such things as I may call to your attention. I would like you to keep on paying attention to my voice and the things I tell you . . . Eight--nine--ten--eleven--twelve--deeper and deeper, always deeper asleep--thirteen--fourteen--fifteen--although deep asleep you can clearly hear me. You will always hear me no matter how deeply asleep you may feel yourself to be . . . Sixteen--seventeen--eighteen--deep asleep, fast asleep. Nothing will disturb you. You are going to experience many things that I will tell you to experience . . . Nineteen, twenty. Deep asleep! You will not awaken until I tell you to do so. You will wish to sleep and will have the experiences I shall presently describe. (Time: 3' 40")

3a. HAND LOWERING (LEFT HAND) (Total time: 5' 05")

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22.20  
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Introduction. As you become even more drowsy and sleepy, it will not disturb you to make yourself comfortable in your chair and put your head in a comfortable position.

Now that you are very relaxed and sleepy, listening without effort to my voice, I am going to help you to learn more about how your thoughts affect your actions in this state. Not all people experience just the same things in this state, and perhaps you will not have all the experiences I will describe to you. That will be all right. But you will have at least some of the experiences and you will find these interesting. You just experience whatever you can. Pay close attention to what I tell you and watch what happens. Just let happen whatever you find is happening, even if it is not what you expect.

Instruction Proper. Please extend your left arm straight out in front of you, up in the air, with the palm of your hand down. Left arm straight out in front of you . . . straight out, up in the air, with the palm of your hand down. That's it. Left arm straight out in front of you . . . palm down. I want you now to pay close attention to this hand, the feelings in it, and what is happening to it. As you pay attention to it you are more aware of it than you have been--you notice whether it is warm or cool, whether there is a little tingling in it, whether there is a tendency for your fingers to twitch ever so slightly . . . That's right, I want you to pay close attention to this hand because something very interesting is about to happen to it. It is beginning to get heavy . . . heavier and heavier . . . as though a weight were pulling the hand and the arm down . . . you can picture a weight pulling on it . . . and as it feels heavier and heavier it begins to move . . . as if something were forcing it down . . . a little bit down . . . more and more down . . . down . . . and as I count it gets heavier and heavier and goes down more and more . . . one, down . . . two, down . . . three, down . . . four, down, more and more down . . . five, down . . . six, down . . . seven . . . eight . . . heavier and heavier, down and more and more . . . nine . . . down . . . ten . . . heavier and heavier . . . down more and more. (Allow 10")

That's fine . . . just let your hand now go back to its original resting position and relax. Your hand back to its original resting position and relax. You must have noticed how heavy and tired the arm and hand felt; much more so than it ordinarily would if you were to hold it out that way for a little while; you probably noticed how something seemed to be pulling it down. Now just relax . . . your hand and arm are quite comfortable again . . . quite comfortable again. There . . . just relax. Relax.

4a. ARM IMMOBILIZATION (RIGHT ARM) (Total time: 2' 55")

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17:15  
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You are very relaxed. The general heaviness you have felt from time to time you now feel all over your body. Now I want you to pay close attention to your right arm and hand . . . Your right arm and hand share in the feeling of heaviness . . . how heavy your right hand feels . . . and note how as you think about this heaviness in your hand and arm the heaviness seems to grow even more . . . Now your arm is getting heavy . . . very heavy. Now your hand is getting heavy . . . so heavy . . . like lead . . . perhaps a little later you would like to see how heavy your hand is . . . it seems much too heavy to lift . . . but perhaps in spite of being so heavy you could lift it a little, although it may now be too heavy even for that . . . Why don't you see how heavy it is . . . Just try to lift your hand up, just try. Just try to lift your hand up, just try. (Allow 10")

That's fine . . . stop trying . . . just relax. You notice that when you tried to lift it, there was some resistance because of the relaxed state you are in. But now you can just rest your hand again. Your hand and arm now feel normal again. They are no longer heavy. You could lift them now if you wanted to, but don't try now. Just relax . . . relax completely. Relax. Just relax.

5a. FINGER LOCK (Total time: 1' 40")

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14:20  
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Now let us try something else. Put your fingers together. Interlock your fingers together. Interlock your fingers and press your hands tightly together. That's it. Put your

fingers together. Interlock your fingers and press your hands tightly together. Interlock tightly . . . hands pressed tightly together. Notice how your fingers are becoming tightly interlocked together, more and more tightly interlocked together . . . so tightly interlocked together that you wonder very much if you could take your fingers and hands apart . . . Your fingers are interlocked, tightly interlocked . . . and I want you to try to take your hands apart . . . just try . . . (Allow 10")

That's right. Stop trying and relax. You notice how hard it was to get started to take them apart. Your hands are no longer tightly clasped together . . . You can take them apart. Now return your hands to their resting position and relax. Hands to their resting position and relax . . . just relax.

6a. ARM RIGIDITY (LEFT) (Total time: 2' 25")

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12:40  
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Please extend your left arm straight out in front of you, up in the air, and make a fist. Arm straight out in front of you. That's right. Straight out, and make a fist. Arm straight out, a tight fist . . . make a tight fist. I want you to pay attention to this arm and imagine that it is becoming stiff . . . stiffer and stiffer . . . very stiff . . . and now you notice that something is happening to your arm . . . you notice a feeling of stiffness coming into it . . . It is becoming stiff . . . more and more stiff . . . rigid . . . like a bar of iron . . . and you know how difficult . . . how impossible it is to bend a bar of iron like your arm . . . See how much your arm is like a bar of iron . . . test how stiff and rigid it is . . . try to bend it . . . try. (Allow 10")

That's good. Now just stop trying to bend your arm and relax. Stop trying to bend your arm and relax. I want you to experience many things. You felt the creeping stiffness . . . that you had to exert a good deal of effort to do something that would normally be very easy. But your arm is not stiff any longer. Just place your arm back in resting position . . . back in resting position. Just relax and as your arm relaxes, let your whole body relax. As your arm relaxes, let your whole body relax.

7a. HANDS MOVING (TOGETHER) (Total time: 1' 45")

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10:15  
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Please hold both hands up in the air, straight out in front of you, palms facing inward--palms facing toward each other. Hold your hands about a foot apart . . . about a foot apart. Both arms straight out in front of you, hands about a foot apart . . . palms facing inward . . . about a foot apart.

Now I want you to imagine a force attracting your hands toward each other, pulling them together. As you think of this force pulling your hands together, they will move together, slowly at first, but they will move closer together, closer and closer together as though a force were acting on them . . . moving . . . moving . . . closer, closer . . . (Allow 10" without further suggestion.)

That's fine. You see again how thinking about a movement causes a tendency to make it. Now place your hands back in their resting position and relax . . . your hands back in their resting position and relax.

8a. COMMUNICATION INHIBITION (Total time: 1' 25")

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8:30  
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You are very relaxed now . . . deeply relaxed . . . think how hard it might be to communicate while so deeply relaxed . . . perhaps as hard as when asleep . . . I wonder if you could shake your head to indicate "no." I really don't think you could . . . You might try a little later to shake your head "no" when I tell you to . . . but I think you will find it quite difficult . . . Why don't you try to shake your head "no" now . . . just try to shake it. (Allow 10")

That's all right . . . stop trying and relax. You see again how you have to make an effort to do something normally as easy as shaking your head. You can shake it to indicate "no" much more easily now. Shake your head easily now . . . That's right, now relax, Just relax.

9a. HALLUCINATION (FLY) (Total time: 1' 30")

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7:05  
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I am sure that you have paid so close attention to what we have been doing that you have not noticed the fly which has been buzzing about you . . . But now that I call your attention to it you become increasingly aware of this fly which is going round and round about your head . . . nearer and nearer to you . . . buzzing annoyingly . . . hear the buzz getting louder as it keeps darting at you . . . You don't care much for this fly . . . You would like to shoo it away . . . get rid of it . . . It annoys you. Go ahead and get rid of it if you want to . . . (Allow 10")

There, it's going away . . . it's gone . . . and you are no longer annoyed . . . no more fly. Just relax, relax completely. Relax . . . just relax.

10a. EYE CATALEPSY (Total time: 2')

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5:35  
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You have had your eyes closed for a long time while you have remained relaxed. They are by now tightly closed, tightly shut . . . In a few moments I shall ask you to try to open your eyes. When you are told to try, most likely your eyes will feel as if they were glued together . . . tightly glued shut. Even if you were able to open your eyes, you would, of course, only do so momentarily and then immediately close them again and relax, so as not to disturb your concentration. But I doubt that you will be able--even momentarily--to open your eyes. They are so tightly closed that you could not open them. Perhaps you would soon like to try to open your eyes momentarily in spite of their feeling so heavy and so completely . . . so tightly closed. Just try . . . try--to open your eyes. (Allow 10")

All right. Stop trying. Now again allow your eyes to become tightly shut. Your eyes, tightly shut. You've had a chance to feel your eyes tightly shut. Now relax. Your eyes are normal again, but just keep them closed and relax. Normal again . . . just keep them closed and relaxed . . . relaxed and shut.

11a. POST-HYPNOTIC SUGGESTION (TOUCHING LEFT ANKLE);  
AMNESIA (Total time: 3' 35")

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3:35  
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Remain deeply relaxed and pay close attention to what I am going to tell you next. In a moment I shall begin counting backwards from twenty to one. You will gradually wake up, but for most of the count you will still remain in the state you are now in. By the time I reach "five" you will open your eyes, but you will not be fully aroused. When I get to "one" you will be fully alert, in your normal state of wakefulness. You probably will have the impression that you have slept because you will have difficulty in remembering all the things I have told you and all the things you did or felt. In fact, you will find it to be so much of an effort to recall any of these things that you will have no wish to do so. It will be much easier simply to forget everything until I tell you that you can remember. You will remember nothing of what has happened until I say to you: "Now you can remember everything!" You will not remember anything until then. After you open your eyes, you will feel fine. You will have no headache or other after-effects. I shall now count backwards from twenty, and at "five," not sooner, you will open your eyes but not be fully aroused until I say "one." At "one" you will be awake . . . A little later you will hear a tapping noise like this. (Demonstrate.) When you hear the tapping noise, you will reach down and touch your left ankle. You will touch your left ankle, but forget that I told you to do so, just as you will forget the other things, until I tell you "Now you can remember everything." Ready, now: 20--19--18--17--16--15--14--13--12--11--10, half-way--9--8--7--6--5--4--3--2--1. Wake up! Wide awake! Any remaining drowsiness which you may feel will quickly pass.

(A distinct tapping noise is now to be made. Then allow 10" before continuing.)

TESTING

Now please take your Response Booklet, break the seal and turn to the second page of the Booklet. Do not turn to the third page until I specifically instruct you to do so later. On the second page please write down briefly in your own words a list of the things that happened since you began looking at the target. You should not go into much detail here on the particular ways in which you responded, but please try to mention all of the different things that you were asked to do. You will now be given three minutes to write out this information. At the end of three minutes you will be asked a number of more specific questions regarding your experiences. (Allow 2') Please complete your list in one more minute. If you have already completed your list, spend the next minute trying to recall if there was anything else which you may have neglected to mention. (Allow 1' more.)

All right, now listen carefully to my words. Now you can remember everything. Please turn to page three and write down a list of anything else that you remember now that you did not remember previously. You will be given two minutes more to write out this information. (Allow 2')

Now please turn to page four, and answer the questions in the remainder of the booklet. Use your own judgment where questions are ambiguous.

(Collect booklets at the end of the session. If necessary, instruct subjects to answer only as much of the last section on subjective experiences as time permits.)

## SCORING

Scoring is simply + or - for each of the 12 items. The objective, behavioral items receive a + for every A response, a - for every B response. Amnesia is scored + if fewer than four of the nine items induced within hypnosis were recalled before the signal to remember was given (items 3 through 11). The nine items need not be mentioned by their names to be counted, provided it is reasonably clear which ones are meant. Each of the items can be counted only once, no matter how much detail is given. Even when a subject's response is sufficiently ambiguous that it could be interpreted to refer to more than one item on the scale (such as the response, "arms felt heavy"), for the purposes of standardly scoring the amnesia item, such a response should be counted as only one item recalled.

Maximum total scale score is 12 pluses.

A comparison of simultaneous self-report scoring and scoring by raters of 7 of the 11 behavioral items yielded a correlation of .82. The self-report scores averaged slightly higher than the rater scores; for the full 12 items, this discrepancy would equal an average of 7/10ths of one item (Shor and Orne, 1963).

Means of the Group form compared with means of three groups administered the individual form are as follows:

<u>Sample</u>	<u>Mean</u>	<u>N</u>
1. Group Form	7.39	132
2. Volunteers	8.77	105
3. Controls	6.73	52
4. Originals	5.25	124

All subjects were college students; the first three from Harvard and vicinity, the "originals" from Stanford. The "controls" were students who had not volunteered for hypnosis experiments. Further normative, reliability, and item difficulty data are reported in the references.

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