

Individual version
Group adaptation
Adaptation 02/96

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HARVARD GROUP SCALE OF HYPNOTIC SUSCEPTIBILITY

FORM A

Response Booklet

Name: _____ Date: ___/___/___

—
please print

Age: _____ Birthdate: ___/___/___ Sex: _____ Expected
Graduation: _____

Campus
Address: _____

Telephone: _____

Permanent
Address: _____

Telephone: _____

Have you ever seen anyone on television or in the movies who was hypnotized?

Have you ever read a novel about anyone who was hypnotized?

Have you ever known anyone who was hypnotized?

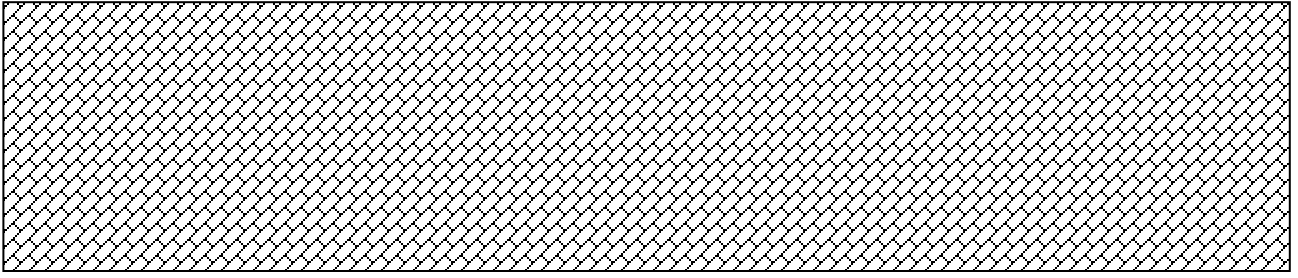
Have you yourself ever been hypnotized before? If so, please cite the circumstances and describe your experience.

**PLEASE DO NOT OPEN THIS BOOKLET
UNTIL THE EXPERIMENTER
SPECIFICALLY INSTRUCTS YOU TO DO SO.**

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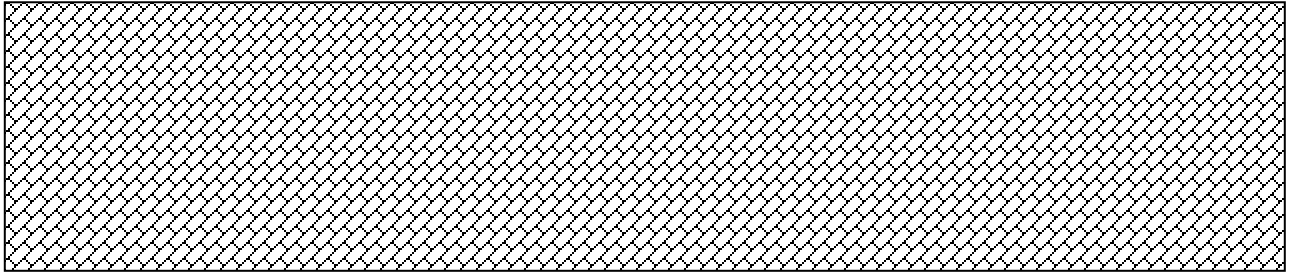
Now please write down briefly, in your own words, a list of all the things that happened *since you began looking at the target*. Please do not go into detail. Spend three minutes, no longer, in writing out your reply.

**PLEASE DO NOT TURN THIS PAGE
UNTIL THE EXPERIMENTER
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On this page please write down a list of *anything else* that you now remember that you *did not* remember previously. Please do not go into detail. Spend two minutes, no longer, in writing out your reply.

**PLEASE DO NOT TURN THIS PAGE
UNTIL THE EXPERIMENTER
SPECIFICALLY INSTRUCTS YOU TO DO SO**



Now please complete the rest of the pages in this booklet. None of the other sections are timed. Just proceed at your own pace, turning pages as finish. You need not wait for further instructions from the experimenter.

PLEASE *DO NOT* CHANGE ANY ENTRIES ON THE EARLIER PAGES.

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.

<u>Item</u>	<u>Suggestion</u>	<u>Successful</u>	<u>Unsuccessful</u>
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.		

SECTION ON OBJECTIVE, OUTWARD RESPONSES

Listed on the next three pages, in chronological order, are 12 specific suggestions that were administered to you during the standardized hypnotic procedure. We would like you to estimate whether or not you *objectively* responded to these 12 suggestions; i.e., whether or not *an onlooker* would have observed that you did or did not make certain definite responses by certain specific, pre-defined criteria.

In this section we are interested in your estimates of your *outward behavior* and *not* in what your *inner, subjective experience* was like. Later on you will be given more opportunity to describe your inner, subjective experience, but in this section refer only to the outward behavioral responses irrespective of what the experience may have been like subjectively.

It is understood that your estimates may in some cases not be as accurate as you might wish them to be and that you might even have to guess. But we want you to make whatever you feel to be your *best estimates* regardless.

Beneath a description of each of the 12 suggestions are two sets of responses, labeled **A** and **B**. Please *circle* either A or B for each question, whichever you judge to be more accurate.

Please answer *every* question.

PLEASE DO NOT RETURN TO EARLIER PAGES

01. HEAD FALLING

You were first told to sit up straight in your chair for 30 seconds and then to think of your head falling forward. Would you estimate that *an onlooker* would have observed that your head fell forward at least 2 inches during the time you were thinking about it happening?

- Circle one:
- A. My head fell forward at least 2 inches.
 - B. My head fell forward less than 2 inches.

02. EYE CLOSURE

You were next told to rest your hands in your lap and pick out a spot on either hand as a target and concentrate on it. You were then told that your eyelids were becoming tired and heavy. Would you estimate that *an onlooker* would have observed that your eyelids had closed (before the time you were told to close them deliberately)?

- Circle one:
- A. My eyelids had closed by then.
 - B. My eyelids *had not* closed by then.

03. LEFT HAND LOWERING

You were next told to extend your left arm straight out and feel it becoming heavy as though a weight were pulling the hand and arm down. Would you estimate that *an onlooker* would have observed that your hand lowered at least 6 inches (before the time you were told to let your hand down deliberately)?

- Circle one:
- A. My hand lowered at least 6 inches by then.
 - B. My hand lowered less than 6 inches by then.

04. RIGHT ARM IMMOBILIZATION

You were next told how heavy your right hand and arm felt and then told to try to lift your hand up. Would you estimate that *an onlooker* would have observed that you did not lift your hand and arm up at least 1 inch (before you were told to stop trying)?

- Circle one:
- A. I did not lift my hand and arm at least 1 inch by then.
 - B. I did lift my hand and arm 1 inch or more by then.

05. 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 that 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 a 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.

08. 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. Would you estimate that *an onlooker* would have observed you make a recognizable shake of the head "no" (before you were told to stop trying)?

- Circle one:
- A. I *did not* recognizably shake my head "no".
 - B. I *did* recognizably shake my head "no".

09. EXPERIENCING OF FLY

You were next told to become aware of the buzzing of a fly which was said to become annoying, and then you were told to shoo it away. Would you estimate that *an onlooker* would have observed you make any grimacing, any movement, any outward acknowledgement of an effect (regardless of what it was like subjectively)?

- Circle one:
- A. I did make some outward acknowledgement.
 - B. I did not make any outward acknowledgement.

10. EYE CATALEPSY

You were next told that your eyelids were so tightly closed that you could not open them, and then you were told to try to do so. Would you estimate that *an onlooker* would have observed that your eyes remained closed (before you were told to stop trying)?

- Circle one:
- A. My eyes remained closed.
 - B. My eyes had opened.

11. POSTHYPNOTIC SUGGESTION (TOUCHING LEFT ANKLE)

You were next told that after you were awakened you would hear a tapping noise at which time you would reach down and touch your left ankle. You were further informed that you would do this but forget being told to do so. Would you estimate that *an onlooker* would have observed either that you reached down and touched your left ankle, or that you made any partial movement to do so?

- Circle one:
- A. I made at least a partial observable movement to touch my left ankle.
 - B. I *did not* make even a partial movement, which would have been observable, to touch my left ankle.

SECTION ON SUBJECTIVE, INWARD RESPONSES

The 12 specific suggestions are listed, again in chronological order, on the following pages. This time, you should focus on your subjective feelings while responding to these suggestions, regardless of what an objective onlooker would have observed, and even if you responded only partially to a suggestion.

People respond to hypnotic suggestions in a variety of ways.

- Sometimes, their response is mostly voluntary and deliberate. For example, when it is suggested that their hands are moving together (Item #03), they purposefully direct the movement of their hands most of the time.
- Sometimes their response is mostly involuntary and automatic. For example, they may find their hands moving together without their helping them.
- Sometimes their response is a mixture of voluntary and involuntary response, so that it is impossible to distinguish between the two feelings. For example, they may find that they cannot tell whether their hands moved voluntarily or involuntarily.
- Sometimes the feeling of purposefulness is replaced by the feeling of involuntariness. For example, people may begin by purposefully directing the movements of their hands, but later find that their hands continue to move together with no further effort on their part.
- Sometimes the opposite occurs: the feeling of involuntariness is replaced by the feeling of purposefulness. For example, their hands might begin to move together by themselves, but they find that they have to complete the suggestion deliberately.
- Sometimes the response is hard to define in these sorts of terms.
- And, of course, sometimes there is no response at all.

To the extent that you responded positively to any of the 12 suggestions, whether fully or only in part, please on the next four pages indicate to what degree your response was voluntary, and to what degree it was involuntary. For each of the 12 suggestions, please circle the letter corresponding to the description that most closely characterizes your experience.

Again, it is understood that your estimates may in some cases not be as accurate as you might wish them to be and that you might even have to guess. But we want you to make whatever you feel to be your *best estimates* regardless. Please answer *every* question.

PLEASE DO NOT RETURN TO EARLIER PAGES.

01. HEAD FALLING

You were first told to sit up straight in your chair for 30 seconds and then to think of your head falling forward.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

02. EYE CLOSURE

You were next told to rest your hands in your lap and pick out a spot on either hand as a target and concentrate on it. You were then told that your eyelids were becoming tired and heavy.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

03. LEFT HAND LOWERING

You were next told to extend your left arm straight out and feel it becoming heavy as though a weight were pulling the hand and arm down.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

04. RIGHT ARM IMMOBILIZATION

You were next told how heavy your right hand and arm felt and then told to try to lift your hand up.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

05. 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.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

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.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

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 a force pulling your hands together.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

08. 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:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

09. EXPERIENCING OF FLY

You were next told to become aware of the buzzing of a fly which was said to become annoying, and then you were told to shoo it away.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

10. EYE CATALEPSY

You were next told that your eyelids were so tightly closed that you could not open them, and then you were told to try to do so.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

11. POSTHYPNOTIC SUGGESTION (TOUCHING LEFT ANKLE)

You were next told that after you were awakened you would hear a tapping noise at which time you would reach down and touch your left ankle. You were further informed that you would do this but forget being told to do so.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

12. POSTHYPNOTIC AMNESIA (TEMPORARY FORGETTING)

You were also told that after you came out of hypnosis you would be unable to remember the things you did while you were hypnotized, until you were told you could remember everything.

Circle One:

Deliberate	1-----2-----3-----4	Automatic
Effortful		Effortless
Voluntary		Involuntary

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

<u>Item</u>	<u>Experience</u>	<u>Rating</u>
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

OVERALL SUBJECTIVE RATING

On the following scale, position "1" represents completely un hypnotized, 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.

THANK YOU FOR YOUR PARTICIPATION.