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Choices

Counselling and Therapy



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Compare The Success Rates Of The Top 8 Stop Smoking Methods



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- 70% of smokers want to stop smoking.
- 18% of smokers attempt to stop per year. Many of these try 4-5 times each.
- 50 million people in North America have already stopped smoking.

- Nicotine gum has a success rate of about 10%. *New Scientist Magazine*
- The Patch has a real life success rate of approximately 7%. When you see higher success rates, they are from studies funded by the companies who sell the product. These studies include free products, regular check ups in a hospital setting, and some counselling.
In the Shiffman "Real-world" study, only 3% of those using the Rx nicotine patch and 9.2% of those using the OTC patch were not smoking at six months.
- In the nicotine gum groups, only 7.7% of the Rx gum group and 8.4% in the OTC gum group were not smoking at six months.
May, 2002, edition of Addiction, at pages 505 to 516
- Unassisted stop smoking has an 11% chance of success after six months.
Meta Study, June 2000, USDHHS (US Dept of Health and Human Services)
- Prescription Medications have success rates of between 9% and 15% over 1 year. The side effects of these medications include dry mouth and insomnia, nausea, constipation, gas, vomiting, trouble sleeping, strange dreams, convulsive fits, depressed mood, hostility and suicidal thoughts or actions, allergic reactions, skin reactions and trouble driving. *FDA*
- Willpower 6% *New Scientist Magazine*
- There is at least one study showing some success in using Acupuncture to stop smoking. The good news is that unlike prescription drugs and NRT's, Acupuncture is safe and is good for you. Experts agree that there is no reason not to try acupuncture to stop smoking, and your chances of success increase dramatically if acupuncture is part of a broader treatment program that includes Hypnosis.
- Laser Therapy is based on Acupuncture. The laser is pointed at acupuncture points in the ear. There's limited research showing that laser therapy has helped some smokers stop. There is a 2008 paper published in the Journal of Chinese Medicine, available on their site at link.reuters.com/pus95p. A UK-based team found that smokers that had four laser treatments over two weeks were more likely to stop than smokers that had three treatments. Those in the three treatment group had better success rates than a control group that was given fake laser treatments.
After 6 months, 55 percent of the four-treatment group was smoke-free, compared to 19 percent of the three-treatment group and 6 percent of those who were treated with fake lasers. The authors weren't able to follow most of the 340 participants for more than 6 months after treatment, so they don't know if those who stopped smoking started up again, or if they really did stop for good. Again, results will be much better when combined with a broader treatment program that includes Hypnosis.
- The easiest way to change bad habits is through hypnosis. *Newsweek Magazine*
- 82% of people in this study had not smoked after 4 sessions between 1 year and 4 years after the fact. *Hall and Crasilneck. International Journal of Clinical and Experimental Hypnosis, 18, 283-289*

- According to the largest scientific comparison of ways of breaking the smoking habit, hypnosis is the most effective way of giving up smoking. *New Scientist Magazine*.
- 'Hypnosis is a viable means to stop smoking.' 1989 Surgeon General Report to Congress on nicotine addiction
- Hypnosis is widely used for anesthesia. Burn patients have reported a reduction in their pain levels using hypnosis from 8 - 9 to 4 - 5. David Spiegel, a psychiatrist at Stanford University, conducted a study on breast cancer patients receiving group therapy and hypnosis as well as standard cancer therapy. The group that received hypnosis survived twice as long on average as those who had only had standard therapy. Among the benefits associated with hypnosis is the ability to alter the psychological components of the experience of pain that may then have an effect on even severe pain. Steven Lynn, PhD, Irving Kirsch, PhD, Arreed Barabasz, PhD, Etzel Cardeña, PhD, and David Patterson, PhD. 2000
- A meta-analysis (a study of studies) in 2000 of 18 published studies by psychologists Guy Montgomery, PhD, Katherine DuHamel, PhD, and William Redd, PhD, showed that 75% of clinical and experimental participants with different types of pain obtained substantial pain relief from hypnotic techniques.
- In a study with 241 patients randomized to three groups (Lang et al., 2000), patients received standard patient-controlled sedation; one group got a standardized hypnosis treatment as well, another a structured attention manipulation, and the rest were controls. Adding hypnosis generated much greater pain relieve than sedation alone. Hypnosis also greatly lessened anxiety. The hypnotic group asked for and were given less medication than the controls. There were fewer problem events with hypnosis, and because of this, procedures took less time. In the case of each variable measured, hypnosis was superior to the attentional manipulation, so hypnosis is not only effective but the effects are also proven to be due to the hypnosis (not the placebo effect).
Lang, E.V., Benotsh, E.G., Fick L.J., Letgendorf, S., Berbaum, M.L., Berbaum, K.S., Logan, H., and Spiegel, D. (2000). Adjunctive non-pharmacological analgesia for invasive medical procedures: A randomised trial. Lancet, 355(April 29), 1486-1500
- "Our results showed that hypnotherapy resulted in higher stop rates compared with NRT alone," said Faysal Hasan, MD, FCCP, North Shore Medical Center, Salem, MA. "Hypnotherapy appears to be quite effective and a good modality to incorporate into a smoking cessation program after hospital discharge." At 26 weeks after discharge, 50 percent of patients treated with hypnotherapy alone were non smokers, compared with 50 percent in the NRT/hypnotherapy group, 25 percent in the control group, and 15.78 percent in the NRT group. Patients admitted with a cardiac diagnosis were more likely to stop smoking at 26 weeks (45.5 percent) than patients admitted with a pulmonary diagnosis (15.63 percent). *ScienceDaily (Oct. 24, 2007)*
- Hypnosis has been promoted as drug-free ways to help smokers kick the habit, and there is evidence that it works, according to a research review that looked at 14 international studies. *American Journal of Medicine*
- An examination of multiple research studies show that a single session of hypnosis to stop smoking produced about a 25% success rate, whereas in excess of 70% of those engaging in 2 to 3 session of hypnosis stop smoking within weeks. *Taylor and Dingle 1994*
- Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis. *University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.*

- A field study of 93 male and 93 female CMHC outpatients examined the facilitation of smoking cessation by using hypnosis. At 3-month follow-up, 86% of the men and 87% of the women reported continued abstinence from the use of tobacco using hypnosis. – Source: Performance by gender in a stop-smoking program combining hypnosis and aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. *Psychol Rep.* 1994 Oct;75(2):851-7. PMID: 7862796 [PubMed - indexed for MEDLINE]
- Thirty smokers enrolled in an HMO were referred by their primary physician for treatment. Twenty-one patients returned after an initial consultation and received hypnosis for smoking cessation. At the end of treatment, 81% of those patients reported that they had stopped smoking, and 48% reported abstinence at 12 months post-treatment. Texas A&M University, System Health Science Center, College of Medicine, College Station, TX USA. *Int J Clin Exp Hypn.* 2004 Jan;52(1):73-81.
- Preliminary results of a three-session intervention. Elkins GR, Rajab MH. Hypnosis Patients Twice As Likely To Remain Smoke-Free After Two Years - Study of 71 smokers showed that after a two-year follow up, patients that stop with hypnosis were twice as likely to remain smoke-free than those who stop on their own. *Guided health imagery for smoking cessation and long-term abstinence.* Wynd, CA. *Journal of Nursing Scholarship*, 2005; 37:3, pages 245-250.

These studies, and many others, show that hypnosis can reduce symptoms and alter bodily functions, and help you to stop smoking. Hypnosis is effective at reducing or eliminating pain, and cigarette withdrawal symptoms are easy to eliminate when someone stops smoking.