

# HYPNOSIS QUESTIONNAIRE FOR HEALTHY WEIGHT

Use additional paper, or the back side of pages, if necessary and bring to next session.

1. **Please circle and describe in detail, the problems/concerns which apply to you and relate to your weight loss goals:**

*Feeling unattractive, feeling inadequate, guilt, shame, fear of bingeing, jealousy, feeling weak, avoidance of specific people, places & things, hopeless regarding weight loss, feeling desperate, feeling held back, obsessive thinking about food and weight, judgmental of self, cravings, related health problems, not being in control, thoughts of deprivation, eating to manage stress.*

Other:

2. **What are your specific weight loss goals? Circle below**

*Weight loss of \_\_\_\_ pounds, the ability to enjoy food in moderation, reduced intake of food, body image, improved self-esteem, increased motivation to exercise, not eating after dinner, spending less time thinking about food, less guilt, less fear, less stress, other:*

3. In your opinion, what needs to be done to accomplish your weight loss goal?
4. What is a realistic weight goal? Have you used the BMI or other objective criteria to help you in your decision?
5. What do you consider to be a healthy amount of weight to lose in a week?

## Weight Loss History

6. Describe past attempts to lose weight and maintain weight loss. What helped? What didn't?
7. Have you ever suffered from an eating disorder?
  - Anorexia \_\_\_\_ past \_\_\_\_ current \_\_\_\_ not sure
  - Bulimia \_\_\_\_ past \_\_\_\_ current \_\_\_\_ not sure
  - Exercise Addiction \_\_\_\_ past \_\_\_\_ current \_\_\_\_ not sure
  - Binge Eating \_\_\_\_ past \_\_\_\_ current \_\_\_\_ not sure

## **Medical & Physical Health**

8. Have you asked your doctor, or any other health care professional, if there are physical reasons contributing to your current weight, or difficulty losing weight? Any recommendations?
  
9. Have you consulted with a nutritionist or dietician? Would you consider doing so?
  
10. Please list any past or present medical conditions, medications and supplements you are currently taking.
  
11. Have you had your thyroid checked (as well as other blood work)?
  
12. Is it possible that you may have any food allergies? Have you ever had that tested?

## **Current Food Behaviors & Intake**

13. List what you may typically eat and drink on both a "good" day and a "bad" day.
  
14. Could you be addicted to sugar (and white flour)? Have you considered eliminating or limiting them?
  
15. How much diet soda do you drink? It is possible that diet sodas actually keep you overweight. Would you consider switching to more healthy alternative sweeteners and beverages?

## **Exercise & Activity Level**

16. What is your current activity level?
  
17. Do you have an exercise plan currently?
  
18. Do you have exercise goals? Describe past attempts to exercise.

## Underlying Concerns

19. In your opinion, what contributes to your weight problem?
  
20. Is it possible that your present weight protects you from unwanted relationships or intimacy?
  
21. Is it possible that a traumatic event is related to your weight problem?
  
22. Describe the emotions, situations, times of day, people, places etc which are stressful.
  
23. Are you having any troubles with sleep? Sleep is vital to manage stress hormones.
  
24. What are you hoping that hypnosis will do for you? Do you have any specific concerns or questions regarding hypnosis treatment?
  
25. Have affirmations, positive self-talk, stress management or cognitive therapy been helpful?  
Please specify
  
26. Feel free to compose motivational phrases or describe motivational images which may be incorporated in your sessions. Indicate which words might be counterproductive.

*Thank you so much for completing this questionnaire. This is difficult and personal information to address. Be sure to be gentle with yourself.*

While the statistics are good for the benefits of hypnosis for weight loss (*see next page*), there is no guarantee that hypnosis alone will achieve weight loss for you. Hypnosis will help you to realign your motivation and beliefs. It is very good at working on some of the emotional reasons underlying difficulty releasing weight. Hypnosis will need to be combined with behavior change, usually an adjustment in your diet and exercise plan, and hypnosis can target increasing those changes. Keep in mind, that there are important medical reasons why some people have a difficult time losing weight. It is useful to also consult medical professional and alternative care providers to support your goals.

*Jane Rekas, LCSW, CHT*

## **Weight Loss**

### **Hypnosis Over 30 Times as Effective for Weight Loss**

Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego-strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group: an average of 17 lbs lost by the hypnosis group vs. an average of 0.5 lbs lost by the control group, on follow-up.

Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.

### **Two Years Later: Hypnosis Subjects Continued To Lose Significant Weight**

109 people completed a behavioral treatment for weight management either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. At 8-month and 2-year follow-ups, the hypnosis subjects were found to have continued to lose significant weight, while those in the behavioral-treatment-only group showed little further change. Journal of Consulting and Clinical Psychology (1985)

### **Hypnosis Subjects Lost More Weight Than 90% of Others and Kept it Off**

Researchers analyzed 18 studies comparing a cognitive behavioral therapy such as relaxation training, guided imagery, self monitoring, or goal setting with the same therapy supplemented by hypnosis. Those who received the hypnosis lost more weight than 90 percent of those not receiving hypnosis and maintained the weight loss two years after treatment ended.

University of Connecticut, Storrs Allison DB, Faith MS. Hypnosis as an adjunct to cognitive-behavioral psychotherapy for obesity: a meta-analytic reappraisal. J Consult Clin Psychol. 1996;64(3):513-516.

### **Hypnosis More Than Doubled Average Weight Loss**

Study of the effect of adding hypnosis to cognitive-behavioral treatments for weight reduction, additional data were obtained from authors of two studies. Analyses indicated that the benefits of hypnosis increased substantially over time.

Kirsch, Irving (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments--Another meta-reanalysis. Journal of Consulting and Clinical Psychology, 64 (3), 517-519.

### **Hypnosis Showed Significantly Lower Post-Treatment Weights**

Two studies compared overweight smoking and non-smoking adult women in an hypnosis-based, weight-loss program. Both achieved significant weight losses and decreases in Body Mass Index. Follow-up study replicated significant weight losses and declines in Body Mass Index. The overt aversion and hypnosis program yielded significantly lower post-treatment weights and a greater average number of pounds lost.

Weight loss for women: studies of smokers and nonsmokers using hypnosis and multi-component treatments with and without overt aversion. Johnson DL, Psychology Reprints. 1997 Jun;80(3 Pt 1):931-3.

### **Hypnotherapy group with stress reduction achieved significantly more weight loss than the other two treatments.**

Randomised, controlled, parallel study of two forms of hypnotherapy (directed at stress reduction or energy intake reduction), vs dietary advice alone in 60 obese patients with obstructive sleep apnoea on nasal continuous positive airway pressure treatment.

J Stradling, D Roberts, A Wilson and F Lovelock, Chest Unit, Churchill Hospital, Oxford, OX3 7LJ, UK

### **Hypnosis can more than double the effects of traditional weight loss approaches**

An analysis of five weight loss studies reported in the Journal of Consulting and Clinical Psychology in 1996 showed that the "... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches.

University of Connecticut, Journal of Consulting and Clinical Psychology in 1996 (Vol. 64, No. 3, pgs 517-519).

### **Weight loss is greater where hypnosis is utilized**

Research into cognitive-behavioral weight loss treatments established that weight loss is greater where hypnosis is utilized. It was also established that the benefits of hypnosis increase over time.

Journal of Consulting and Clinical Psychology (1996)