

Smoking Cessation and Hypnotherapy



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Just Arrived!

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Bergama / Asceplion- TURKEY "Sleep Temple"

Who Smokes





Cigarette Smoking in the U.S.



Prevalence of Smoking In Turkey: 30% of reproductive age women and 35% of men are cigarette smokers. Female smokers are increased among adolescents teenage girls.



Educational Status and Smoking



Why People Smoke



Smoking Among Young People Compared to teens that don't smoke, teens who smoke are:

- 3 times more likely to use alcohol;
- 8 times more likely to use <u>pot</u>; and
- ~20 times more likely to use <u>cocaine</u>!

Factors in Smoking

Psychosocial Factors

- Social Acceptability
- Modelling



 Well-being out of 1,000 kids who smoke, 750 come from families where one or both parents smoke!

Physiological Factors

- Nicotine Addiction
- Secondary Gains

Substances in Smoke

- (active and passive):
 - > 4.000 chemical compounds,
 - 43 carcinogens or poisons
 - > 300 polycyclic aromatic hydrocarbons.
 - methyl isocyanate(lethal poison).
 - bezene,(a potent toxicant)
 - Nicotine and its metabolites, cotinine
 - Polonium 210 (a carcinogenic radioactive elem),
 - Cadmium



How Smoking Causes Disease



Actual Causes of Death in the United States, 1990



Source: McGinnis and Foege, 1993

Lung Cancer Death Rates (British Physicians, 1951-1961, per 100,000)



Cigarette Smoking and Lung Cancer



Risk Factors for Heart Disease



Most Common Cancers

Men		Women	
<u>Incidence</u>	<u>Mortality</u>	<u>Incidence</u>	<u>Mortality</u>
1. Prostate	1. Lung	1. Breast	1. Lung
2. Lung	2. Prostate	2. Lung	2. Breast
3. Colorectal		3. Colorectal	

Commit to Help – Take Action



"Quitting smoking is easy, I've done it a thousand times" -Mark Twain

Tobacco dependence is a chronic disorder. 70 % of the smokers have made at least one prior quit attempt, and approximately 46 % try to quit each year. Unfortunately, only about 7 % were still abstinent 1 year later.

Effects of quitting

2 to 12 weeks:

3 to 9 months:

1 year:

10 years: 15 years circulation improves

coughs, wheezing and breathing problems improve

risk of heart attack halved

risk of lung cancer halved risk of heart attack equal to never-smoker's

Overall risk to smokers and never-smokers



Doll et al BMJ 1994

Effects on survival after ages 45, 55, 65 & 75 of stopping smoking in previous decade



Lung cancer risk by age and smoking habit





Lung cancer risk by age of quitting



Commit to Quit



Pharmacotherapies are effective for smoking cessation

- First line drugs are bupropion SR, nicotine gum, inhaler, nasal spray and patch.
- Second line drugs include clonidin and nortryptyline.

- Choice of a specific first-line pharmacotherapy must be guided by factors:
 - Clinician familiarity with the medications,
 - Contraindications for selected patients,
 - Patient preference,
 - Previous patient experience,
 - Patient characteristics (e.g., history of depression, concerns about weight gain).

Hypnosis is effective

 Hypnosis is clearly effective in smoking cessation. However, there are contradictory results on the success rates of single session therapies. Single session therapies seem to result in 17%-45% success (Hammond, 1990). Success rates increase dramatically in multisessions

 By using these longer formats, abstinance rates over %65 can be achieved. When a multisession approach will be used, it is preferable to conduct the second session two or three weeks after the first session since most of the relapses occur during this time interval.

Suggestions must be individualized!!

- Hypnosis must be tailored for individual motivations and need of the patients.
- One of the most important part of the therapy is to investigate the benefits derived from smoking for each patient (decrease anxiety, facilitate social relations, establish independence).

A clinical study in private practice setting

- The sample consisted of 46 cases treated with hypnotherapy.
- **Inclusion Criteria:**
- 1-A definite decision to stop smoking
- 2-Willing to have hypnotherapy
- 3- Being age 18 to 65.
- **Exclusion Criteria:**
- Having DSM-IV Axis I or Axis II diagnosis.

Sociodemographic features of cases

	Cases		
	Male (n=26)	Female (n=20)	
Age (years)	32.5 (± 6.3)	38.2 (± 9.4)	
Duration of smoking (years)	10.2 (± 5.4)	11.7 (± 7.1)	
<i>Education</i> Primary High school University	%11.5 %50 %38.5	%20 %40 %40	

Procedure

- The subjects were conducted 1-7 (3.6 on average) sessions of direct or indirect, depending on the structure of their personality, hypnosis in a room specially prepared for this purpose.
- Each session lasted approximately 60 minutes, each week. The subjects were thought to do autohypnosis and their situation was assessed at the end of first, second and the fourth week.

Procedure

- In the first session relaxation was taught.
- Suggestions were individualized. I used suggestions to enhance self-esteem, increase motivation.
- Images of hospital scenes, aversive experiences related with smoking were also used.

Results

After an average of 3.3 sessions, 60 % of the patients quitted smoking. The rate of quit smoking was 68 % at the end of first week, 75 % at the end of second week and 60 % at the end first month. Female volunteers were observed to be more successful than the male ones.

Conclusions

- The number of the sessions required changed considerably among the cases, owing to individual differences.
- Thus, the most important message is to adapt an individualized method of treatment.

