S.NO. 17

INTEGRATING COGNITIVE BEHAVIORAL HYPNOTHERAPY INTERVENTIONS FOR REDUCTION IN SMOKING IN ANXIETY PRONE ADULTS

By

Ms. Benish Nawaz Khan

A thesis presented to Bahria University, Karachi

in partial fulfilment of the requirements for the

degree of

Master of Science Clinical Psychology.

2017

LIBRARY
INSTITUTE OF PROFESSIONAL PSYCHOLOGY
BAHRIA UNIVERSITY KARACHI CAMPUS
KARACHI

Copyright 2017 □ Benish Nawaz Khan

All rights reserved

BAHRIA UNIVERSITY ISLAMABAD

APPROVAL SHEET

SUBMISSION OF HIGHER RESEARCH DEGREE THESIS

Candidate's Name:	Benish Nawaz Khan
Discipline:	Clinical Psychology (M.S)
Faculty/Department:	Institute of Professional Psychology

I hereby certify that the above candidate's work including the thesis has been completed to my satisfaction and that the thesis is in a format of an editorial standard recognized by the faculty/department as appropriate for examination.

Signature(s):

Principal Supervisor: Farrah . t Fadel

Date: 14/2/2018

The undersigned signifies that:

1. The candidate presented at a pre-completion seminar, an overview and synthesis of major findings of the thesis, and that the research is of a standard and extent appropriate for submission as a thesis.
2. I have checked the candidate's thesis and it scope, format, and editorial standards are recognized by the faculty/department as appropriate.

Signature(s):

Dean/Head of Faculty/Department: Farrah - t Fadel

Date: 14/2/2018

DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis is to the best of my knowledge my own. All sources used and any help received in the preparation of this dissertation have been acknowledged. I hereby declare that I have not submitted this material either in whole or in part, for any other degree at this or any other institution.

Signature: _____

Name: Benish Nawaz Khan

ACKNOWLEDGEMENTS

I am extremely thankful to Almighty Allah the sovereign and beneficent, who is always Raheem for me. The completion of this thesis would not have been possible without the support of several people. I would like to thank my research supervisor Dr Zainab .F. Zadeh. She provided unconditional guidance, support and motivation throughout this study and always encouraged me and believed in me. It was an honor conducting research under her supervision.

I would like to thank to Ms. Naima Fatima Shariff who was a great motivational force for me in completing my course work. Also thanks to MR. Mumtaz for helping in analyzing the data and special thanks to my young friend Ms. Erum Qauser who helped in guidance and provided unconditional support.

Finally and most importantly I am grateful to the participants of this study who were motivated to participate with keen interest and were cooperative during the data collection. They helped me to understand complicated human behavior which was very helpful in enhancing my learning.

DEDICATION

I would like to dedicate this thesis to my parents and Uncle Dr. Ghulam Rasool, for their unconditional love, trust and encouragement. Also to all my teachers specially Dr. Zainab Zadeh, for creating an environment of enthusiasm for learning, gratitude for growing, and room for making mistakes along the way. I am grateful to have you as a guide, mentor and leading by example.

TABLE OF CONTETNTS

Approval sheet i

Declaration of authentication..... ii

Acknowledgment 7

Dedication 7

Abstract..... 1

Chapter1: Introduction..... 2

1.1 Background of Research 2

1.2 Problem Statement 7

1.3 Research Objectives..... 8

1.4 Research Question 8

1.5 Significance of the Study..... 8

1.6 Definitions of the Key Terms..... 9

Chapter II: LITERATURE REVIEW 11

2.1Understanding Nicotine Addiction 11

2.1.1 Tobacco use and comorbidity with Psychiatric Disorders... 13

2.1.2. Trend of Smoking in Young Adults..... 14

2.1.3. Are There Gender Differences in Tobacco Smoking? 15

2.2. Studies on Anxiety..... 16

2.2.1 Neuro-Cognitive Models Of Anxiety 17

2.2.2. Awareness of Anxiety in Pakistan..... 19

2.2.3. Prevalence of Anxiety in Pakistan..... 21

2.2.4. Pharmacological Treatment of Anxiety..... 22

2.2.5. Risk Factors, Onset and Relationship of Anxiety with Smoking 26

2.3. Effective Psychotherapies for the Reduction of Smoking..... 25

2.3.1. Comparison between Pharmacological Therapy and Psychotherapy 27

2.3.2. Cognitive Behavioral Therapy and Hypnotherapy as a Treatment of Anxiety...28

CHAPTER III: THEORETICAL FRAMEWORK..... 30

3.1. HYPOTHESES..... 34

CHAPTER IV: METHODOLGY..... 35

4.1. SAMPLE 35

4.1.1. Inclusion Criteria 35

4.1.2. Exclusion Criteria 35

4.2. MEASURES 36

4.2.1 Informed Consent 36

4.2.2 Demographic Form 36

4.2.3 Beck Anxiety Inventory (BAI) 36

4.3 STATISTICAL ANALYSIS 37

4.4 ETHICAL CONSIDERATION..... 37

4.5 PROCEDURE 37

CHAPTER V: RESULTS 41

CHAPTER VI: DISCUSSION..... 51

6.1 Conclusion 55

6.2 Implication 55

6.3 Limitations. 56

6.4 Recommendations 56

References 57

ANNEXURES 87

Appendix A 88

Appendix B 90

Appendix C 92

Appendix D 93

LIST OF TABLES

Table 1 Demographic Analysis of the Sample.....41

Table 2 *Paired Sample T-Test for the Reduction in Smoking* 42

Table 3 *Paired Sample T-Test – Reduction in Anxiety Level*.....42

LIST OF FIGURES

Figure A Theoretical Model.....33

Figure B Post-test Comparison of Anxiety and Smoking Behaviour.....43

Figure C Change in Anxiety 50

ABSTRACT

The current study aimed to assess the efficacy of Cognitive Behavioral and Hypnotic interventions in reduction of smoking in anxious prone adults. The hypotheses were; H1- Cognitive Behavioral Hypnotherapy will reduce smoking behavior in anxiety prone adults.H2- Cognitive Behavioral Hypnotherapy intervention will reduce anxiety symptoms in anxiety prone adults. Total 7 numbers of male participants were selected from the institution in Karachi by using purposive sampling method. There were 8 therapy sessions conducted at Institute of Professional Psychology. Pretest and posttest was done by using Beck Anxiety Inventory (BAI) as a tool of measurement of anxiety level. Consent form and demographic form was filled to gather relevant information. Results proved both the hypotheses to be significant; change in smoking behavior was observed along with the reduction in anxiety symptoms by using Paired Sample T-test on SPSS Version 22. So this indicates that the Cognitive Behavioral Hypnotherapy intervention can be helpful as short term therapy intervention and effective for both anxiety symptoms and reduction of smoking.