

Gender-related differences in hypnosis-based treatments for smoking: a follow-up meta-analysis.

Posted At : April 16, 2008 8:41 AM | Posted By : [Tim Brunson, PhD](#)

Related Categories: Smoking Cessation

In an earlier meta-analysis of 12 studies using hypnosis-based treatments for smoking cessation, we provided preliminary evidence that males fare better than females when trying to quit smoking (Green, Lynn, & Montgomery, 2006). By excluding studies that reported no gender differences, but failed to report final outcome-statistics-by-gender, our previous conclusion may have overestimated the role of gender in hypnosis-based smoking cessation treatment. In the present analysis, we included 12 additional studies that reported no gender differences, but failed to report final outcome-by-gender statistics. Across each of these studies, we calculated identical success rates for male and female participants and then added these results to our database. Among all 24 groups of participants who completed hypnosis-based treatment for smoking, we found a small but significant effect for male participants being more successful in quitting smoking relative to females. Specific suggestions for tailoring hypnosis smoking cessation programs to take gender differences into account are discussed.

Am J Clin Hypn. 2008 Jan;50(3):259-71. Green JP, Lynn SJ, Montgomery GH. The Ohio State University, 4240 Campus Drive Lima, OH 45804, USA. green.301@osu.edu
