The effects of short-term meditation practice on hypnotic responsivity.
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AB 81 male undergraduates were pretested on absorption and 3 measures of hypnotic responsiveness and were then randomly assigned to 1 of 3 conditions: meditation for 8 sessions, attendance at lectures on hypnosis for 8 sessions, and no treatment. Ss were posttested on absorption, hypnotic responsivity, and Harvard Group Scale of Hypnotic Susceptibility, Form A, measures. Degree of meditating remained stable across sessions, and meditating Ss were much more likely than those who listened to lectures to report intrusions into their attending. Neither the meditation nor the listening treatments enhanced hypnotic responsivity or absorption.