

## **P-1136 - THE EFFICIENCY OF ERICKSONIAN HYPNOSIS IN DIMINISHING STRESS AND PROCRASTINATION IN PATIENTS WITH GENERALIZED ANXIETY DISORDER**

B.Craciun, I.Holdevici, A.Craciun

<sup>1</sup>Faculty of Psychology and Educational Sciences, Bucharest University, <sup>2</sup>Faculty of Psychology, Titu Maiorescu University, Bucharest, Romania

Hypnosis represents a modified conscience state with a natural character. The phenomenology of anxiety disorders, the issues related to stress and procrastination are connected subjectively and objectively to the state of tension experienced by a person.

Ericksonian hypnosis is a method recommended in the psychotherapy of people suffering from anxiety. Studies have shown at least two advantages for the patients: the deep state of relaxation and hypnotic transe representing a facilitating context for guided imagery, which plays an important part in treating anxiety.

The main objective of the present paper was to assess the efficiency of Ericksonian hypnosis in the psychotherapeutic intervention which targets diminishing stress and procrastination at patients suffering from generalized anxiety disorder.

A number of 60 patients diagnosed with generalized anxiety disorder, aged between 27-48 years, have been tested pre and post applying Ericksonian hypnosis techniques. The anxiety was measured using the State-Trait Anxiety Inventory (Spielberger, 1983), stress was evaluated with the Perceived Stress Scale (Cohen, 1994) and procrastination was measured with the Lay Procrastination Scale (Lay, 1987). A correlation analysis has been used and also the ANOVA.

The results have shown that using Ericksonian hypnosis suggestion leads to decreasing the level of stress and the anxiety level. Results analysis has also shown a lower procrastination score among the patients.

While the findings of the present study should be generalized only with caution, our results suggest that interventions with Ericksonian hypnosis techniques can reduce stress and procrastination at patients with generalized anxiety disorder.