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|  | **PROCEDURE**  **Materials**  1) An extensive knowledge of hypnosis and stress.  2) Numerous clinics to conduct your survey.  3) Two stress evaluating surveys. Different surveys but the same in content.  4) Hypnotherapists that are willing to participate in your survey and assist you with any questions that you may have.  5) A sample size of about 50 people.  6) An availablkle phone and a phone book.  7)The availabily of the internet.  **I. Researching hypnosis and its affects on stress.**  1. Go to various libraries, medical clinics, and bookstores, to find any information, data, or current research.  2. Search through phone book, newspapers, periodicals, Internet for hypnosis clinics.  3. Visit clinics and gather more information by observations, discussions and other various means.  4. (Optional) Interview professional hypnotherapists and subjects currently participating in hypnotherapy.  **II. Construct a survey**  1. Find pertinent information that would help in evaluating the levels of stress that one might experience due to physical, social, mental, or emotional demands in their lives.  2. Construct two different surveys, the [first survey](http://docs.google.com/survey1.html) being used prior to the hypnotherapy and the [second survey](http://docs.google.com/survey2.html) after the treatment. Two different surveys are needed because it is the same sample population taking both surveys andthey are needed to eliminate the correlation between the answers before and after the treatment.  **III. Conducting the Survey**  1. Contact clinics and request permission to conduct survey. Make sure to ask several hypnotherapists to ensure a large sample size.  2. Survey patients individually prior to their treatment by a hypnotherapist.  3. Wait a period of three to four weeks or until the patients treatments have concluded. Hypnosis although it may be effective in single sessions, most cases require repeated therapy for several weeks. In addition, some sessions may be more effective than others.  4. Contact and survey the treated individuals after proper treatment.  **IV. Analyzing data**  1. Collect all the surveys and tally up the scores.  2. Group all the surveys that scored in the same point range. Record the number of surveys for every level of stress.  3. A letter should symbolize each level of stress. A being the least severe form of stress. B being a moderate level of stress. C being extreme stress and D being unbearable stress levels.  4. Create a table and graphs to represent the data that was just acquired. There should be two sets of data one before and after the treatment. Compare and contrast the two surveys noting the differences in the stress levels.  **V. Finishing the Details**  1. Make sure to thank the clinics and hypnotherapists who were involved in the survey.  2. Return all library books and materials. |

*This Web Site is Best viewed with 256 or more colors.*

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