

Friedlander-Sarbin Hypnotic Suggestibility Scale

The Friedlander-Sarbin scale is one of the earliest hypnotic susceptibility scales. It was subsequently modified by Weitzenhoffer & Hilgard to become the Stanford Hypnotic Susceptibility Scales

Materials needed

1. Light source – small light bulb (not too bright) (In the original paper the authors reported that the light was from a bulb shining through a 3/8 inch glass-covered aperture in a cardboard cylinder suspended from the ceiling)
2. Stopwatch

Instructions

After each suggestion, a stopwatch should be started. If the subject cannot resist the suggestion within ten seconds, a "+" should be recorded and the next suggestion given.

If the subject resisted the suggestion within the ten seconds, the time required and a "-" should be recorded.

The time for all the minus responses should be added. If its total time equals ten seconds, or a multiple of ten, each such multiple was credited with a score value of one (i.e. 10s = 1, 20s = 2 etc).

Reference:

Friedlander, J. W., & Sarbin, T. R. (1938). The depth of hypnosis. *The Journal of Abnormal and Social Psychology*, 33(4), 453-475

Initial instruction to subject

“Keep staring at the light “

Induction

I. "Keep your eyes on that little light and listen carefully to what I say. Your ability to be hypnotized depends entirely on your willingness to cooperate. It has nothing to do with your intelligence. As for your willpower — if you want, you can remain awake all the time and pay no attention to me. In that case you might make me look silly, but you are only wasting time. On the other hand, if you pay close attention to what I say, and follow what I tell you, you can easily learn to fall into an hypnotic sleep In that case you will be helping this experiment and not wasting any time. Hypnosis is nothing fearful or mysterious. It is merely a state of strong interest in some particular thing. In a sense you are hypnotized whenever you see a good show and forget you are part of audience, but, instead, feel you are part of the story. Your cooperation, your interest, is what I ask of you. Your ability to be hypnotized is a measure of your willingness to cooperate. Nothing will be done that will in any way cause you the least embarrassment.

II. " Now, relax and make yourself entirely comfortable Keep your eyes on that little light Keep staring at it all die time Keep staring as hard as you can, as long as you can.

III. "Relax completely Relax every muscle in your body. Relax the muscles in your legs Relax die muscles in your arms Make yourself perfectly comfortable. Let yourself be limp, limp, limp. Relax more and more, more and more Relax completely Relax completely.

IV. "Your legs feel heavy and limp, heavy and limp Your arms are heavy, heavy, heavy as lead Your whole body feels heavy, heavier, and heavier. You feel tired and sleepy, tired and sleepy You feel drowsy, drowsy and sleepy, heavy and drowsy, drowsy and sleepy Your breathing is slow and regular, slow and regular.

V. "Your eyes are tired from staring Your eyes are wet from straining The strain in your eyes is getting greater and greater, greater and greater. You would like to close your eyes and relax completely, relax completely. (But keep your eyes open just a little longer. Try to keep your eyes open just a little longer, just a little longer.) You will soon reach your limit. The strain will be so great, your eyes will be so tired, your lids will become so heavy, your eyes will close of themselves, close of themselves.

VI. "And then you will be completely relaxed, completely relaxed. Warm and comfortable, warm and comfortable. Tired and drowsy. Tired and sleepy. Sleepy. Sleepy. Sleepy. You are paying attention to nothing but the sound of my voice, listening to nothing but die sound of my voice. You hear nothing but die sound of my voice.

VII. "Your eyes are blurred. You can hardly see, hardly see. Your eyes are wet and uncomfortable Your eyes are strained The strain is getting greater and greater, greater and greater. Your lids are heavy. Heavy as lead. Getting heavier and heavier, heavier and

heavier. They're pushing down, down, down. Your lids seem weighted, weighted with lead, heavy as lead. Your eyes are blinking, blinking, closing, closing.

VIII. "You feel drowsy and sleepy, drowsy and sleepy. I shall now begin counting. At each count you will feel yourself going down, down, down, into a deep comfortable, a deep restful sleep. Listen carefully One — down, down, down. Two — three — four — more and more, more and more. Five — six — seven — eight — you are sinking, sinking. Nine — ten — eleven — twelve — deeper, and deeper, deeper and deeper. Thirteen — fourteen — fifteen — sixteen.

(If eyes closed): You are falling fast asleep.

(If open): Your eyes are closing, closing. Seventeen — eighteen — nineteen — twenty.

(If closed): You are sound asleep, fast asleep.

(If open): begin at II and repeat

(If the subject's eyes are not closed after the second reading, then simply instruct them to close their eyes)

Suggestions

1. "Your eyes are tightly shut, tightly shut. Your lids are glued together, glued together, tightly shut. No matter how hard you try, you cannot open your eyes, you cannot open your eyes Try to open your eyes. Try hard as you can."

(Ten second pause.)

"Now relax completely, relax completely."

2. " Your left arm is heavy. Heavy as lead. Your arm is heavy as lead. You cannot raise your left arm You cannot raise your arm Try hard as you can, hard as you can. You cannot bend your arm Try hard as you can, hard as you can."

(Pause ten seconds)

"Now relax completely."

3. "Extend your right arm. Straight out. Straight out. Your arm is rigid. Rigid and stiff. Stiff as a board. No matter how hard you try, you cannot bend your right arm. Try to bend your arm. Try hard as you can, hard as you can."

(Pause ten seconds.)

"Now relax completely, relax completely."

4. "Put your fingers together. Interlock your fingers. Your fingers are interlocked, tightly interlocked. You cannot separate your fingers. Try hard as you can, hard as you can.

(Pause ten seconds.)

“Now relax completely, relax completely.”

5. "You cannot say your name. No matter how hard you try you cannot say your name. Try to say your name. Try as hard as you can.”

(Pause ten seconds.)

6. "Now relax completely. I am going to wake you up. When you awake, you will remember nothing of what has happened, nothing of what has happened. I shall count to ten. At eight you will open your eyes. At ten you will be wide awake and feeling cheerful But you will remember nothing of what has happened After you awake, you will hear someone calling your name. Ready now, one, two, three, four, five, six, seven, eight, nine, ten.”

7. (When the subject awakens, wait ten seconds. If no response, ask - "Do you hear anything?" If reply is "Yes" ask "What" If "No" ask "Did you hear your name being called?"

Testing

*The following is not in the original (1938) paper, but it appears they have neglected to report an important part of the test:

Ask: “Can you tell me what has happened, or what I have asked you to do since you began looking at the light?”

(Write down the participant’s responses.)

Cancellation of amnesia suggestion

*The following is not in the original (1938) paper, but it appears they have omitted to cancel the amnesia suggestion

“While you were hypnotized you were given a suggestion that you would not be able to recall any of what I asked you to do. This no longer applies and in a short time you will clearly be able to recall everything that we did.”

Scoring

Suggestion	Scoring criteria
<i>Eye closure</i>	
Eyes close in period 1	5
Eyes close in period 2	4
Eyes close in period 3	3
Eyes close in period 4	2
Eyes close in period 5	1
Eyes do not close	0
<i>Eyes tightly shut</i>	Eyes remain shut during challenge = 1 Eyes open during challenge = 0
<i>Arm immobilisation</i>	Arm remains unmoved = 1 Arm moves = 0
<i>Arm rigidity</i>	Arm remains unbent = 1 Arm bent = 0
<i>Finger interlock</i>	Fingers remain interlocked = 1 Fingers pulled apart = 0
<i>Inability to say name</i>	Subject does not say their name =1 Subject says their name =0
<i>Amnesia</i>	No items recalled = 5 One item recalled = 4 Two items recalled = 3 Three items recalled = 2 Four or five items recalled = 1 More than five items recalled = 0
<i>Voice hallucination</i>	Distinct hallucination, no prodding needed = 5 Faint hallucination, prodding needed = 3 No hallucination = 0

Maximum score is 20