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Original Article (Quantitative)

The Effectiveness of Cognitive Behavioral Hypnotherapy on Distress Tolerance among SAMPAD Adolescents

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Abstract

The present study was conducted to examine the effectiveness of Cognitive Behavioral Hypnotherapy (CBH) on distress tolerance among SAMPAD adolescents. This study was applied in terms of purpose and employed a quasi-experimental design with a pretest–posttest control group and a two-month follow-up. The statistical population consisted of 253 female adolescents studying in the first cycle of secondary education at a SAMPAD school in Sari during the 2025–2026 academic year. A sample of 40 students was selected through purposive sampling based on the inclusion and exclusion criteria and was then randomly assigned to an experimental group (n = 20) and a control group (n = 20). Data were collected using the Distress Tolerance Scale developed by Simons and Gaher (2005). The experimental group received the Cognitive Behavioral Hypnotherapy protocol developed by Hammond (2012) in eight 90-minute sessions. The collected data were analyzed using repeated-measures analysis of variance (ANOVA) in SPSS version 26. The results indicated that, after controlling for the pretest scores, Cognitive Behavioral Hypnotherapy had a statistically significant effect on distress tolerance ($p < .01$). Furthermore, no statistically significant difference was found between the posttest and follow-up assessments, indicating the stability of the treatment effects over time. Therefore, it can be concluded that Cognitive Behavioral Hypnotherapy is effective in improving distress tolerance among SAMPAD adolescents. Accordingly, this therapeutic approach can be used to enhance distress tolerance among adolescents studying in SAMPAD schools.

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