



實證護理最佳資源  
JBI Resource on Ovid

飛資得醫學



Wolters Kluwer

# What is Joanna Briggs Institute

- **Joanna Briggs Institute (JBI)**
  - 附屬於澳洲阿德雷德大學
  - 國際公認實證實務資訊權威機構之一
  - 其開發的實證基礎實務模式，被醫療照護產業視為基準指標。
  - 與全球 70 多個實證照護中心合作，提供經由研究分析、評價、專家評論編輯而成，同時兼顧研究的質與量之實證實務資訊。
- **JBI 的資源特色**
  - JBI 清楚的提供醫護人員可以立即運用在臨床的作法
  - 非提供冗長的治療方式比較與研究過程。
  - 在國際間醫療單位的使用經驗上，能確實地大大提高工作上的效率與病患安全。

# JBI EBP Database 實證護理資料庫

- 收錄五種全文出版品類型
  - **Evidence Summaries**
  - **Recommended Practices**
  - **Best Practice Information Sheets**
  - **Systematic Reviews**
  - **Systematic Reviews Protocols**
- 內容分佈在18個主題中
  - 每種類型的出版物都有其不同的使用需求。
  - 但大多數是可立即用於指導治療和臨床指引的文獻。

▼ Search History (2) View Saved

# ▲	Searches	Results	Type	Actions	Annotations
1	electrical burns {Including Limited Related Terms}	9	Basic	Display Results More ▼	🗨
2	limit 1 to (evidence summaries or recommended practices)	8	Advanced	Display Results More ▼	🗨

Save Remove Combine with: AND OR

Save All Edit Create RSS View Saved

Basic Search | Find Citation | Search Tools | Search Fields | Advanced Search | Multi-Field Search

1 Resource selected | Hide | Change

Joanna Briggs Institute EBP Database - Current to March 11, 2020

Search

▼ Limits (close)  Include Multimedia  Include Related Terms

Publication Year - -

Publication Types

- 
- Best Practice Information Sheets
- Evidence Summaries
- Recommended Practices
- Systematic Review Protocols
- Svstematic Reviews

Subject Area Nodes

- 
- Aged Care
- Burns Care
- Cancer Care
- Cardiovascular Care
- Chronic Disease

Additional Limits Edit Limits

# JBI EBP Database 收錄主題

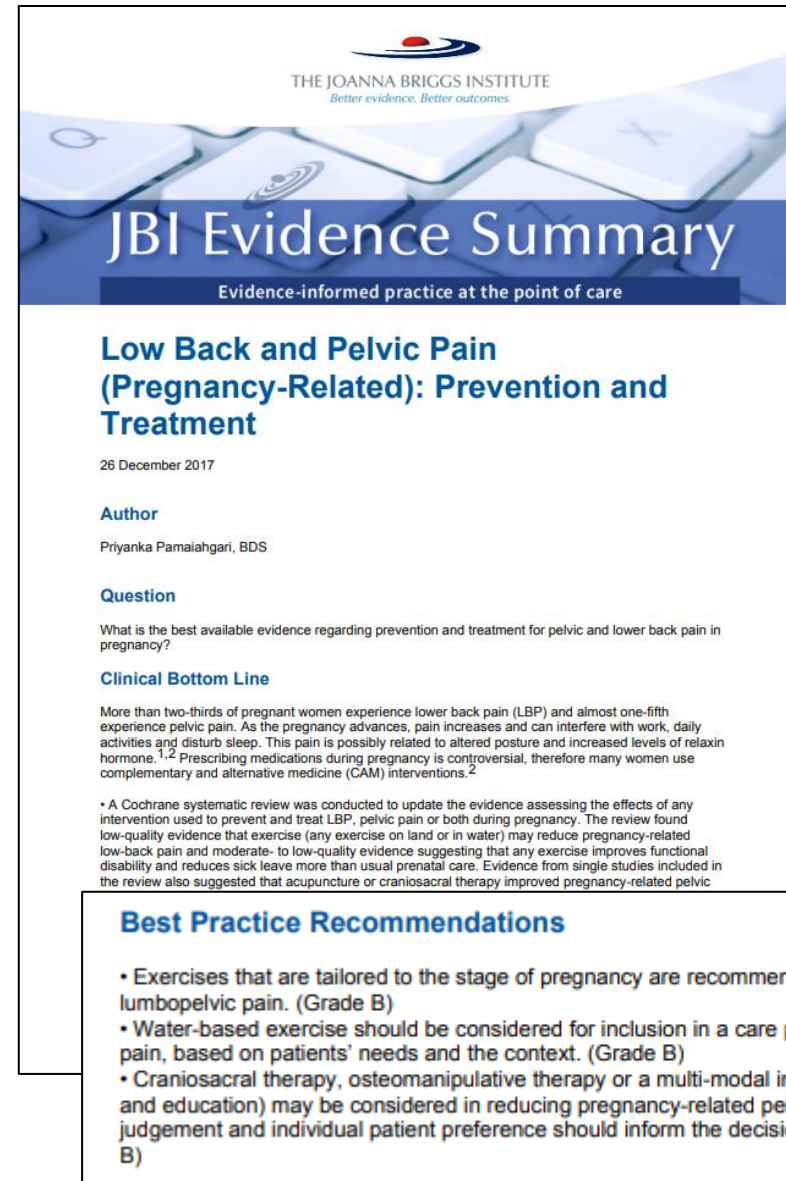
Aged Care 老年保健	Emergency & Trauma 急診與創傷	Pediatrics小兒科
Burns Care 燒傷護理	General Medicine一般用藥	Rehabilitation 復健
Cancer Care 癌症護理	Health Management & Assessment健康管理與評估	Renal Care腎臟護理
Cardiovascular Care心血管護理	Infection Control • 感染控制	Surgical Services手術服務
Chronic Disease 慢性病	Mental Health精神健康	Tropical and Infectious Disease 熱帶和傳染病
Diagnostic Imaging 影像診斷	Midwifery Care助產護理	Wound Healing and Management 傷口癒合與管理



# 文獻類型 - Evidence Summaries

- 針對常見臨床照護介入措施及方式，提供國際上實證的簡短摘要
- 結構化的檢索文獻方式，用來查詢實證照護資料庫

JBI Grades of Recommendation	
A 'strong' recommendation for a certain health management strategy where:	
Grade A	1. it is clear that desirable effects outweigh undesirable effects of the strategy;
	2. where there is evidence of adequate quality supporting its use;
	3. there is a benefit or no impact on resource use, and
	4. values, preferences and the patient experience have been taken into account.
A 'weak' recommendation for a certain health management strategy where:	
Grade B	1. desirable effects appear to outweigh undesirable effects of the strategy, although this is not as clear;
	2. where there is evidence supporting its use, although this may not be of high quality;
	3. there is a benefit, no impact or minimal impact on resource use, and
	4. values, preferences and the patient experience may or may not have been taken into account.



THE JOANNA BRIGGS INSTITUTE  
Better evidence. Better outcomes.

## JBI Evidence Summary

Evidence-informed practice at the point of care

### Low Back and Pelvic Pain (Pregnancy-Related): Prevention and Treatment

26 December 2017

**Author**  
Priyanka Pamaiahgari, BDS

**Question**  
What is the best available evidence regarding prevention and treatment for pelvic and lower back pain in pregnancy?

**Clinical Bottom Line**  
More than two-thirds of pregnant women experience lower back pain (LBP) and almost one-fifth experience pelvic pain. As the pregnancy advances, pain increases and can interfere with work, daily activities and disturb sleep. This pain is possibly related to altered posture and increased levels of relaxin hormone.<sup>1,2</sup> Prescribing medications during pregnancy is controversial, therefore many women use complementary and alternative medicine (CAM) interventions.<sup>2</sup>

\* A Cochrane systematic review was conducted to update the evidence assessing the effects of any intervention used to prevent and treat LBP, pelvic pain or both during pregnancy. The review found low-quality evidence that exercise (any exercise on land or in water) may reduce pregnancy-related low-back pain and moderate- to low-quality evidence suggesting that any exercise improves functional disability and reduces sick leave more than usual prenatal care. Evidence from single studies included in the review also suggested that acupuncture or craniosacral therapy improved pregnancy-related pelvic

### Best Practice Recommendations

- Exercises that are tailored to the stage of pregnancy are recommended to reduce evening pelvic pain or lumbopelvic pain. (Grade B)
- Water-based exercise should be considered for inclusion in a care plan to assist in reducing lower back pain, based on patients' needs and the context. (Grade B)
- Craniosacral therapy, osteomanipulative therapy or a multi-modal intervention (manual therapy, exercise and education) may be considered in reducing pregnancy-related pelvic and lower back pain. Clinical judgement and individual patient preference should inform the decision to use these interventions. (Grade B)

# 文獻類型 - Recommended Practices

- 提供介入指引及程序，針對選定的臨床主題作進一步的說明及建議
  - Recommended Practice 推薦做法
  - Equipment List 設備清單
  - Occupational Health & Safety Provisions 相關安全規定

## Occupational Health and Safety Considerations



Patient education required



Hand washing required at all times



**ATTENTION!**  
Use standard precautions



Clinically competent professionals only



Back care. Follow manual handling procedures



**ATTENTION!**  
Electricity. Use appropriate precautions

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## JBI Recommended Practice

Evidence-informed practice at the point of care

### Non-specific Low Back Pain: Superficial Heat

30 May 2018

**Equipment**

- Patient's medical record
- Sensation testing equipment
- Heat Wrap/Hot Pack

**Recommended Practice**

PRECAUTIONS:

- Neurological disorders
- Kidney problems
- Diabetes mellitus
- Bleeding diseases
- Inflammatory disease
- Abnormal heat sensitivity
- Peripheral vascular disorders
- Active tuberculosis
- Skin lesions (e.g. rash, bruising, laceration)
- Areas where heat rub was applied
- May refer to manufacturer's guidelines for precautions

CONTRAINDICATIONS:

- Circulatory insufficiency
- Risk of dissemination (malignancy, systemic disease)
- Possible exacerbation of existing conditions
- Loss of skin sensation (hot or cold)

## JBI Evidence Summary

### Non-specific Low Back Pain: Superficial Heat or Cold

28 May 2018

#### Author

Lucylynn Lizarondo, PhD, MPhysio, MPsych, BPhysio

#### Question

What is the best available evidence regarding the effectiveness of superficial heat or cold for managing low back pain?

# 文獻類型 - Best Practice Information Sheets

- 根據大量的systematic reviews 文獻的結果，彙整出一個建議方案
- 從大量數據中收集的關鍵問題和建議的訪問
- 2020 新文獻類型

The New JBI Levels of Evidence and Grades of Recommendation are now being used for all JBI documents as of the 1st of March 2014.

Levels of Evidence - Effectiveness	
Level 1 - Experimental Designs	Level 1.a - Systematic review of Randomized Controlled Trials (RCTs)
	Level 1.b - Systematic review of RCTs and other study designs
	Level 1.c - RCT
	Level 1.d - Pseudo-RCTs
Level 2 - Quasi-experimental Designs	Level 2.a - Systematic review of quasi-experimental studies
	Level 2.b - Systematic review of quasi-experimental and other lower study designs
	Level 2.c - Quasi-experimental prospectively controlled study
	Level 2.d - Pre-test - post-test or historic/retrospective control group study
Level 3 - Observational - Analytic Designs	Level 3.a - Systematic review of comparable cohort studies
	Level 3.b - Systematic review of comparable cohort and other lower study designs
	Level 3.c - Cohort study with control group
	Level 3.d - Case - controlled study
	Level 3.e - Observational study without a control group
Level 4 - Observational - Descriptive Studies	Level 4.a - Systematic review of descriptive studies
	Level 4.b - Cross-sectional study
	Level 4.c - Case series
	Level 4.d - Case study
Level 5 - Expert Opinion and Bench Research	Level 5.a - Systematic review of expert opinion
	Level 5.b - Expert consensus
	Level 5.c - Bench research/ single expert opinion

The JOANNA BRIGGS INSTITUTE Aged care

## Best Practice

Evidence-based information sheets for health professionals

### Family involvement in decision making for people with dementia in residential aged care

**Recommendations\***

- Residential aged care staff could ascertain the preferred degree of involvement of family caregivers in decision making about the resident. **(Grade B)**
- Residential aged care staff can ensure that they develop and maintain effective dialogue with the resident's family about the resident's health status. **(Grade B)**
- Residential aged care staff can provide support for family caregivers when making decisions about the resident. **(Grade B)**
- Residential aged care staff can provide opportunities for reciprocal sharing of information with the resident's family about the resident's illness, treatment options and quality of life as well as their life story, values and wishes. **(Grade B)**

\*For a definition of JBI's 'Grades of Recommendation' please see the last page of this sheet

**Information Source**

This Best Practice Information Sheet has been derived from a systematic review published in 2013 in the JBI Database of Systematic Reviews and Implementation Reports.<sup>1</sup> The systematic review report is available from the Joanna Briggs Institute ([www.joannabriggs.org](http://www.joannabriggs.org)).

The interface between residential care staff and family is frequently highlighted in the literature and staff-family communication and relationships are indeed very important in order to facilitate family-carer involvement in decision making. This, in turn, influences outcomes for the person with dementia. The relationship of family decision makers with staff facilitates staff members' understanding of

**JBI Grades of Recommendation\***

<b>Grade A</b>	A 'strong' recommendation for a certain health management strategy where (1) it is clear that desirable effects outweigh undesirable effects of the strategy; (2) where there is evidence of adequate quality supporting its use; (3) there is a benefit or no impact on resource use, and (4) values, preferences and the patient experience have been taken into account.
<b>Grade B</b>	A 'weak' recommendation for a certain health management strategy where (1) desirable effects appear to outweigh undesirable effects of the strategy, although this is not as clear; (2) where there is evidence supporting its use, although this may not be of high quality; (3) there is a benefit, no impact or minimal impact on resource use, and (4) values, preferences and the patient experience may or may not have been taken into account.



# 文獻類型 - Best Practice Information Sheets

## Systematic Reviews

- 文獻的分析
  - 提出一個問題
  - 建立收錄原則
  - 建立廣泛搜索實證的策略
  - 評估每篇文章的質量
  - 擷取文章中的重點
  - 綜述各篇文章中的要點

## Systematic Review Protocols

- 文獻背景資訊和進行系統化綜述的計劃

### A meta-synthesis of women's perceptions and experiences of breastfeeding support

Virginia Schmied, PhD, RM<sup>1</sup>  
Sarah Beake, MA, RM, RN<sup>2</sup>  
Athena Sheehan, PhD, MN, RM, RN<sup>3</sup>  
Christine McCourt, PhD, BA<sup>4</sup>  
Fiona Dykes, PhD, MA, RGN, RM, ADM, Cert Ed<sup>5</sup>

1. Associate Professor (maternal and child health) School of Nursing and Midwifery, University of Western Sydney, Sydney, Australia
2. Research Midwife, Centre for Research in Midwifery and Childbirth, Thames Valley University, Paragon House, Boston Manor Road, Brentford, TW8 9GA, UK and Deputy Director, Thames Valley Centre for Evidence-Based Nursing & Midwifery.
3. Senior Lecturer, Faculty of Nursing and Health, Avondale College, NSW, Australia and Adjunct Research Fellow, School of Nursing and Midwifery, University of Western Sydney, Sydney, Australia.
4. Professor of Anthropology & Health, Centre for Research in Midwifery and Childbirth, Thames Valley University, London, UK and also visiting professor, NMAHP Research Unit, University of Stirling.
5. Professor of Maternal and Infant Health and Director of Maternal and Infant Nutrition and Nurture Unit (MANN), School of Public Health and Clinical Sciences, University of Central Lancashire, England, Adjunct Professor, University of Western Sydney.

Corresponding author: Sarah Beake, Centre for Research in Midwifery and Childbirth, Thames Valley University, Paragon House, Boston Manor Road, Brentford, TW8 9GA, UK. E-mail: Sarah.Beake@tvu.ac.uk

### Executive Summary

**Background-** Breastfeeding conveys significant health benefits to infants and mothers yet in many affluent nations breastfeeding rates continue to decline across the early months following birth. Both peer and professional support have been identified as important to the success of breastfeeding. What is not known are the key components or elements of support that are effective in increasing the duration of breastfeeding?

**Objectives-** The aim of this meta-synthesis was to examine women's perceptions and experiences of breastfeeding support, either professional or peer, in order to illuminate the components of support that they deem 'supportive'. A secondary aim was to describe any differences between components of Peer and Professional support.

**Selection criteria-** Both primiparous and multiparous women who initiated breastfeeding were included in the study. Studies that included a specific demographic sub-group, such as



# JBI SUMARI

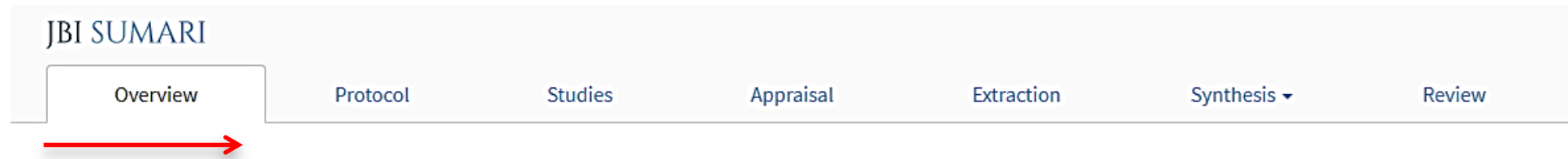
A template based solution for creating systematic reviews  
提供建立 Systematic review 的範本

[使用影片說明](#)

# What is SUMARI ?

The **S**ystem for the **U**nified **M**anagement, **A**ssessment and **R**evision of **I**nformation

- 新的JBI SUMARI 目的在促進整個審查過程, 包含：從開始建置、團隊管理、研究選擇、內容評估、數據匯整、數據整合和編寫系統審查報



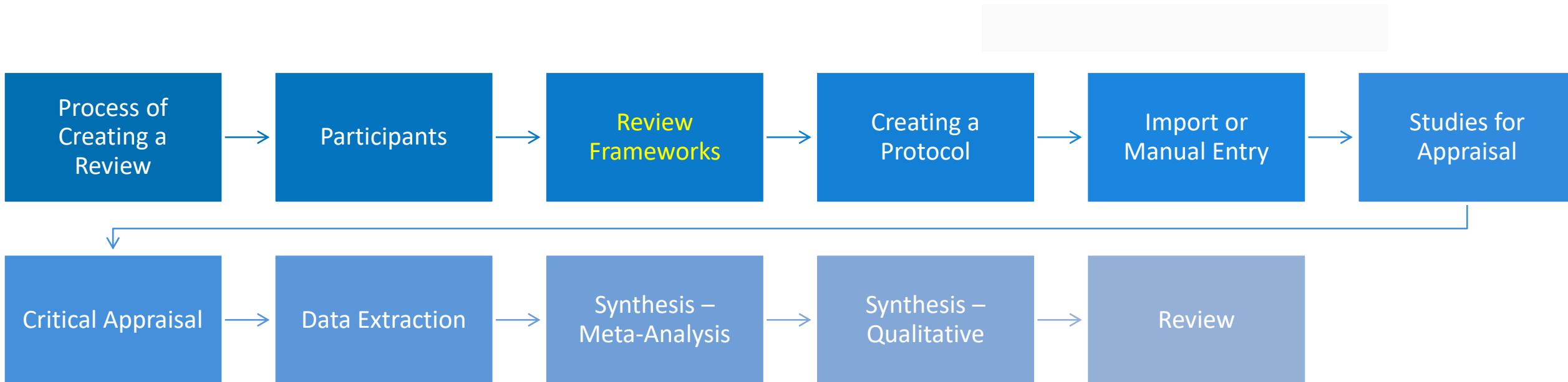
The process of creating a systematic review involves the phases listed across the top of the screen  
依據上述的階段開始進行 systematic review 的建置步驟

What has changed?

- JBI SUMARI 支援完整的閱審流程，有效的管理團隊並產出相關Review文獻資料。
- 線上平台應用，不需要安排其他工具，新的SUMARI同時支援多種Review類型

# SUMARI 建置流程

- The System for the Unified Management, Assessment and Review of Information



# What is SUMARI ?

- The new SUMARI now supports more review types. What are the review types?

- Effectiveness Review
- Qualitative Review
- Cost/Economic Review
- Prevalence/incidence Review
- Diagnostic test accuracy
- Etiology/risk Review
- Text/opinion Review
- Mixed methods \*
- Umbrella/overviews
- Scoping reviews
- Custom Review \*



The Review Frameworks may be qualitative or quantitative, the steps that we see later, and the types of analysis and results are selected during the review

審查框架可能是質化的或量化的,我們稍後看到的步驟,以及在審查期間選擇的分析和結果類型

\* you can choose to include multiple approaches within the one review.




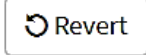


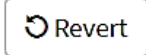


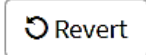









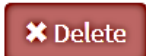




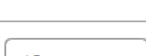

Studies

+ Enter Study

Import XML

Export DOCX

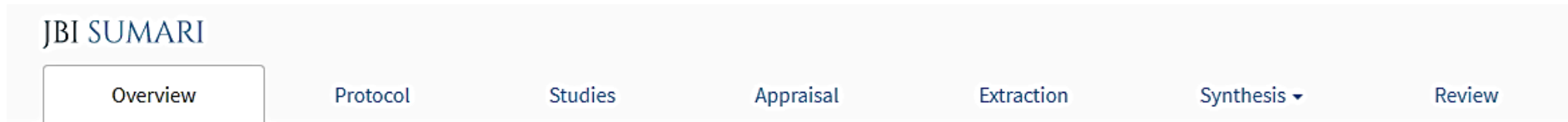
Filter studies...

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	 Edit	 Revert	 Delete
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	 Edit	 Revert	 Delete
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	 Edit	 Revert	 Delete
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	 Edit	 Revert	 Delete
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	 Edit	 Revert	 Delete
<b>Neufeld, V.; Lynn, S. J.</b> A single-session group self-hypnosis smoking cessation treatment: a brief communication	1988	 Edit	 Revert	 Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	 Edit	 Revert	 Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	 Edit	 Revert	 Delete

Excluded 1

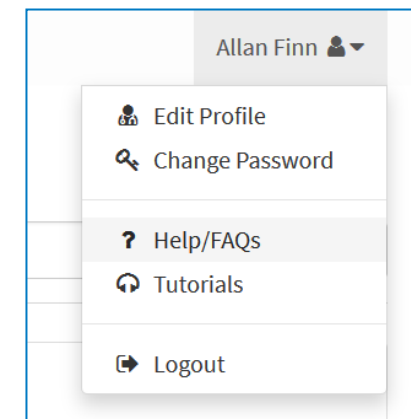
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Incorporation of rapid smoking in a community service smoking withdrawal program	1980	 Edit	 Revert	 Delete
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# Project - Process of Creating a Review



Project開始, 決定專案負責人及審閱者(可以是單人/多人)  
The process of creating a systematic review involves the phases listed across the top of the screen, it would involve the project owner/author and at least one other reviewer. The project owner first creates the Project and invites one or more participants

+ Create Project



# Project - Participants

JBIR SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis ▾ Review

Summary **Participants**

## Participants

Project Owner

James Taylor	james.taylor@wolterskluwer.com	<a href="#">✕ Change</a>
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Pending **2**

Allan Finn	Allan.Finn@wolterskluwer.com	Select role...	<a href="#">✉ Resend</a>	<a href="#">✕ Remove</a>
Laura Jennings	laura.jennings@wolterskluwer.com	Privileged Author Author <b>Reviewer</b>	<a href="#">✉ Resend</a>	<a href="#">✕ Remove</a>

Name	Email address	<a href="#">Send Invite</a>
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# Project – Review Frameworks

JBI SUMARI

Projects + Create Project

Filter projects...

**Create Project**

Using Hypnosis for Smoking Cessation

- Effectiveness Review
- Qualitative Review
- Costs/Economic Review
- Prevalence or Incidence Review
- Diagnostic Test Accuracy Review
- Etiology or Risk Review
- Text and Opinion Review
- Mixed Methods Review
- Umbrella Review
- Scoping Review
- Custom Review

Cancel + Create

+ Create Project

**Create Project**

Using Hypnosis for Smoking Cessation

- Effectiveness Review
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- Prevalence or Incidence Review
- Diagnostic Test Accuracy Review
- Etiology or Risk Review
- Text and Opinion Review
- Mixed Methods Review
- Umbrella Review
- Scoping Review
- Custom Review

Cancel + Create

- 可以選擇十種不同的審查框架或審查類型之一。
- 或是"自定義審查",使所有者能夠完全調整審查過程。



# Review Types 類型

- The new SUMARI now supports more review types. What are the review types?
  - Effectiveness Review
  - Qualitative Review
  - Cost/Economic Review
  - Prevalence/incidence Review
  - Diagnostic test accuracy
  - Etiology/risk Review
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審查框架可能是質化的或量化的,我們稍後看到的步驟,以及在審查期間選擇的分析和結果類型

\* you can choose to include multiple approaches within the one review.

# Project – Creating a Protocol

JBI SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis Review

Export RTF

Contents

+ Add Section

Title

Authors

Background

Review Question

Methods

Inclusion Criteria

Participants

Intervention(s)

Comparator(s)

Outcomes

Study Types

Search Strategy

Study Selection

Methodological Quality

Data Extraction

Data Synthesis

Assessing Confidence

Conflicts of Interest

Acknowledgements

References

## Using Hypnosis for Smoking Cessation

### Authors

Allan Finn<sup>1</sup> James Taylor<sup>2</sup> Laura Jennings<sup>3</sup> Fourth author name<sup>4</sup>

1. Wolters Kluwer Health - Health Learning Research and Practice
2. Wolters Kluwer Health - Health Learning Research and Practice
3. Wolters Kluwer Health - Health Learning Research and Practice

### Background

Hypnotherapy is widely promoted as a method for aiding smoking cessation. It is proposed to act on underlying impulses to weaken the desire to smoke or strengthen the will to stop. The objective of the review is to evaluate the efficacy of hypnotherapy for smoking cessation

### Review Question

The question/s of this review is/what is the effectiveness of hypnosis on smoking cessation in **state population** ?

Add questions as required

### Methods

### Inclusion Criteria

Citations

Filter citations... + -

No citations. Press 'Import' to import citations.

# Project – Creating a Protocol

JB1 SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis Review

Export RTF

## Search Strategy

We identified all reports which might describe randomized controlled trials (RCTs) of hypnotherapy for smoking cessation from the [Cochrane Tobacco Addiction Group Specialized Register](#) (most recent search July 2010). Additional search strategies used to identify studies included: searches of MEDLINE (1966-2010 June week 5), [EMBASE](#) (1980-2010 week 26), [AMED](#) (Allied and Alternative Medicine database) (1985-July 2010) and the [ISI Science Citation and Social Science Citation Indexes](#) (BIDS 1981-2005, Web of Science 2005-July 2010) using the terms 'hypnotherapy' and 'smoking cessation', and cross-referencing the bibliographies of identified trials and reviews. The [CISCOM](#) database was no longer available for the 2010 update. There were no language or publication date restrictions in the search.

**Information Sources:**

The databases to be searched include:

- MEDLINE
- [EMBASE](#)
- [AMED](#)
- [ISI Science Citation Index](#)

The trial registers to be searched include:

- [Insert registers](#)

The search for unpublished studies will include:

- [Insert sources](#)

## Study Selection

Following the search, all identified citations will be collated and uploaded into [bibliographic software or citation management system](#) and duplicates removed. Titles and abstracts will then be screened by two independent reviewers for assessment against the inclusion criteria for the review. Studies that may meet the inclusion criteria will be retrieved in full and their details imported into SUMARI. The full text of selected studies will be retrieved and assessed in detail against the inclusion criteria. Full text studies that do not meet the inclusion criteria will be excluded and reasons for exclusion will be provided in an appendix in the final systematic review report. Included studies will undergo a process of critical appraisal. The results of the search will be reported in full in the final

Contents

- + Add Section
- Title
- Authors
- Background
- Review Question
- Methods
- Inclusion Criteria
- Participants
- Intervention(s)
- Comparator(s)
- Outcomes
- Study Types
- PRISMA Flowchart of Search Process
- Search Strategy**
- Study Selection
- Assessment of Methodological Quality
- Data Extraction
- Data Synthesis
- Assessing Confidence
- Conflicts of Interest
- Acknowledgements
- References

Citations

Filter citations... + -

No citations. Press 'Import' to import citations.

# Add Citations – Import or Manual Entry

The image displays a software interface for adding citations. It features several overlapping windows:

- Export file name:** A window showing file selection options on the Desktop, with 'systematic.xml' selected. The 'Save as type' is set to 'XML (\*.xml)' and 'Output style' is 'Annotated'.
- Open:** A window showing a file explorer view of the Desktop, with 'systematic.xml' selected.
- New Citation:** A form for manual entry with fields for Citation Type (Journal Article), Author (Cross-Topic Learning for Work Prioritization in Systematic Review Creation and Update), Title (Cohen A.M., Ambert K., McDonagh M.), and Journal (Journal of the American Medical Informatics Association).
- Citations:** A list of imported citations with a search filter and a table of entries.

Two blue buttons with a plus sign and a minus sign are positioned between the 'Export file name' and 'Open' windows.

**Import via ENDNOTE XML**

Filter citations...	+	-
<b>Cross-Topic Learning for Work Prioritization in Systematic Review Creation and Update</b>	2009	✎ ✕
Cohen A.M., Ambert K., McDonagh M.		
<b>Ng, K. H.; Peh, W. C. G.</b>	2010	✎ ✕
Writing a systematic review		
<b>Silva, A. A.; Martins-Reis, V. O.</b>	2017	✎ ✕
The influence of morphological awareness on reading and writing: a systematic review		



# Studies for Appraisal

JBIR SUMARI

Overview

Protocol

Studies

Appraisal

Extraction

Synthesis ▾

Review

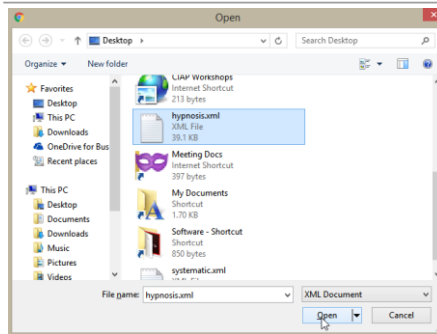
## Studies

+ Enter Study

Import XML

Export DOCX

Filter studies...



New Citation

Williams JM, Hall DN. Use of single session hypnosis for smoking cessation. Addictive Behaviors. 1989.

Citation Type: Journal Article

Author: Williams JM, Hall DN.

Title: Use of single session hypnosis for smoking cessation

Journal: Addictive Behaviors

Year: 1989

Volume:

Issue:

Pages:

Cancel Save

### Studies

+ Enter Study Import XML Export DOCX

Filter studies...

Decision pending 9

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	Edit	+ Include	- Exclude	Delete
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	Edit	+ Include	- Exclude	Delete
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	Edit	+ Include	- Exclude	Delete
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	Edit	+ Include	- Exclude	Delete
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	Edit	+ Include	- Exclude	Delete
<b>Neufeld, V.; Lynn, S. J.</b> A single-session group self-hypnosis smoking cessation treatment: a brief communication	1988	Edit	+ Include	- Exclude	Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	Edit	+ Include	- Exclude	Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	Edit	+ Include	- Exclude	Delete
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Incorporation of rapid smoking in a community service smoking withdrawal program	1980	Edit	+ Include	- Exclude	Delete

# Study Selection and Appraisal

## Studies

[+ Enter Study](#)[Import XML](#)[Export DOCX](#)

### Decision pending 2

<b>Neufeld, V.; Lynn, S. J.</b> A single-session group self-hypnosis smoking cessation treatment: a brief communication	1988	<a href="#">Edit</a>	<a href="#">+ Include</a>	<a href="#">- Exclude</a>	<a href="#">X Delete</a>
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	<a href="#">Edit</a>	<a href="#">+ Include</a>	<a href="#">- Exclude</a>	<a href="#">X Delete</a>

### Included 6

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>

### Excluded 1

<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Incorporation of rapid smoking in a community service smoking withdrawal program <i>Reason excluded: non random</i>	1980	<a href="#">Edit</a>	<a href="#">↺ Revert</a>	<a href="#">X Delete</a>
--	------	----------------------	--------------------------	--------------------------

### Decision pending 1

**Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.**  
Incorporation of rapid smoking in a community service smoking withdrawal program

1980

[Edit](#)[X Delete](#)[↺ Cancel](#)[- Exclude](#)

# Critical Appraisal

## Appraisal

Export RTF

Filter appraisals...

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	Randomized Controlled Trial	Completed	Start	Start
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	Randomized Controlled Trial	Completed	Start	Start
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	Cohort Study	Completed	Start	Start
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	Randomized Controlled Trial	Completed	Start	Start
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	Randomized Controlled Trial	Completed	Start	Start
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	Prevalence Study	Completed	Start	Start
<b>Neufeld, V.; Lynn, S. J.</b> A single-session group self-hypnosis smoking cessation treatment: a brief communication	1988	Randomized Controlled Trial	Completed	Start	Start
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	Text and Opinion Study	In Progress	Start	Start

# Study Selection and Appraisal

## Appraisal

Export RTF

Filter appraisals...

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	<div>Randomized Controlled Trial</div> <div>Select appraisal form</div> <div><b>Randomized Controlled Trial</b></div> <div>Quasi-Experimental Study</div> <div>Cohort Study</div> <div>Case Control Study</div> <div>Analytical Cross-Sectional Study</div> <div>Case Series</div> <div>Case Reports</div> <div>Prevalence Study</div> <div>Text and Opinion Study</div>
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	<div>Randomized Controlled Trial</div> <div>Select appraisal form</div> <div><b>Randomized Controlled Trial</b></div> <div>Quasi-Experimental Study</div> <div>Cohort Study</div> <div>Case Control Study</div> <div>Analytical Cross-Sectional Study</div> <div>Case Series</div> <div>Case Reports</div> <div>Prevalence Study</div> <div>Text and Opinion Study</div> <div>Diagnostic Test Accuracy</div> <div>Systematic Review and Research Syntheses</div> <div>Economic Evaluation</div> <div>Interpretive and Critical Research</div> <div>Cochrane Risk of Bias</div>



# Appraisal

JBI SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis Review

Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.

1977

The effects of rapid smoking and hypnosis in the treatment of smoking behavior

← Back

Save

Question	Yes	No	Unclear	N/A
1. Was true randomization used for assignment of participants to treatment groups?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Was allocation to treatment groups concealed?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Were treatment groups similar at the baseline?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Were participants blind to treatment assignment?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Were those delivering treatment blind to treatment assignment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Were outcomes assessors blind to treatment assignment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment

Comment

Comment

Comment

Comment

Comment

Question

1. Was true randomization used for assignment of participants to treatment groups?

Yes No Unclear N/A

Enter your comment...

Cancel

# Reviewer Appraisal

JB1 SUMARI

Overview

Protocol

Studies

Appraisal

Extraction

Syn

## Appraisal

Filter appraisals...

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	Randomized Controlled Trial	Completed	Start
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	Randomized Controlled Trial	Completed	Start
<b>Kaufert, J. M.; Rabkin, S. W.; Syroituik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	Cohort Study	Completed	Start
<b>Carmody, T. P.; Duncan, C.; Simon, J. A.; Solkowitz, S.; Huggins, J.; Lee, S.; Delucchi, K.</b> Hypnosis for smoking cessation: A randomized trial	2008	Randomized Controlled Trial	Completed	Start
<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	Randomized Controlled Trial	Completed	Start
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	Prevalence Study	Completed	Start
<b>Neufeld, V.; Lynn, S. J.</b> A single-session group self-hypnosis smoking cessation treatment: a brief communication	1988	Randomized Controlled Trial	Completed	Start
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	Text and Opinion Study	Completed	Start

Select appraisal form

Randomized Controlled Trial

Quasi-Experimental Study

Cohort Study

Case Control Study

Analytical Cross-Sectional Study

Case Series

Case Reports

Prevalence Study

Text and Opinion Study

Diagnostic Test Accuracy

Systematic Review and Research Syntheses

Economic Evaluation

Interpretive and Critical Research

Cochrane Risk of Bias

Start

Randomized Controlled Trial

Completed

Completed

Start

Randomized Controlled Trial

Completed

Completed

Start

Cohort Study

Completed

Completed

Start

Randomized Controlled Trial

Completed

Completed

Start

Randomized Controlled Trial

Completed

Completed

Start

Prevalence Study

Completed

Completed

Start

Randomized Controlled Trial

Completed

Completed

Start

Text and Opinion Study

Completed

Completed

Start

# Study Appraisal

Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.

1977

The effects of rapid smoking and hypnosis in the treatment of smoking behavior

← Back

Save

Question	Yes	No	Unclear	N/A
1. Was true randomization used for assignment of participants to treatment groups?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<a href="#">Comment</a> <a href="#">James Taylor</a> <a href="#">Allan Finn</a>				
<input type="text" value="Enter your comment..."/>				
2. Was allocation to treatment groups concealed?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<a href="#">Comment</a> <a href="#">James Taylor</a> <a href="#">Allan Finn</a>				
<input type="text" value="Enter your comment..."/>				
3. Were treatment groups similar at the baseline?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<a href="#">Comment</a> <a href="#">James Taylor</a> <a href="#">Allan Finn</a>				
<input type="text" value="Enter your comment..."/>				
4. Were participants blind to treatment assignment?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<a href="#">Comment</a> <a href="#">James Taylor</a> <a href="#">Allan Finn</a>				
<input type="text" value="Enter your comment..."/>				

# Data Extraction

## Extraction

Export RTF

Filter extractions...

<b>Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.</b> The effects of rapid smoking and hypnosis in the treatment of smoking behavior	1977	Start
<b>Kaufert, J. M.; Rabkin, S. W.; Syrotuik, J.</b> Health beliefs as predictors of success of alternate modalities of smoking cessation: Results of a controlled trial	1986	Start
<b>Elkins, G.; Marcus, J.; Bates, J.; Hasan Rajab, M.; Cook, T.</b> Intensive hypnotherapy for smoking cessation: A prospective study 1	2006	Start
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<b>Hyman, G. J.; Stanley, R. O.; Burrows, G. D.; Horne, D. J.</b> Treatment effectiveness of hypnosis and behaviour therapy in smoking cessation: A methodological refinement	1986	Start
<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Variables of hypnosis which are related to success in a smoking withdrawal program	1979	Start
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<b>Pederson, L. L.; Scrimgeour, W. G.; Lefcoe, N. M.</b> Comparison of hypnosis plus counseling, counseling alone, and hypnosis alone in a community service smoking withdrawal program	1975	Start

**Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L.**

The effects of rapid smoking and hypnosis in the treatment of smoking behavior

1977

In Progress

# Data Extraction

JBIR SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis Review

Barkley, R. A.; Hastings, J. E.; Jackson Jr, T. L. 1977  
The effects of rapid smoking and hypnosis in the treatment of smoking behavior

← Back Save

Country  
England

Setting/context  
Community

Participant characteristics  
29 participants were assigned to one of 3 treatment conditions and treated for their cigarette smoking over a 2-week period. These conditions were: group rapid smoking, group hypnosis, and an attention-placebo control group

Groups  
Group description and sample  
+ Add group

Outcomes measured

Description of main results



# Synthesis – Meta-Analysis

The screenshot shows the JBI SUMARI Synthesis interface. At the top, a navigation bar includes 'Overview', 'Protocol', 'Studies', 'Appraisal', and 'Extraction'. The main title is 'Smoking Cessation' with the subtitle 'Rapid Smoking and Hypnosis are Effective'. A 'Synthesis' dropdown menu is open, showing 'Qualitative' and 'Meta-Analysis' (highlighted with a red box). A 'Save' button is visible next to the dropdown. Below the title, there are three main sections: 'Parameters', 'Plot Labels', and 'Data'. The 'Parameters' section includes dropdowns for 'Statistical Method', 'Model', 'Effect Measure', and 'Confidence Interval' (set to 95%). The 'Plot Labels' section includes a dropdown for 'Line of No Effect Labels' (set to 'Traditional (Experimental vs. Control)') and text boxes for 'Experimental Label' and 'Control Label'. The 'Data' section features a table with columns for 'Study', 'Experimental Group', 'Total Sample Experimental Group', 'Control Group Events', and 'Total Sample Control Group'. The table currently has one row with all values set to 0. A '+ Add' button is located to the right of the table. At the bottom right, there are 'Generate' and 'Export...' buttons.

JB I SUMARI

Overview Protocol Studies Appraisal Extraction

## Smoking Cessation

Rapid Smoking and Hypnosis are Effective

Synthesis ▾  
Qualitative  
Meta-Analysis

Save

Parameters [^ Close](#)

Statistical Method Model Effect Measure Confidence Interval

Select statistical method... Select model... Select effect measure... 95%

Plot Labels [^ Close](#)

Line of No Effect Labels Experimental Label Control Label

Traditional (Experimental vs. Control) Experimental Control

Data [^ Close](#)

Study	Experimental Group	Total Sample Experimental Group	Control Group Events	Total Sample Control Group
Select or type citation...	0	0	0	0

Plot [Generate](#) [Export...](#)

# Synthesis – Qualitative

JBI SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis Review

Studies Categories Synthesized Findings Meta-Aggregative Flowchart

Studies + Create Study Export DOCX

Filter studies...

Barkley 1977 Close Delete

Findings + Create Finding

<b>Hypnosis not as effective as rapid smoking</b>	e rapid smoking and hypnosis groups did not differ from the control group in smoking rates at treatment termination or at the 6-week follow-up. They also did not differ from the control group in the number of Ss abstaining from smoking by treatment termination but did differ at follow-up. Eventually, at the 9-month follow-up, only Ss from the group rapid smoking condition had significantly more abstainers than the control group. The results suggested that rapid smoking can work as effectively in group procedures as previous individualized approaches had demonstrated. Group hypnosis, while less effective than some previous individualized approaches had indicated, was nevertheless only marginally less effective than the group rapid smoking procedure	<span>Credible</span> <span>Delete</span>
---	---	---

*Note: A red box highlights the 'Qualitative' option in the Synthesis dropdown menu, and a red arrow points to the 'Synthesized Findings' tab.*

# Review

THE JOANNA BRIGGS INSTITUTE | JBI SUMARI

Overview Protocol Studies Appraisal Extraction Synthesis Review

Restart Review Export

Contents

- + Add Section
- Title
- Authors
- Background
- Review Question

## Using Hypnosis for Smoking Cessation

### Authors

Allan Finn<sup>1</sup> James Taylor<sup>2</sup> Laura Jennings<sup>3</sup> Fourth author name<sup>4</sup> 1. Wolters Kluwer Health - Health Learning Research and Practice

JBI Database of Systematic Reviews and Implementation Reports

## Using Hypnosis for Smoking Cessation

### Authors

Allan Finn<sup>1</sup> James Taylor<sup>2</sup> Laura Jennings<sup>3</sup> Fourth author name<sup>4</sup>

1. Wolters Kluwer Health - Health Learning Research and Practice
2. Wolters Kluwer Health - Health Learning Research and Practice
3. Wolters Kluwer Health - Health Learning Research and Practice

### Background

Hypnotherapy is widely promoted as a method for aiding smoking cessation. It is proposed to act on underlying impulses to weaken the desire to smoke or strengthen the will to stop. The objective of the review is to evaluate the efficacy of hypnotherapy for smoking cessation<sup>1</sup>

### Review Question

The question/s of this review is/what is the effectiveness of hypnosis on smoking cessation in adults who smoke?

### The JBI Database of Systematic Reviews and Implementation Reports

#### Author Resources

- Instructions for Authors (this page)
- Manuscript Style and Preparation Guidelines
- JBISRR reporting guide for protocols
- JBISRR reporting guide for systematic reviews
- Pre-submission checklist for protocols
- Pre-submission checklist for systematic reviews
- Reprints
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- JBI methodological groups
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- Pre-submission checklist for systematic reviews

#### INFORMATION FOR AUTHORS

##### About the Journal

The JBI Database of Systematic Reviews and Implementation Reports is a refereed online Journal that publishes systematic review protocols and systematic reviews of healthcare research conducted by the Joanna Briggs Institute (JBI) and its international Collaborating Centers and Groups using JBI methodologies. The JBI Database of Systematic Reviews and Implementation Reports also publishes the Institute's implementation reports that present the findings of clinical projects that seek to implement the best available evidence into practice.