Abstract

Introduction: Smoking is a major cause of mortality worldwide, nearly 50% of smokers try to quit each year but only 7% are successful. Multiple techniques have been developed for smoking cessation. Counseling, aversive therapy, structured psychotherapeutic approaches and pharmacological aids are some of them. Objective: To review the available literature about the hypnosis as a technique to stop smoking. Methods: Review in Medline and Chocrane of medical literature published between 1971 and 2010 on with the following search strategy: (Hypnosis [Mesh] AND Smoking Cessation [Mesh]) OR (Hypnosis [Mesh] AND Tobacco Use Cessation [Mesh]). Results: 51 studies were selected for the purpose of this review. Additionally, MPOWER: The plan of action to Roll Back the tobacco epidemic to the World Health Organization, 2008 and the National Mental Health Study (Colombia, 2003) were consulted. Conclusions: The quality of the available evidence is limited; however, a multidimensional intervention that employs nicotine replacement, behavioral and hypnotic techniques and strategies to maintain long-term abstinence must be pursued.

Keywords

Hypnosis, smoking, smoking cessation.