

## Sussex-Waterloo Scale of Hypnotisability (SWASH) scoring guide

### Objective scale scoring criteria (adapted from Bowers, 1998).

Suggestion	Pass criteria
1. Hand lowering	Circles A, indicating hand lowered at least 6 inches in 10 seconds.
2. Moving hands together	Circles A, indicating hands were less than 6 inches apart after 10 seconds.
3. Mosquito hallucination	Circles A, indicating an outward acknowledgment of the effect.
4. Taste hallucination	Circles at least "vague" on both (sweet and sour) tastes and circles "yes," indicating facial movement at least once; or circles at least "vague" on one taste and "strong" on the other.
5. Arm rigidity	Circles A, indicating arm bent less than 2 inches in 10 seconds.
6. Arm immobilization	Circles A, indicating arm raised less than 1 inch in 10 seconds.
7. Music hallucination	Circles A, indicating right hand raised in response to hearing music.
8. Negative visual hallucination	Records colours of exactly two balls at the time of the suggestion (on back of form).
9. Amnesia	Recalls three or fewer items before suggestion is removed and recalls three or more new items after suggestion is removed (in response booklet).
10. Posthypnotic suggestion	Actually draws tree in response booklet

## Scoring

**Objective scores** (1-10): the sum of passed items on the objective scale scoring criteria.

**Subjective scores** (1-5): the mean of the subjective scale ratings for each item.

Note: Subjective scale responses for item 4 (Taste) and item 10 (Posthypnotic suggestion) are each generated from the combination of two responses which require processing prior to generating an overall subjective score. The subjective score for item 4 is the mean of the responses to the (a) 'sour' and (b) 'sweet' sub-scales. The subjective score for item 10 is the geometric mean (the square root of the product) of the responses to the (a) 'urge' and (b) 'amnesia' sub-scales.

A combined score can be generated by taking the mean of the objective and subjective scores for a given participant (with the subjective score multiplied by two to be on a 0-10 scale) (e.g., Lush, Naish & Dienes, 2016).

## References

- Bowers, K. S. (1998). Waterloo-Stanford Group Scale of Hypnotic Susceptibility, Form C: Manual and Response Booklet. *International Journal of Clinical and Experimental Hypnosis*, 46, 250-268.
- Lush, P., Naish, P., & Dienes, Z. (2016). Metacognition of intentions in mindfulness and hypnosis. *Neuroscience of Consciousness*, 2016(1), niw007