

RESEARCH QUESTIONS

Pre-test/post-test exploratory study with 3 non-clinical groups n=26

Pilot and Main Study I

Study II

- a) Is it possible to induce a NDE-like (NDLE) episode using hypnotic techniques?
- b) Reproduce Phenomenology and After-Effects ?

Observe Changes in:

- NDE Criteria
- Mental health, death related attitudes and spiritual well-being indicators
 - Salivary biomarkers of stress response (cortisol and melatonin)
- Non-ordinary states of awareness (NOSC)

STUDY DESIGN

PRE-TEST PHASE

a) Screening and Saliva Collection

b) BSI 18-Brief Symptom Inventory 18
DAP-R Death Attitude Profile-Revised
SHALOM

TEST PHASE - HYPNOSIS

a) Saliva Collection (for Phase I)

b) Near Death Experience Scale
Open-Ended Questionnaire
APZ Questionnaire for Study II

POST-TEST PHASE

Same as in Pre-test except for a)

CONCLUSIONS

11) A NDLE can be triggered within a NOSC induced with hypnosis
n=26 ≥ cut-off point in the NDE Scale

12) Frequency Analysis: Inconclusive regarding psychophysiological after-effects (BSI.18, DAP-R, SHALOM, Cortisol/Melatonin)

13) Thematic Analysis in Study I: Affects spirituality, reduces the fear of death and dying, and increases its acceptance

14) In-Depth Analysis of Two Case Studies In Spiritually Mature Participants an NDLE resembles a Mystical Experience and affects Cortisol and Melatonin

