

A LIST OF ABBREVIATIONS

ABC Prototype: Activating events, Beliefs, and Consequences Prototype

ASC: Altered State of Consciousness

BHT: Behavioral Hypnotherapy Therapists

CBH: Cognitive Behavioral Hypnotherapy

CBT: Cognitive Behavioral Therapy

CMM: California Short-Form Test of Mental Maturity

DS: Defensiveness Scale

DSC: Defensive Scale for Children

DSC: Defensiveness Scale for Children

FLA: Foreign Language Acquisition

IBS: Irritable Bowel Syndrome

LSC: Lie Scale for Children

N/n: Number of Students

NLP: Neurolinguistic Programming

OCD: Obsessive-Compulsive Disorder

PsycINFO: a database of abstracts of literature in the field of psychology. It is produced by the American Psychological Association

P-value: a probability of test results after performing statistical analysis having degrees of freedom

RCTs: Reoccurring Confined Testimonials

REBT: Rational Emotive Behavior Therapy

RET: Rational Emotive Therapy

SD: Standard Deviation

SD: Systematic Desensitization

TA: Test Anxiety

TAI: Test Anxiety Inventory

TAS: Test Anxiety Scale

TAS-R: Test Anxiety Scale-Revised

Glossary

Group A: A group of 35 Paramedical Students who participated in Hypnotherapeutic Intervention Group

Group B: A group of 35 Paramedical Students who participated in Neurolinguistic Programming Intervention Group

Group C: Control Group

Mild: Paramedical Student having mild Test Anxiety

Moderate: Paramedical Student having moderate Test Anxiety

Severe: Paramedical Student having severe Test Anxiety