Below you will find a current list of studies and review articles in the field of Energy Psychology, arranged in categories in order of scientific rigor, from meta-analyses and systematic reviews to anecdotal reports. One (unranked) category (Theoretical and Review Articles) follows at the end. This list is based on a schema proposed by David Feinstein in a review article published in the APA Journal, *Psychotherapy: Theory, Research, Practice, Training*: “Energy Psychology: A Review of the Preliminary Evidence” (Feinstein, 2008).

**Meta-Analyses and Systematic Reviews:** Scholarly articles which review a series of studies, generally of one technique for a specific application, which critique the design, methodology, statistics and conclusions of those studies.

**Randomized Controlled Study with Potentially Strong Generalizability:** A formal study using established pre- and post-intervention assessments with multiple clients, including randomization, follow-up, and at least one control/comparison group with means for blinding those assessing the outcomes from knowledge of which subjects were in which group. These studies are well-designed and administered so that the effects of each treatment condition can be reliably compared, and generalizations to specified populations can be anticipated with reasonable confidence.

**Randomized Controlled Study with Limited Generalizability:** A formal study using established pre- and post-intervention assessments with multiple clients, including at least one control/comparison group and randomization, but lacking follow-up, blinding, and/or rigor in design and execution.

**Uncontrolled Outcome Study:** A formal study using established pre- and post-intervention assessments with multiple clients, but lacking randomization and a control/comparison group.

**Survey Studies of Practitioner Observations:** A phenomenological study exploring practitioners’ observations and experiences.

**Clinical Case Study:** A formal report which uses established pre- and post-intervention assessments with one subject and details one or more treatment variables.

**Systematic Observational Report:** An informal outcome report describing the course of treatment using a single therapeutic approach with multiple subjects.

**Anecdotal Report:** An informal report describing outcomes after applying a psychological method with a single individual.
In addition to the above categories which are ranked in descending order, we have one additional (unranked) category:

**Theoretical and Review Articles**

Scholarly articles which discuss theoretical considerations and plausible mechanisms of action for a treatment approach, review existing research studies, and/or discuss clinical applications based on these studies.

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**The Evidence by Category**

**Meta-Analyses and Systematic Reviews**


Randomized Controlled Trials with Potentially Strong Generalizability


Psychology: Theory, Research, & Treatment, 7(2).


Church, D., De Asis, M., Brooks, A. (2012) Brief group intervention using EFT (Emotional Freedom Techniques) for depression in college students: A randomized controlled trial. Accepted for publication in the Journal of *Depression Research and Treatment.*


Randomized Controlled Trials with Limited Generalizability


Sezgin, N., Ozcan, B., Church, D., (2009). The effect of two psychophysiological techniques (Progressive Muscular Relaxation and Emotional Freedom Techniques) on test anxiety in
high school students: A randomized blind controlled study. *International Journal of Healing and Caring, 9*(1).


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**Uncontrolled Outcome Studies**


**Survey Studies of Practitioner Observations:**


**Clinical Case Studies**


Schulz, K. (2009). Integrating energy psychology into treatment for adult survivors of childhood


**Systematic Observational Reports**


Anecdotal Reports:

There are several thousand anecdotal reports re: positive effects reported from Energy Psychology techniques. Visit the following websites to review these:

- www.remarkablerrecoveries.com
- http://www.eftuniverse.com/faqs/eft-tapping-case-studies

Theoretical and Review Articles


http://thescipub.com/abstract/10.3844/crpssp.2014.1.18


295.


*This list was compiled by David Feinstein and John Freedom. If you have additions, corrections or updates to this list, please email research_committee@energypsych.org. Thank you.*