ENERGY PSYCHOLOGY
A Hierarchy of Evidence

Updated January 2018

Meta-Analyses and Systematic Reviews
(In reverse chronological order):


**Randomized Controlled Trials with Potentially Strong Generalizability**


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**


### Uncontrolled Outcome Studies


Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in University students. *Innovative Practice in Higher Education, 1*(3).


### Survey Studies of Practitioner Observations


**Clinical Case Studies**


**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.remarkablerecovers.com](http://www.remarkablerecovers.com)

### Theoretical and Review Articles


http://www.noetic.org/noetic/issue-thirteen-august/energy-psychology/


Church, D. (2010). Your DNA is not your destiny: Behavioral epigenetics and the role of emotions in health. *Anti Aging Medical Therapeutics, October 2010.*


**Definitions of the Categories Used for this List**

This list of studies and review articles in the field of energy psychology is 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. These categories are 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 listed in descending order of scientific rigor, is the 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.

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