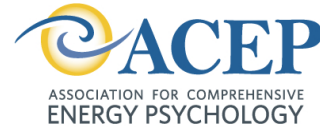


Energy Psychology Hierarchy of Evidence



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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.

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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.

The Evidence by Category

Meta-Analyses and Systematic Reviews

Clond, M. (2016). Emotional Freedom Techniques for anxiety: A systematic review with meta-analysis. *Journal of Nervous and Mental Disease* [J Nerv Ment Dis](#). 2016 Feb 18. [Epub ahead of print].

Metcalf, O., Varker, T., Forbes, D., Phelps, A., Dell, L., DiBattista, A., ... & O'Donnell, M. (2016). Efficacy of Fifteen Emerging Interventions for the Treatment of Posttraumatic Stress Disorder: A Systematic Review. *Journal of Traumatic Stress, Online* first Jan 7. DOI:10.1002/jts.2207.

Nelms, J. & Castel, D. (2016). A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression. *Explore: The Journal of Science and Healing*, (in press).

Gilomen, S. A. & Lee, C. W. (2015). The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *Journal Behavior Therapy & Experimental Psychiatry*, 48 (2015) 140-148.

Kalla, M. (2014). The effectiveness of Emotional Freedom Techniques (EFT) for improving the physical, mental, and emotional health of people with chronic diseases and/or mental health conditions: a systemic review protocol. *JBI Database of Systemic Reviews & Implementation Reports*, 12(2).
<http://joannabriggslibrary.org/index.php/jbisrir/article/view/1153/1861>

Kim, S.Y., Yin, C.S., In, W., Kim, J-W. (2013). Trends in meridian-based psychotherapy: A review of researches on Emotional Freedom Techniques (EFT). *Journal of Oriental*

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Neuropsychiatry 24(1), 89-100. doi: 10.7231/jon.2013.24.Spc1.089

Boath, E., Stewart, A. and Carryer, A. (2012). A narrative systematic review of the effectiveness of Emotional Freedom Techniques (EFT). Staffordshire University, CPSI Monograph. [https://www.staffs.ac.uk/assets/A_narrative_systematic%20Review_of_the_effectiveness_of_Emotional_Freedoms_Technique_\(EFT\)_tcm44-45500.pdf](https://www.staffs.ac.uk/assets/A_narrative_systematic%20Review_of_the_effectiveness_of_Emotional_Freedoms_Technique_(EFT)_tcm44-45500.pdf)

Randomized Controlled Trials with Potentially Strong Generalizability

Chatwin, H., Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2016). The Effectiveness of Cognitive-Behavioural Therapy and Emotional Freedom Techniques in Reducing Depression and Anxiety among Adults: A Pilot Trial. *Integrative Medicine*, in press.

Robson, R., Robson, P., Ludwig, R., Mitabu, C. & Phillips, C. (2016). Effectiveness of Thought Field Therapy Provided by Newly Instructed Community Workers to a Traumatized Population in Uganda: A Randomized Trial. *Current Research in Psychology*, in press.

Stapleton, P., Chatwin, H., William, M., Hutton, A. Pain, A., Porter, B. & Sheldon, T. (2016). Emotional freedom techniques in the treatment of unhealthy eating behaviors and related psychological constructs in adolescents: A randomized controlled pilot trial. *Explore*, 12:113-122

Babamahmoodi, et al. (2015). Emotional freedom technique (EFT) effects on psycho-immunological factors of chemically pulmonary injured veterans. *Iran Journal of Allergy, Asthma, and Immunological Disorders* 14(1), 37-47.

Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2015). Epigenetic effects of PTSD re-mediation in veterans using Clinical EFT (Emotional Freedom Techniques): A randomized controlled trial. *American Journal of Health Promotion* (in press).

Lee, J.W., Chung, S.Y. & Kim, J.W. (2015). A comparison of Emotional Freedom Techniques (EFT-I) and Sleep Hygiene Education (SHE) in a geriatric population: A randomized controlled trial. *Energy Psychology Journal*, 7(1). doi 10.9769/EPJ.2015.05.1.JL

Nemiro, A., Papworth, S., & Palmer-Hoffman, J. (2015). Efficacy of two evidence-based therapies, Emotional Freedom Techniques (EFT) and Cognitive Behavioral Therapy (CBT) for the treatment of gender violence in the Congo: A randomized controlled trial. *Energy*

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Reynolds, A. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques? A controlled trial of teacher burnout. *Energy Psychology Journal, 7(1)*. doi 10.9769/EPJ.2015.05.1.AR

Rogers, R. & Sears, S. (2015). Emotional Freedom Techniques (EFT) for stress in students: A randomized controlled dismantling study. *Energy Psychology Journal, 7(2)*. doi 10.9769/EPJ.2015.11.1.RR

Church, D. (2014). Reductions in Pain, Depression, and Anxiety Symptoms After PTSD Remediation in Veterans. *Explore: The Journal of Science and Healing, 10(3)*, 162-69.

Gaesser, A. H. (2014). "Interventions to Reduce Anxiety for Gifted Children and Adolescents." *Doctoral Dissertations*, Paper 377.
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Stapleton, P., Devine, S., Chatwin, H., Porter, B. and Sheldon, T. 2014. A feasibility study: emotional freedom techniques for depression in Australian adults. *Curr. Res. Psychol., 5*: 19-33. <http://thescipub.com/abstract/10.3844/crpsp.2014.19.33>

Bougea, A., Spandideas, N., Alexopoulos, E. et al. (2013). Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension-Type Headache Sufferers: A Randomized Controlled Trial. *Explore, 9(2)*, 91–99.
<http://dx.doi.org/10.1016/j.explore.2012.12.005>,

Church, D., Hawk, C, Brooks, A., Toukolehto, O., Wren, M., Dinter, I., Stein, P. (2013). Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. *Journal of Nervous & Mental Disease, 201(2)*, 153–160.

Connolly, S.M., Roe-Sepowitz, D., Sakai, C., & Edwards, J. (2013). Utilizing Community Resources to Treat PTSD: A Randomized Controlled Study Using Thought Field Therapy. *African Journal of Traumatic Studies, 3(1)*, 24-32.

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Uncontrolled Outcome Studies

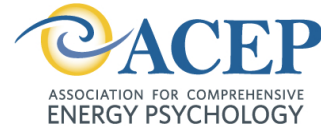
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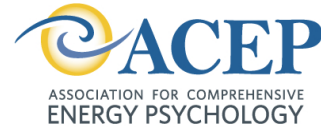
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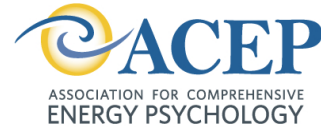
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Anecdotal Reports:

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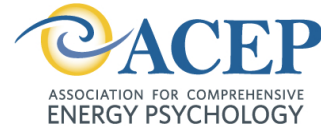
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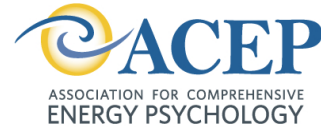
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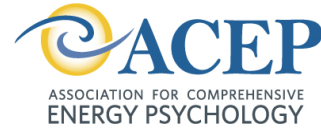
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This list was compiled by David Feinstein and John Freedom. If you have additions, corrections or updates to this list, please email research_committee@energypsych.org. Thank you.