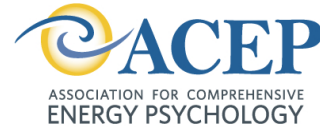


## Energy Psychology Hierarchy of Evidence



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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>

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

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## **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

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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.  
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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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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*.

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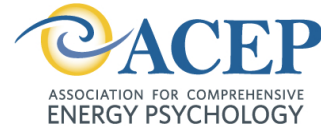
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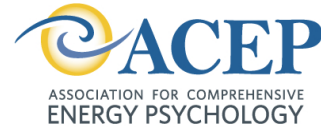
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## **Survey Studies of Practitioner Observations:**

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## **Clinical Case Studies**



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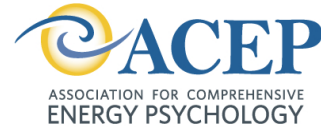
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## Anecdotal Reports:

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

- [www.remarkablerecoveries.com](http://www.remarkablerecoveries.com)
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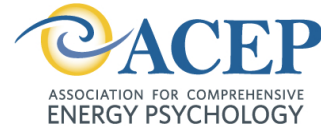
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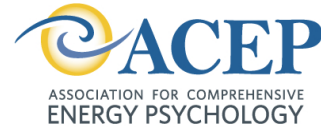
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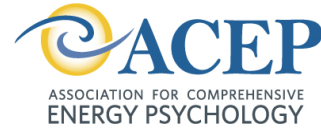
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*This list was compiled by David Feinstein and John Freedom. If you have additions, corrections or updates to this list, please email [research\\_committee@energypsych.org](mailto:research_committee@energypsych.org). Thank you.*