

**EFT Research Published in Peer Reviewed
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Compiled by Dawson Church PhD (Feb 2009)

Baker, A. H., & Siegel, L. S. (2005). Can a 45 minute session of EFT lead to reduction of intense fear of rats, spiders and water bugs?—A replication and extension of the Wells et al., (2003) laboratory study. Paper presented at the Seventh International ACEP (Association for Comprehensive Energy Psychology) conference, Baltimore.

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2008). Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for Treatment of Test Anxiety in University Students. Abstract presented at the Tenth Annual Toronto Energy Psychology Conference, October 25.

Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*, August/September.

Church, D., & Geronilla, L. (2009). Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study. *International Journal of Healing and Caring*, January, 9:1.

Church, D. (2009). The Treatment of Combat Trauma in Veterans using EFT (Emotional Freedom Techniques): A Pilot Protocol. *Traumatology*, March 15:1.

Church, D. (2008a). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. Presented at Science and Consciousness, the Tenth Annual Energy Psychology Conference, Toronto, Oct 24.

Church, D. (2008b). The Effect of Energy Psychology on Athletic Performance: A Randomized Controlled Blind Trial. Paper presented at tenth annual ACEP (Association for Comprehensive Energy Psychology) conference, May.

Church, D. (2008c). Measuring Physiological Markers of Emotional Trauma: A Randomized Controlled Trial of Mind-Body Therapies. Paper presented at tenth annual ACEP (Association for Comprehensive Energy Psychology) conference, May.

Church, D. (2008d). The Effect of EFT (Emotional Freedom Techniques) on Psychological Symptoms: A Limited Replication. Presented at Science and Consciousness, the Tenth Annual Energy Psychology Conference, Toronto, Oct 24.

Church, D. (2008e). The Effect of EFT (Emotional Freedom Techniques) on Psychological Symptoms in Addiction Treatment. Presented at Science and Consciousness, the Tenth Annual Energy Psychology Conference, Toronto, Oct 24.

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Feinstein, D. (2008b) Energy psychology in disaster relief. *Traumatology 141:1*, 124-137.

McCarty, W. A., (2008). Clinical Story of a 6-Year-Old Boy's Eating Phobia: An Integrated Approach Utilizing Prenatal and Perinatal Psychology with Energy Psychology's Emotional Freedom Technique (EFT) in a Surrogate Nonlocal Application. *Journal of Prenatal & Perinatal Psychology & Health*, 21(2), 117-139.

Nicosia, G. (2008). World Trade Center Tower 2 Survivor: EP Treatment of Long-term PTSD. A Case Study. Paper presented at the Tenth International ACEP (Association for Comprehensive Energy Psychology) conference, Albuquerque.

Rowe, J. (2005). The effects of EFT on long-term psychological symptoms. *Counseling and Clinical Psychology Journal*, 2(3):104.

Salas, M. M. (2003). The effect of an energy psychology intervention (EFT) versus diaphragmatic breathing on specific phobias. Presented at fifth annual ACEP (Association for Comprehensive Energy Psychology) annual conference, May.

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*, Jan, 9:1.

Swingle, P., Pulos, L., & Swingle, M. K. (2005). Neurophysiological Indicators of EFT Treatment Of Post-Traumatic Stress. *Journal of Subtle Energies & Energy Medicine*. 15, 75-86

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ABSTRACTS OF RESEARCH

"Can a 45 minute session of EFT lead to reduction of intense fear of rats, spiders and water bugs?" — a replication and extension of the Wells et al. (2003) laboratory study.

A. Harvey Baker, and Linda Siegel, Queens College, New York.

Baker and Siegel inserted a no-treatment control condition in this new study and also changed the comparison condition used. In the Wells study, Diaphragmatic Breathing (which turned out to be quite similar to EFT in its effects on small animal phobias, although not as effective as EFT) was used as the sole comparison. In the Baker-Siegel study, a Supportive Interview condition in which participants were given an opportunity to discuss their fears in a respectful, accepting setting was used. It is quite similar to Rogerian Nondirective Counseling.

When Baker and Siegel compared their three groups, the results strongly supported the Wells study. As in the latter, EFT participants improved significantly from pre- to posttest in their ability to walk closer to the feared animal after having received EFT, while the other two conditions showed no improvement in this respect.

With respect to the subjective measures used in the new study, EFT participants showed significant decreases on the two SUDS measures of fear, on the Fear Questionnaire, and on a special new questionnaire devised for this study (the FOSAQ). Participants in the other two conditions, Supportive Interview and No Treatment Control, showed no decrease in fear whatsoever on these subjective measures. As in the Wells study, only heart rate showed large but equal changes for each condition.

A minor drawback of the Wells study was that participants rated their expectations of success for the intervention to be used with them *before* they had actually been assigned

to a specific intervention. This detail was corrected in the new study, where participants were told which of the 3 conditions they would receive and after the condition had been described to them only then were they asked to rate the degree to which they thought this described condition would help to reduce their fear. The results? EFT and Supportive Interview did not differ significantly in their mean expectation scores (i.e. participants thought each might help them) but despite equal expectations they did differ markedly in outcome, with EFT superior in terms of results. The Interview and No Treatment control conditions did differ significantly in terms of expectation however—participants didn't expect that the no-treatment condition where they would sit and read for 45 minutes would help them very much. Yet despite this, the Supportive Interview did no better than the no-treatment control condition in terms of results. This shows that expectation of the participant cannot explain the superior results obtained by EFT.

Baker and Siegel conducted a follow-up study after a 1.4 years lapse between the time of the original testing and the follow-up. On most measures, the significant effects for the single session of EFT still persisted after this considerable lapse of time and were superior to the results for the two comparison conditions. It is striking that only *one session of EFT* could still show effects almost one and half years later. This can be said of very few interventions in the field of psychology.

The Baker-Siegel study was presented at the April, 2005 ACEP Conference in Baltimore, MD, and has been submitted for publication.

Pilot study of Emotional Freedom Technique
(EFT), Wholistic Hybrid derived from EMDR
and EFT (WHEE) and Cognitive Behavioral
Therapy (CBT) for treatment of exam anxiety
in university students

Daniel J. Benor, MD, Karen Ledger, RN, BscN, Loren
Toussaint, PhD, Geoff Hett, PhD

Abstract

Objective: This study explored test anxiety benefits of Wholistic Hybrid derived from EMDR (WHEE), Emotional Freedom Techniques (EFT), and Cognitive Behavioral Therapy.

Participants: Canadian university students with severe or moderate test anxiety participated.

Methods: A double-blind, controlled trial of WHEE (n = 5), EFT (n =5), and CBT (n = 5) was conducted. Standardized anxiety measures included: the Test Anxiety Inventory (TAI) and Hopkins Symptom Checklist (HSCL-21).

Results: Despite small sample size, significant reductions on the TAI and HSCL-21 were found for WHEE; on the TAI for EFT; and on the HSCL-21 for CBT. There were no significant differences between the scores for the three treatments. In only two sessions WHEE and EFT achieved the equivalent benefits to those achieved by CBT in five sessions. Participants reported high satisfaction with all treatments. EFT and WHEE students successfully transferred their self-treatment skills to other stressful areas of their lives.

Conclusions: WHEE and EFT show promise as effective treatments for test anxiety.

Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial

Gunilla Brattberg, MD

Abstract

The aim of this study was to examine if self-administered EFT (Emotional Freedom Techniques) leads to reduced pain perception, increased acceptance, coping ability and health-related quality of life in individuals with fibromyalgia. 86 women, diagnosed with fibromyalgia and on sick leave for at least 3 months, were randomly assigned to a treatment group or a waiting list group. An eight-week EFT treatment program was administered via the Internet.

Upon completion of the program, statistically significant improvements were observed in the intervention group (n=26) in comparison with the waiting list group (n=36) for variables such as pain, anxiety, depression, vitality, social

function, mental health, performance problems involving work or other activities due to physical as well as emotional reasons, and stress symptoms. Pain catastrophizing measures, such as rumination, magnification and helplessness, were significantly reduced, and the activity level was significantly increased. The number needed to treat (NNT) regarding recovering from anxiety was 3. NNT for depression was 4.

Self-administered EFT seems to be a good complement to other treatments and rehabilitation programs. The sample size was small and the dropout rate was high. Therefore the surprisingly good results have to be interpreted with caution. However, it would be of interest to further study this simple and easily accessible self-administered treatment method, which can even be taught over the Internet.

Psychological Symptom Change in Veterans after Six Sessions of EFT (Emotional Freedom Techniques): An Observational Study

Dawson Church, PhD & Linda Geronilla, PhD

Abstract

Protocols to treat veterans with brief courses of therapy are required, in light of the large numbers returning from Iraq and Afghanistan with depression, anxiety, PTSD and other conditions. This observational study examined the effects of six sessions of EFT on seven veterans, using a within-subjects, time-series, repeated measures design. Participants were assessed using a well validated instrument, the SA-45, which has general scales measuring the depth and severity of psychological symptoms. It also contains subscales for anxiety, depression, obsessive-compulsive behavior, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychotism, and somatization. Participants were assessed before and after treatment, and again after 90 days. Interventions were done by two different practitioners using a standardized form of EFT to address traumatic combat memories. Symptom severity decreased significantly by

40% ($p < .001$), while breadth of symptoms decreased by 29% ($p < .032$). Anxiety decreased 46% ($p < .003$), depression 49% ($p < .001$), and PTSD 50% ($p < .026$). Most gains were maintained at the 90-day follow-up.

The Treatment of Combat Trauma in Veterans using EFT (Emotional Freedom Techniques): A Pilot Protocol

Dawson Church, PhD

Abstract

With a large number of US military service personnel coming back from Iraq with post traumatic stress disorder (PTSD), and a variety of associated psychological problems, a need exists to find protocols and treatments that are effective for these conditions in brief treatment timeframes. In this study, a sample of 11 veterans and family members were assessed for PTSD and other conditions. Evaluations were made using standard psychological evaluations, the SA-45 (Symptom Assessment 45) and the PCL-M (Posttraumatic Stress Disorder Checklist – Military). The study used a time-series, within-subjects, repeated measures design. A baseline measurement was obtained thirty days prior to treatment, and immediately before treatment began. Subjects were then treated with a brief and novel exposure therapy, EFT (Emotional Freedom Techniques), for five days with 2 to 3 hours of treatment per day. Statistically significant improvements in the SA-45 and PCL-M scores were found at posttest. These gains were maintained at both the 30- and 90-day follow-ups on the general symptom index, positive symptom total and the anxiety, somatization, phobic anxiety, and interpersonal sensitivity subscales of the SA-45, and on PTSD. The remaining SA-45 scales improved posttest but were not consistently maintained at the 30- and 90-day follow-ups. In summary, after EFT treatment, the group no longer scored positive for PTSD, the severity and breadth of their psychological distress decreased significantly, and most of their gains held over time. This suggests that EFT can be an effective post-deployment intervention.

The Effect of a Brief EFT (Emotional Freedom Techniques) Self-Intervention on Anxiety, Depression, Pain and Cravings in Healthcare Workers

Dawson Church, PhD

Abstract

This study examined a cross section of 194 healthcare professionals, including physicians, nurses, psychotherapists, chiropractors, psychiatrists, alternative medicine practitioners, and allied professionals. It examined whether self-intervention with Emotional Freedom Techniques (EFT), a brief exposure therapy that combines a cognitive and a somatic element, had an effect on subjects' levels of anxiety, depression, and other psychological symptoms. The study utilizes a within-subjects, time-series, repeated measures design. It evaluates symptoms using the SA-45, a well-validated 45 item questionnaire. Besides measuring the breadth and intensity of psychological distress, this instrument has nine subscales for specific conditions, including anxiety and depression. It was administered to subjects before and after an EFT demonstration and self-application that lasted about 90 minutes. Subjects also self-reported physical pain, emotional distress, and cravings on a 10 point Likert-type scale. The SA-45 followup was administered 3 months later, to determine whether any improvement held over time. Subjects received a single page homework EFT reminder sheet, and their frequency of practice was tracked at followup. EFT self-application resulted in statistically significant decreases in pain, emotional distress, and cravings, and improvements for all nine subscales. On the two general scales on the SA-45, symptom severity dropped by 34%, and symptom breadth by 40% relative to normal baselines (both $p < .001$). Pain scores dropped by 68%, the intensity of traumatic memories by 83%, and cravings by 83% (all $p < .001$).

The Effect of Energy Psychology on Athletic Performance:

A Randomized Controlled Blind Trial

Dawson Church, PhD

Abstract

This study investigated whether the most widely practiced form of Energy Psychology, called Emotional Freedom Techniques (EFT), could affect athletic performance. It evaluated whether a single brief EFT treatment for performance stress could produce an improvement in two skills for high-performance men's and women's college basketball teams at Oregon State University. The treatment group received a brief EFT session while the control group received a "tips and techniques reading" (TTR). Performance was measured on free throws and vertical jump height. Basketball players who received the EFT intervention scored an average of 21% better individually in free throws after treatment than the control group, while the control group scored an average of 17% lower ($p < 0.028$). However, there was no statistically significant difference between the groups in their percent change in jump height. When analyzed separately, there was a trend for females in the EFT condition to have better performance on both free throws and jump height than females in the control group. These findings suggest that EFT performed as an intervention during the course of an athletic event may reduce performance stress, and improve individual player function for free throws, and is thus worthy of further study. This study was limited by the small sample size and short duration of the intervention.

Measuring Physiological Markers of Emotional Trauma:

A Randomized Controlled Trial of Mind-Body Therapies

Dawson Church, PhD

Abstract

The effect of emotional trauma on physiological functioning has been documented in a number of studies. Unresolved trauma, even 50 years subsequent

to traumatization, has been correlated with higher rates of bone fractures, cancer, heart disease, hypertension, diabetes, and other ailments. The current study examines the reverse correlation, to determine whether the treatment of emotional trauma has an effect on physiological function. It examined the range of motion (ROM) of the shoulders of subjects with clinically verified joint impairments, which typically take months or years to resolve, in five different planes of arm movement. Psychological conditions such as anxiety and depression were measured using a 45 question self-assessment, the SA-45. Pain was measured on a 10 point Likert-type scale. Subjects received a single 30 minute intervention after being randomized into either an Emotional Freedom Techniques (EFT) group (16 subjects) or a Diaphragmatic Breathing (DB) group (18 subjects). Thirteen subjects served as a no treatment baseline control group. Subjects demonstrated significant improvement in psychological symptoms and ROM in both the DB and EFT groups. Results for pain were better in the EFT group, and further improved on 30 day post-test. ROM for both groups continued to improve post-test, but were greater for the EFT group.

The Effect of EFT (Emotional Freedom
Techniques) on Psychological Symptoms: A
Limited Replication

Dawson Church, PhD

Abstract

A study by Rowe (2005) found psychological symptoms to improve, and the results to hold over time, after an EFT workshop. The current study used the same assessment tool, the SA-45, a well-validated brief questionnaire that measures breadth and severity of psychological symptoms. It employed a time-series, within-subjects, repeated measures design. 25 subjects completed the questionnaire before and after the workshop, and again 90 days later. These three data points were used, rather than the 5 data points in the Rowe study, in order to determine if a smaller data set produces a similarly robust result. The SA-45 has two general scales measuring the severity and breadth of psychological

symptoms, as well as subscales for anxiety, depression, obsessive-compulsive behavior, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychotism, and somatization. Despite the small sample size and limited data set, statistically significant results were found for both the general scales, and most of the subscales, with gains maintained at followup.

The Effect of EFT (Emotional Freedom Techniques) on Psychological Symptoms in Addiction Treatment

Dawson Church, PhD

Abstract

Research has noted frequent co-occurrence of psychological symptoms such as anxiety and depression with addiction. This study examined the psychological conditions of 28 adults at an addictions workshop at which participants learned EFT (Emotional Freedom Techniques), a widely practiced form of energy psychology. Subjects were evaluated using a short form of the SCL-90-R, (the SA-45), a 45 item questionnaire that has been well validated in other studies. As well as measuring the intensity and breadth of symptoms on two global scales, the SA-45 has nine subscales for such conditions such as anxiety, depression, and hostility. The study employed a time-series, within-subjects repeated measures design to evaluate symptoms at the start of the workshop, at the end of the workshop, and, to determine long-term effects, 90 days later. A statistically significant decrease in the two global scales, the global severity index and positive symptom total, as well as the anxiety, and obsessive-compulsive symptom scales was observed with gains maintained at follow-up. Improvement in somatization was found at posttest only, while improvement in interpersonal sensitivity occurred at the 90-day follow-up. These findings suggest EFT may be an effective adjunct to addiction treatment by reducing the severity of general psychological distress, and in particular, anxiety and obsessive-compulsive symptoms. This study is limited by the small sample size, lack of a control group, and exploratory nature.

Veterans: Finding Their Way Home With EFT (Emotional Freedom Techniques)

Ingrid Dinter

Abstract

Helping Veterans heal from the trauma of war has been a journey into a spiritual place that I might not have been able to reach otherwise. I am filled with gratitude for every soldier who has allowed me to get an insight into his or her world. These are my most amazing mentors who are giving me their loving trust and support to continue this journey. As a life coach, specializing in Emotional Freedom Techniques (EFT), I have been blessed and honored to help many Veterans heal from their trauma of war. I have worked with US Marines who, even after 40 years, still can't find forgiveness for what happened in Vietnam. I have helped Veterans from most recent wars who have relived their nightmares of horror, overwhelm and danger every night. EFT4Vets, the training program for practitioners I have developed, understands PTSD symptoms as symptoms of the soul. It offers an integrated program for practitioners that will enable the EFT coach to assist the Veterans on the physical, mental, emotional, relational and soul levels. This program honors the transformational effect that using EFT for helping Veterans to release PTSD symptoms can have on the practitioner as well as the Veteran. Building rapport and trust between the practitioner and the client before the work together begins is an integral part of the training, and so is the thorough teaching of specific applications and techniques of EFT for Veterans through presentation, demonstration and practice.

Energy Psychology in Disaster Relief

David Feinstein, PhD

Abstract

Energy psychology utilizes cognitive operations such as imaginal exposure

to traumatic memories or visualization of optimal performance scenarios—combined with physical interventions derived from acupuncture, yoga, and related systems—for inducing psychological change. While a controversial approach, this combination purportedly brings about, with unusual speed and precision, therapeutic shifts in affective, cognitive, and behavioral patterns that underlie a range of psychological concerns. Energy psychology has been applied in the wake of natural and human-made disasters in the Congo, Guatemala, Indonesia, Kenya, Kosovo, Kuwait, Mexico, Moldavia, Nairobi, Rwanda, South Africa, Tanzania, Thailand, and the U.S. At least three international humanitarian relief organizations have adapted energy psychology as a treatment in their post-disaster missions. Four tiers of energy psychology interventions include 1) immediate relief/stabilization, 2) extinguishing conditioned responses, 3) overcoming complex psychological problems, and 4) promoting optimal functioning. The first tier is most pertinent in psychological first aid immediately following a disaster, with the subsequent tiers progressively being introduced over time with complex stress reactions and chronic disorders. This paper reviews the approach, considers its viability, and offers a framework for applying energy psychology in treating disaster survivors.

Energy Psychology: A Review of the Preliminary Evidence

David Feinstein, PhD

Abstract

Energy psychology utilizes imaginal and narrative-generated exposure, paired with interventions that reduce hyperarousal through acupressure and related techniques. According to practitioners, this leads to treatment outcomes that are more rapid, powerful, and precise than the strategies used in other exposure-based treatments such as relaxation or diaphragmatic breathing. The method has been exceedingly controversial. It relies on unfamiliar procedures adapted from non-Western cultures, posits unverified mechanisms of action, and

early claims of unusual speed and therapeutic power ran far ahead of initial empirical support. This paper reviews a hierarchy of evidence regarding the efficacy of energy psychology, from anecdotal reports to randomized clinical trials. Although the evidence is still preliminary, energy psychology has reached the minimum threshold for being designated as an evidence-based treatment, with one form having met the APA Division 12 criteria as a “probably efficacious treatment” for specific phobias; another for maintaining weight loss. The limited scientific evidence, combined with extensive clinical reports, suggests that energy psychology holds promise as a rapid and potent treatment for a range of psychological conditions.

Clinical Story of a 6-Year-Old Boy’s Eating Phobia: An Integrated Approach Utilizing Prenatal and Perinatal Psychology with Energy Psychology’s Emotional Freedom Technique (EFT) in a Surrogate Nonlocal Application

Wendy Anne McCarty, PhD

Abstract

This article presents a clinical story of a one-session therapeutic intervention for a young boy’s lifelong eating phobia as an example of an integrated therapeutic approach utilizing prenatal and perinatal psychology (PPN) understanding of early experiences as potential origins for life patterns and an energy psychology healing modality intervention—emotional freedom technique (EFT). Key principles of the Integrated Model and corresponding elements of an integrated therapeutic approach are presented. The session took place without the child present. Nonlocal intuitive perception, mind-to-mind communication, and a nonlocal application of EFT are discussed as integral aspects of the therapeutic approach. The notion of the Integrated PPN Practitioner is introduced.

World Trade Center Tower 2 Survivor: EP Treatment of Long-term PTSD. A case study.

Gregory J. Nicosia, PhD

Abstract

In this case study a survivor of the Twin Towers collapse of 9/11/01 is treated for prolonged complex PTSD after several years of self-imposed seclusion. Effects of a single session of EFT assessed immediately after treatment demonstrated an elimination of clinically significant scores on the Traumatic Symptom Inventory compared to two pre-treatment assessments. Similar reductions in 4 of 7 subscales of the Personality Assessment Inventory were also evidenced. Twelve treatment sessions over 8 weeks concluded treatment with nearly complete symptom remediation and return to work. A 60 day follow-up PAI testing showed only one clinically elevated scale.

The Effects of EFT on Long-Term Psychological Symptoms

Jack E. Rowe, PhD

Abstract

Previous research (Salas, 2000; Wells, et al., 2003), theoretical writings (Arenson, 2001, Callahan, 1985, Durlacher, 1994, Flint, 1999, Gallo, 2002, Hover-Kramer, 2002, Lake & Wells, 2003, Lambrou & Pratt, 2000, and Rowe, 2003), and many case reports (www.emofree.com) have suggested that energy

psychology is an effective psychotherapy treatment that improves psychological functioning. The purpose of the present study was to measure any changes in psychological functioning that might result from participation in an experiential Emotional Freedom Techniques (EFT) workshop and to examine the long-term effects. Using a time-series, within-subjects repeated measures design, 102 participants were tested with a short-form of the SCL-90-R (SA-45) 1 month before, at the beginning of the workshop, at the end of the workshop, 1 month after the workshop, and 6 months after the workshop. There was a statistically significant decrease ($p < .0005$) in all measures of psychological distress as measured by the SA-45 from pre-workshop to post-workshop which held up at the 6 month follow-up.

The effect of an energy psychology intervention (EFT) versus diaphragmatic breathing on specific phobias.

Salas, M. M.

Abstract

The purpose of this study was to compare Emotional Freedom Techniques (EFT) to Diaphragmatic Breathing for the reduction of anxiety associated with specific phobias. Anxiety was measured using three methods: Subjective Units of Distress Scale (SUD), Beck Anxiety Inventory (BAI), and a behavioral approach test. A within-subjects counter-balanced crossover design was used with each of the 22 participants getting both treatments. When Diaphragmatic Breathing was administered before EFT, it produced a statistically significant decrease in anxiety as measured by the SUD but not by the BAI or Approach Test. When Diaphragmatic Breathing was administered after EFT, it produced no significant changes. EFT produced statistically significant reductions in anxiety as measured by all three tests regardless of whether it was administered before or after Diaphragmatic Breathing.

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

Nilhan Sezgin, PhD, Bahar Özcan, MA, Dawson Church, PhD

Abstract

This study investigated the effect on test anxiety of Emotional Freedom Techniques (EFT), a brief exposure therapy with somatic and cognitive components. A group of 312 high school students enrolled at a private academy was evaluated using the Test Anxiety Inventory (TAI), which contains subscales for worry and emotionality. Scores for 70 demonstrated high levels of test anxiety; these students were randomized into control and experimental groups. During the course of a single treatment session, the control group received instruction in Progressive Muscular Relaxation (PMR); the experimental group, EFT, followed by self-treatment at home. After two months, subjects were re-tested using the TAI. Repeated covariance analysis was performed to determine the effects of EFT and PMR on the mean TAI score, as well as the two subscales. Each group completed a sample examination at the beginning and end of the study, and their mean scores were computed. Thirty-two of the initial 70 subjects completed all the study's requirements, and all statistical analyses were done on this group. A statistically significant decrease occurred in the test anxiety scores of both the experimental and control groups. The EFT group had a significantly greater decrease than the PMR group ($p < .05$). The scores of the EFT group were lower on the emotionality and worry subscales ($p < .05$). Both groups scored higher on the test examinations after treatment; though the improvement was greater for the EFT group, the difference was not statistically significant.

Neurophysiological Indicators of EFT Treatment Of Post-Traumatic Stress

Swingle, P., Pulos, L. & Swingle, M.

Abstract

This research study, conducted by Dr. Paul Swingle and his colleagues (Swingle, Pulos & Swingle, 2005), studied the effects of EFT on auto accident victims suffering from post traumatic stress disorder -- an extremely disabling conditioning that involves unreasonable fears and often panic attacks, physiological symptoms of stress, nightmares, flashbacks, and other disabling symptoms. These researchers found that three months after they had learned EFT (in two sessions) those auto accident victims who reported continued significant symptom relief also showed significant positive changes in their brain waves. It was assumed that the clients showing the continued positive benefits were those who continued with home practice of self-administered EFT.

Assessment of the Emotional Freedom Technique: An Alternative Treatment for Fear

Waite, L.W. & Holder, M.D.

Abstract

The effectiveness of the Emotional Freedom Technique (EFT), a treatment for anxiety and fear, was assessed. One hundred nineteen university students were assigned and tested in an independent four-group design. The groups differed in the treatment each received: applied treatment of EFT (Group EFT); a placebo treatment (Group P); a modeling treatment (Group M); and a control (Group C). Participants' self-reported baseline and post-treatment ratings of fear were measured. Group EFT showed a significant decrease in self-report measures at post-treatment. However, Group P and Group M showed a similar significant decrease. Group C did not show a significant decrease in post-treatment fear ratings. These results do not support the idea that the purported benefits of EFT are uniquely dependent on the "tapping of meridians." Rather, these results suggest that the reported effectiveness of EFT is attributable to characteristics it shares with more traditional therapies.

Evaluation of a Meridian-Based Intervention, Emotional Freedom Techniques (EFT), for Reducing Specific Phobias of Small Animals

Wells, S., Polglase, K., Andrews, H., Carrington, P., &
Baker, A.H.

Abstract

This study explored whether a meridian-based procedure, Emotional Freedom Techniques (EFT), can reduce specific phobias of small animals under laboratory-controlled conditions. Randomly assigned participants were treated individually for 30 minutes with EFT (n = 18) or a comparison condition, Diaphragmatic Breathing (DB) (n = 17). ANOVAS revealed that EFT produced significantly greater improvement than did DB behaviorally and on three self-report measures, but not on pulse rate. The greater improvement for EFT was maintained, and possibly enhanced, at 6 - 9 months follow-up on the behavioral measure. These findings suggest that a single treatment session using EFT to reduce specific phobias can produce valid behavioral and subjective effects. Some limitations of the study are also noted and clarifying research suggested.