

Energy Psychology Research

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Table 1
Outcome studies with standardized pre-post-treatment measures but no control groups

Author (date)	Condition Treated	Treatment	n	Measures	Main Findings/Comments
Church (2010)	PTSD	EFT	11	SA-45, PTSD Checklist—Military Version	9 combat veterans and 2 family members with PTSD, showed significant improvement after 10-15 sessions over 5 days. Gains held at 3 months.
Church & Brooks (2010)	Emotional distress	EFT	216	SA-45	Health care workers attending 4-hour EFT workshops showed significant improvement on all scales, including depression, anxiety, and somatization. Gains held at 3 months.
Church et al. (2009)	PTSD	EFT	7	SA-45	6 sessions with military veterans showed significant symptomatic decreases. Gains held at 3 months.
Darby & Hartung (in press)	Specific phobia (injections)	TFT	21	Fear Survey Schedule, SUD	A single session significantly reduced the fear of injections at one-month follow-up.
Folkes (2002)	Trauma recovery	TFT	29	PTSD Checklist—Civilian Version	Low-income refugees living in the U.S. showed significant symptom reduction and less avoidance behavior after 1-3 sessions.
Hodge & Jurgens (2011)	Psoriasis	EFT	12	SA-45, Skindex-29 Questionnaire	Significant reduction in physical and emotional symptoms was found after 6-hour EFT group training and at 3-month follow-up.
Lambrou et al. (2003)	Claustrophobia	TFT	4	EEG, Trait-State Anxiety Inventory	Highly significant reduction in self-reported symptoms after a 30-minute session was accompanied by decreased trapezius muscle tension and normalized theta activity while facing a height in vivo.
Palmer-Hoffman and Brooks (2011)	Emotional distress	EFT	207	SA-45	Replicates Rowe (2005) and Church & Brooks (2010) in showing significant improvement on a range of emotional symptoms after EFT workshops. Gains held at follow-up.
Rowe (2005)	Emotional distress	EFT	102	SA-45	Participants in a weekend EFT workshop showed highly significant improvement on all scales. Gains held on 6-month follow-up.
Sakai et al. (2010)	PTSD	TFT	50	CROPS, PROPS	Highly significant reduction of PTSD symptoms after a single session in teens who were orphaned 12 years earlier during Rwanda's ethnic cleansing. Gains held at 1-year follow-up.
Stone et al. (2009)	PTSD	TFT, etc.	48	CROPS	Significant reductions of PTSD symptoms in teen and young adult survivors of Rwanda's ethnic cleansing were found after individual and group TFT sessions. Rapport building, relaxation, and other techniques were also used, confounding the findings.
Stone et al. (2010)	PTSD	TFT, etc.	28	CROPS	On a second visit to Rwanda, the same team treated orphan heads of households combining EFT, TFT, an acupuncture technique, and other methods. Significant reductions in PTSD symptoms were found after individual and group sessions.
Swingle et al. (2004)	Trauma recovery (auto accidents)	EFT	9	AI, BDI, BAI, qEEG, STAI	Significant reductions in post-trauma symptoms followed 2 sessions but held for only 5 subjects 2-1/2 to 5 months followup.
Temple & Mollon (2011)	Dental anxiety	EFT	30	SUD	Brain wave readings distinguished those whose benefits held. Dental patients reported a significant decrease in anxiety when a 10-minute EFT session was provided just prior to a dental procedure.

Table 2
Outcome studies with standardized pre-post-treatment measures using a randomized control group (unless otherwise noted)

Author (date)	Condition Treated	Treatment/Controls	n	Measures	Main Findings/Comments
Baker & Siegel (2010)	Specific phobia (small animals)	EFT SC No Tx	11 10 10	BAT, BSSPP, FOSAQ, Pulse rate, SUD	A 45-minute EFT session produced significant decreases in fear on most measures. The control conditions did not. Benefits persisted on follow-up more than a year after the treatment.
Benor et al. (2009)	Test-taking anxiety	EFT WHEE CBT	5 5 5	Hopkins Symptom Checklist-21, Test Anxiety Inventory	WHEE combines EFT with bilateral stimulation. All 3 treatments produced significant improvement. EFT and WHEE required 2 sessions. CBT required 5 sessions for same gains. Study was not fully randomized.
Brattberg (2008)	Fibromyalgia	EFT Wait list	26 36	CPAQ, GSE, HAD, PCS, SF-36, SUD	An 8-week treatment program was administered over the internet with e-mail support. Improvement on pain, anxiety, depression, and other measures was highly significant for the treatment group.
Carbonell & Figley (1999)	PTSD	TFT EMDR TIR V/KD	12 6 9 11	Brief Symptom Inventory, Impact of TIR, Events Scale, SUD	All 4 conditions in this early study, despite numerous design flaws, produced reductions in anxiety measures that were sustained at 4-6 month follow-ups. The TFT group required an average of 63 minutes per subject, as contrasted with 172 (EMDR), 254 (TIR), and 113 (V/KD) minutes. Randomization was not used.
Church (2009)	Basketball performance	EFT Inspirational talk by coach	13 13	Free throws, vertical jump height	Male and female college basketball players significantly improved free throw percentages after 15-minutes of EFT, compared to controls, but group differences on jump height were not significant.
Church, Piña, et al. (2011)	Traumatization	EFT Wait list	8 8	Impact of Events Scale	Abused teenage boys in a facility in Peru scoring an average of 36 on the IES (35 indicates a "probable diagnosis of PTSD") scored an average of 3 after a single EFT session. Scores for the wait list group were unchanged.
Church, Yount et al. (in press)	Stress	EFT SC No Tx	28 28 27	SA-45, Salivary Cortisol Assay	Psychological symptoms decreased for both treatment conditions after a 1-hour session and significantly more for the EFT group. Significant drops in stress cortisol levels were found after EFT but not the other two groups.
Connolly & Sakai (in press)	PTSD	TFT Wait list	71 74	Modified PTSD Symptom Scale, Trauma Symptom Inventory	Survivors of the 1994 genocide in Rwanda received a single TFT session (average 41 minutes) conducted by laypersons trained in TFT. Highly significant improvement on all subscales held at 2-year follow-up.
Irgens et al. (in press)	Anxiety	TFT Wait list	24 24	Fear Questionnaire, HAD, LSAS, SCL-90-R	Significant symptom reduction was found on most scales following 1 to 8 sessions (mean = 3.6) in comparison to the control group.
Jones et al. (2011)	Public speaking anxiety	EFT Wait list	18 18	PRCS, PRCA-24B, SRQ; STAI, SUD, TBC	Improvement was found on most of the self-report scales after a 45-minute EFT session; between-group differences in observed behaviors during a 4-minute speech did not reach significance.
Karatzias et al. (2011)	PTSD	EFT EMDR	23 23	Clinician Administered PTSD Scale, HAD, PCL-C, SLS	Both treatment conditions showed highly significant improvements on self-report measures as well as interview assessments after a mean of 3.8 (EFT) or 3.7 (EMDR) sessions.
Llewellyn-Edwards & Llewellyn-Edwards (in press)	Soccer performance	EFT Instructions from trainer	7 8	Kicks at goal from 13.5 meters	Significant improvement was found on goal kicks after a group EFT session focusing on obstacles to kick accuracy but not after a coaching session aimed at improving accuracy.
Pignotti (2005)	Emotional distress	TFT TFT variation	33 33	SUD	Each group in this loosely-designed dismantling study showed equal improvement after a single brief telephone session, with 97% of the 66 participants reporting the SUD going down to 0 regardless of the order in which the points were tapped.
Rubino (in press)	Test-taking anxiety	EFT DB/exposure Wait list	30 30 30	RTI, SA-45, Westside Test Anxiety Scale	Both treatments significantly reduced test-taking anxiety after 4 weeks of practice following a 2-hour training session in the method. High dropout rate, with 41 subjects completing the study.
Salas et al. (2011)	Specific phobias	EFT DB	11 11	BAT, Beck Anxiety Inventory, SUD	College students self-reporting specific phobias (heights, snakes, cockroaches, darkness, and syringes) improved after a single brief session of either treatment, with EFT being statistically superior.
Schoninger & Hartung (2010)	Public speaking anxiety	TFT Wait list	28 20	Speaker Anxiety Scale, SUD	Highly significant reduction of anxiety and increase in measures of positive anticipation were found after a 1-hour session.
Sezgin & Özcan (2009)	Test-taking anxiety	EFT Progressive relaxation	35 35	Test Anxiety Inventory	Both treatments significantly reduced test-taking anxiety after two months of practice following an initial training session. EFT led to significantly greater improvement than the relaxation group.

Stapleton et al. (in press)	Food Cravings	EFT Wait list	49 47	BMI, Food Craving Inventory, PFS, SA-45	Reductions in food craving followed four 2-hour group sessions. Outcomes held at one year along with reduced body mass.
Waite & Holder (2003)	Fear	EFT Variation 1 Variation 2 No Tx	NS	SUD	A total of 119 college students reporting specific phobias were assigned to 3 tapping groups or a no treatment group. Significant reductions in fear were reported for all 3 tapping variations but not for the control group. Randomization was not used.
Wells et al. (2003)	Specific phobia (small animals)	EFT DB/Exposure	18 17	BAT, Pulse Rate, SFS, SUD	Both groups showed significant reductions in fear after a 30-minute session, with EFT being statistically superior to DB. Gains held on most measures 6 to 9 months after the treatment.

Note: BAT = Behavior Approach Task; BSSPP = Brief Standard Self-Rating for Phobic Patients; BMI = Body Mass Index; CBT = Cognitive Behavior Therapy; CPAQ = Chronic Pain Acceptance Questionnaire; DB = Diaphragmatic Breathing; CHOPS = Child Report of Post-Traumatic Symptoms; FOSAQ = Fear of Specific Animal Questionnaire; EFT = Emotional Freedom Techniques; EMDR = Eye Movement Desensitization and Reprocessing; GSE = General Self-Efficacy Scale; HAD = Hospital Anxiety and Depression Scale; LSAS = Liebowitz Social Anxiety Scale; NS = not specified; PCL-C = PTSD Checklist Civilian Version; PCS = Pain Catastrophizing Scale; PFS = Power of Food Scale; PRCA-24B = Personal Report of Communication Apprehension; PRCS = Personal Report of Confidence; PROPS = Parent Report of Post-Traumatic Symptoms; RTI = Reactions to Tests Inventory; SA-45 = Symptom Assessment-45 Questionnaire; SC = Supportive Counseling; SCL-90-R = Symptom Checklist 90-Revised; SF-36 = Swedish Health Questionnaire; SFS = Standardized Fear Survey; SLS = Satisfaction with Life Scale; SRQ = Self-Report Questionnaire; STAI = State-Trait Anxiety Checklist; SUD = Subjective Units of Distress; TFT = Thought Field Therapy; TIR = Traumatic Incident Reduction; TBC = Timed Behavior Checklist; V/KD = Visual/Kinesthetic Dissociation; WHEE = Wholistic Hybrid Derived from EMDR and EFT.

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