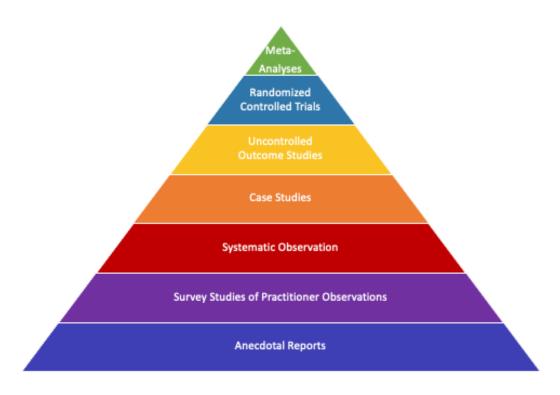


### Energy Psychology: A Hierarchy of Evidence

### Updated October 2025



In addition to the papers in this database published in peer-reviewed journals, more than 175 clinical trials reporting investigations of energy psychology have been published in foreign language journals. They report encouraging outcomes with a wide range of issues, such as anxiety disorders, aggression, drug addiction, dementia, depression, post-traumatic symptoms, post-operative pain, and controlling insulin levels in diabetes. These studies were not included in this database because only the abstracts had been translated, and so they could not be reviewed for methodological rigor. Also not included are English-language publications for which ACEP was unable to verify the legitimacy of the journal. In this era of predatory journals, we are not inflating our count of legitimate energy psychology studies. These papers are presented in reverse chronological order. See the document "EP Studies Published in Non-English Journals" on the website.

### Meta-Analyses of Energy Psychology (EP) Studies

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### **Anecdotal Reports**

Several hundred anecdotal reports about the positive effects reported from energy psychology techniques.

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### 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 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.

Non-Randomized Pre-Post Outcome Studies with a Control or Comparison Group: Research studies with pre-post assessments with a control group but lacking randomization.

**Single Group Pre-Post Outcome Studies:** Studies of a single group with pre and post outcome assessments.

**Mixed Intervention Studies that Included a Tapping Component**: Studies combining 2 or more interventions, including meridian tapping.

**Mixed Method Clinical Trials that Included a Tapping Component:** Quasi experimental studies combining mixed methods (e.g. quantitative and qualitative measures) exploring the effectiveness of meridian tapping.

**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.

**Dissertation:** A formal research study prepared for a student's Master's or Doctoral Degree, and supervised and approved by a university review committee.

**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.

If you have additions, corrections or updates to this list, email research\_committee@energypsych.org.