

Dissertations, Research Studies and Review Articles in Energy Psychology Published in English Language Books or Peer-Reviewed Journals

In Reverse Chronological Order

Updated September 2022

In addition to the papers in this database, more than 90 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, addictions, dementia, depression, diabetes, post-traumatic symptoms, and post-operative pain. 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. See separate section on this website for research studies published in regional and non-English journals.

2023

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Abstract: Objectives: The aim of this study was to evaluate the effects of EFT-I(EFT program for insomnia) for insomnia in the elderly as a preliminary study. **Methods :** This study was a single group pre-post comparative study that involved 10 elderly women(mean age=76.3-4.29),who visited a senior welfare center, complained of insomnia symptoms. Subjects received 8 sessions(twice a week for 4 weeks and 1 hour for each session) of EFT-I group training. Insomnia severity, depression, state-anxiety,and life satisfaction of each subject were evaluated twice at pre and post of EFT-I. Korean Sleep Scale, Short form of Geriatric Depression Scale(SGDS), State-Trait Anxiety Inventory(STAI), and life satisfaction scale were used as evaluation tools. The data were analyzed using paired-samples T-test.

Results: Insomnia severity, life satisfaction, depression, and state-anxiety were significantly improved by EFT-I.

Conclusions: Result of this study showed that EFT-I can be a useful treatment program for elderly insomnia. Larger clinical trials are needed to verify effect of EFT-I as a community based insomnia management program for the elderly

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