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


Güdücü, N., & Özcan, N. K. (2023). The effect of emotional freedom techniques (EFT) on postpartum...


2022


Ghaderi, Z., Nazari, F., & Shaygannejad, V. (2021). The Effect of Emotional Freedom Technique on Fatigue among Women with Multiple Sclerosis: A Randomized Controlled Trial. *Iranian journal of nursing and midwifery research, 26*(6), 531–536. [https://doi.org/10.4103/ijnmr.IJNMR_188_19](https://doi.org/10.4103/ijnmr.IJNMR_188_19)


Anxiety disorders are common, disabling and a source of a great deal of suffering for many patients. The number of therapists delivering effective treatment is limited. One should therefore test other therapies aimed at reducing the symptoms of anxiety disorders, particularly therapies that practitioners can learn quickly and easily. Thought field therapy (TFT) is used for many psychiatric conditions, but its efficacy has not been sufficiently documented. We therefore first studied TFT for anxiety disorders, and found better effect from TFT compared to being on a 10-week wait-list. The beneficial effects continued at 3 and 12 months follow-up. In the next study, we compared TFT to Cognitive therapy (CT) for patients having agoraphobia with large scores on avoidance. We found no difference between the therapies pre-post and at 12-month follow-up, although it was a trend towards better effect from CT than TFT, except on the primary variable on agoraphobic avoidance. The number of patients was too small to say for sure that CT was not better for these patients than TFT. Further, we found that cohabiting patients got better results from CT than did patients living alone, but that cohabiting did not affect the results from TFT. Having a comorbid disorder did not affect the results from CT, but the TFT patients having a comorbid depressive disorder showed small beneficial results from TFT. Only few patients reported side effects from therapy, and none of them was serious. Overall, we found positive effects from Thought field therapy both compared to Cognitive therapy and to a wait-list condition, for patients having agoraphobia or another anxiety disorder, but the number of patients was too small to make any firm conclusions.


van Ginneken, N. et al. (2021). Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. Cochrane Database of Systematic Reviews


2020


2019


2018


2017


Drewry, D. (2017). Central nervous system apnea can be caused by traumatizing events, and it can be resolved. *International Journal of Healing and Caring, 17*(1).


2016


### 2014


2013


2012


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EP Research Bibliography | Association for Comprehensive Energy Psychology
Energypych.org


2011


**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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**2010**


Church, D. (2010b). Your DNA is not your destiny: behavioral epigenetics and the role of emotions in health. *Anti Aging Medical Therapeutics, October 2010.*


Hoss, R. & Hoss, L. (2010). The Dream to Freedom Technique, a methodology for integrating the complimentary therapies of energy psychology and dreamwork. *Energy Psychology: Theory, Research, & Treatment, 2*(1), 45-64.


2009


2008


**2007**


**2006**


2005


2004


2003


2002


2001


1999


1995


1990


*If you have any additions or corrections, please contact John Freedom, freejjii@gmail.com.*