Energy Psychology 2025 Research Update

Supplemental Information

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Search Process

A set of 30 papers of interest was identified throughout the year by the Research Committee Head (JF). A Google Scholar search process was later conducted to more fully represent energy psychology research conducted in 2025.

Google Scholar process: A set of papers based on text searches and limited to 2025 was identified, reviewed online to flag potentially relevant papers, and then exported to an Excel spreadsheet for final inclusion checks and data extraction. This was done first for review papers using the Google Scholar “review” identifier. Secondly, a search for all clinical studies was conducted using text terms, and visual review excluded reviews previously identified.

This approach was designed to identify international and interdisciplinary publications not consistently indexed in PubMed.

Google Scholar – Review Papers Search

Year: 2025 only; Review papers only

Text search:
"emotional freedom technique" OR "emotional freedom techniques" OR "energy psychology"

Results: 112 papers

Review within Google Scholar for inclusion

- Sorted by relevance, display 20 per page
- Selected based on title and brief abstract information visible

Criteria for exclusion:

- Title and/or abstract not in English or not available
- Review of interventions with no EP intervention included as an explicit comparator (EP text may appear only in discussion, etc.)
- Conference proceedings

Results: 28 papers

Exported to Excel with: Authors, title, journal, abstract, URL, citation

Review based on more complete information using the same exclusion criteria

- Confirmation that each article is represented on its journal website
- Two reviews were excluded post-review due to unverifiable publication

Results: 15 reviews

Data extraction / coding

- Review type: Expert synthesis / Meta-analysis (MA) / Network meta-analysis (NMA) / Systematic literature review (SLR)
- Search restrictions (if MA, NMA, or SLR): e.g., RCTs only, databases searched
- Interventions: EP intervention, other intervention(s)
- Population and outcome
- Result

Google Scholar – Clinical Trials Search

Year: 2025 only

Text search:
("emotional freedom technique" OR "emotional freedom techniques" OR "energy psychology") AND ("clinical trial" OR RCT OR "randomized" OR "randomised" OR "controlled trial" OR "quasi-experimental")

Results: 512 papers

Review within Google Scholar for inclusion

- Sorted by relevance, display 20 per page
- Selected based on title and brief abstract information visible

Criteria for exclusion:

- Title and/or abstract not in English or not available
- Context or discussion of EP only – not a report of research
- Main focus is another treatment – no EP focus
- Literature review (already identified separately)
- Case series or case report
- Book chapter
- Conference proceedings or poster

Results: 43 papers

Review of the preliminary set of papers

- Exported to Excel with Authors, title, journal, abstract, URL, citation
- Reviewed based on more complete information using the same exclusion criteria
- Verified that each paper could be found on its journal website

Results: 37 papers

Data extraction / coding of studies

- Study type: RCT, comparative trial, cohort
- EP modality: AIT, EFT, SEFT, TFT
- Comparator: as reported
- Population: as reported
- Setting type: community, hospital, medical centre, school
- Country: as reported or by study team country
- Primary outcome
- Key result

There was one relevant paper identified by JF that was not identified by Google Scholar (and not found in a specific Google Scholar search), and this was added to the full set.

TABLE 1 – Clinical Trials in Energy Psychology in 2025

Authors	study type	EP code d	Comparator	population	setting type	country	primary outcome	key result
Stapleton, P; Douglas, A;	comparative trial	EFT	mindfulness, wait list	5-year old children	community	Australia	self regulation, happiness,	EFT and MM both improved self regulation
Stapleton, P; Le Sech, K; Toussaint,	RCT	EFT	control task	adults with perceived interpersonal	community	Australia	forgiveness, empathy, rumination, mood, and	EFT moderate improvements in most outcomes
Stapleton, P; Wilson, C; Uechtritz, N; et al.	RCT	EFT live vs self paced	wait list	chronic pain in community members	community	Australia	pain severity, interference, quality of life	EFT reduced pain severity, interference vs waitlist. EFT improved quality of life, sustained at 6-month follow up. No difference in in-person vs self-paced
Tack, L; Mertens, L; Vandeweyer	RCT	EFT	mindfulness, wait list	cancer survivors	hospital	Belgium	fear of recurrence	EFT and mindfulness reduce fear of recurrence
Lazarov, A; Church, D; Shidlo, N; et al.	RCT	EFT	wait list	cancer patients	hospital	Israel	fear of recurrence, stress	Both EFT individual and group improved understanding of recurrence
Horton-Garcia, S R;	cohort	EFT	none	caregivers of chronically	community	US	well being, coping, CG burden	EFT improved well being
Hendricks-Patel, S; Harvey, K;	cohort	EFT	none	nursing students w stress	university	US	stress, suds	EFT is effective and feasible
Olive, C. M. , Avila M., Camacho, C.H.	cohort	AIT	none	survivors of intimate partner violence with PTSD	community	El Salvador	ptsd symptoms	12 women with diagnosed PTSD due to intimate partner violence. After treatment
Morikawa, A; Fujimoto, M; Kawagishi, Y; et al.	RCT	TFT	wait list	covid - adults w distress	community	Japan	stress-induced reactions, irritability, fatigue,	TFT improved all
Okyay, E. K., Santur, S. G., Özsahin, Z.,	RCT	EFT	no intervention	pregnant women with likely caesarean	hospital	Turkey	state anxiety, surgical fear, traumatic birth	EFT better than control
Yazar, M; Ünal, E; Bayır, B;	RCT	EFT	no EFT	university students with PMS symptoms	university	Turkey	pain, PMS experience (SUE)	EFT reduced pain, PMS experience

Authors	study type	EP code	Comparator	population	setting type	country	primary outcome	key result
Kaplan, M; Çelik, H;	RCT	EFT	no intervention	cancer patients	hospital	Turkey	pain, depression	EFT better than control
Mengting, C; Jing, X; Tiantian, L; et al.	RCT	EFT	no intervention	older COPD pts with anxiety,	hospital	China	anxiety, depression, sleep, fatigue,	EFT improved anxiety, depression, sleep quality, CAT (? QOL)
Yazar, M; Tüzmen, H D; Altuntuğ, K et al.	RCT	EFT	no EFT	Postmenopausal women	community	Turkey	sleep quality, quality of life	EFT improved subjective sleep quality and related dimensions,
Bera, S; Mukkiri, S;	cohort	EFT	none	caregivers of persons with mental health	hospital	India	stress, anxiety	EFT reduced stress and anxiety
Coşkun, M; Aslan, E;	RCT	EFT	no intervention	in vitro fertilization	hospital	China	stress, anxiety, helplessness	EFT improved anxiety, stress, helplessness,
You, Y L; Ramoo, V; Yahaya, N A; et al.	cohort	EFT	none	kinesiophobia (fear of movement) in RA	hospital	China	feasibility, kinesiophobia, pain	EFT feasible, safe, good satisfaction, reduced fear, pain
Mohamed, A F; Hamed, A E M; Mohamed, S	cohort	EFT	none	post mastectomy for breast cancer	hospital	Egypt	stress, resilience, sexual satisfaction	EFT large improvements in stress, resilience, sexual satisfaction
Lin, A; Liu, Z; Zhang, T; et al.	comparative trial	EFT	no EFT	post surgery in RA	hospital	China	pain, pain catastrophizing, pain	EFT reduced pain catastrophizing, pain intensity, and pain
Rachmawati, N; Arini, T; Harigustian,	comparative trial	EFT	no EFT	nursing students	university	Indonesia	academic burnout	EFT improvement in burnout nonsignificant
Tania, B N; Mardjan, M; Trisnawati,	cohort	EFT	none	nurse, midwife health workers	hospital	Indonesia	work stress	EFT reduced work stress
Zhou, X; Zhang, G; Chen, D; Y,	RCT	EFT	no EP	post operative for lower	hospital	China	pain,	combined EFT, auricular acupressure
Wang, J; Yao, J-l; Cai, S-s; et	RCT	EFT	MICT alone no	COPD persons with fatigue	hospital	China	fatigue	EFT and MICT both improved fatigue, anxiety, depression
Zheng, D; Xiao, W; Duan, D; et	RCT	EFT	no EFT	cancer patients	hospital	China	anticipatory grief, anxiety, sleep	EFT improved anticipatory grief, anxiety, sleep
S Silaswati, R R	cohort	EFT	none	elderly facing Covid	community	Indonesia	anxiety	EFT reduced negative emotions, anxiety

Authors	study type	EP code	Comparator	population	setting type	country	primary outcome	key result
Çuvadar, A; Güneş, A; Çuvadar Y B, et al.	cohort	EFT	none	women with MS	hospital	Turkey	sexual dysfunction, self care management	EFT improved sexual functioning and self-care levels
Çuvadar, A; Guksu, Z; Ateş, S;	RCT	EFT	breathing exercis	women with pelvic pain	hospital	Turkey	pelvic pain	EFT reduced pain VAS scores, subscales of QOL
Özşahin, Z; Santur, S G; Ay, Ç K; et	RCT	EFT	no EFT	PMS symptom severity	hospital	Turkey	PMS symptom severity	EFT reduced intensity of PMS experience
Özcan, H; Meşedüzü, M; Gülen, E;	RCT	EFT	no EFT	insomnia in university students	university	Turkey	insomnia severity	EFT reduced insomnia, sleepiness
Mayunita, A; Isticharoh, I; Septiani, R;	comparative trial	SEFT	3 Hz frequency	adolescents w insomnia	community	Indonesia	insomnia	EFT improved sleep quality, 3 Hz therapy was better
Sari, N L P D; Prastikanala	comparative trial	SEFT	no intervention	hypertensive elderly	hospital	Indonesia	blood pressure, pain	SEFT with lavender therapy improved BP, pain
Samsugito, I; Sholichin, S; Aminuddin,	cohort	SEFT	none	smokers	community	Indonesia	# cigarettes smoked	SEFT decreased cigarettes smoked to less than half
Mona, S; Dasaryandi, K R;	cohort	SEFT	none	women postpartum	medical centre	Indonesia	anxiety	SEFT with SPEOS reduced anxiety, increased milk
Wulandari, P; Nurmadinisi	comparative trial	SEFT	acupressure	dysmenorrhea	university	Indonesia	pain	SEFT reduced pain significantly, SEFT was better than
Saleh, A; Syamsuddin, S; Erika, K	comparative trial	SEFT	Rutan rehab support	prison inmates w drug	prison	Indonesia	Spiritual Variables, Well-Being,	SEFT improved spiritual variables, well-being, and
Hardiyani, T; Utami, H S; Grafiyana,	cohort	SEFT	none	dysmenorrhea in female	university	Indonesia	dysmenorrhea pain	SEFT improved pain
Hamidah, H; Rauf, S; Arifuddin, S; et al.	cohort	SEFT	none	cancer - cervical cancer patients	hospital	Indonesia	pain, cortisol, IL6 levels	SEFT improved pain, cortisol

AIT = Advanced Integrative Therapy; EFT = Emotional Freedom Techniques; SEFT = Spiritual Emotional Freedom Techniques; TFT = Thought Field Therapy

Table 2. Clinical Trial Characteristics by Western and Non-Western Research Contexts.

For analysis, countries were grouped into Western and non-Western research contexts. Western contexts included the United States, Australia, Belgium and Israel. All other countries (most frequent Indonesia, Turkey, China) were classified as non-Western.

	Western		non-Western		Total	
	n = 7		n = 30		n = 37	
EP modality						
EFT	7	100%	20	91%	27	73%
TFT	0	0%	1	5%	1	3%
AIT	0	0%	1	5%	1	3%
SEFT	0	0%	8	36%	8	22%
Study Type						
RCT	4	57%	13	59%	17	46%
Comparative trial	1	14%	6	27%	7	19%
Cohort study	2	29%	11	50%	13	35%
Study Setting						
Medical setting	2	29%	19	86%	21	57%
Community, other	5	71%	11	50%	16	43%
Population/ indication						
Medical – cancer	2	29%	4	18%	6	16%
Medical – COVID-related	1	14%	2	9%	3	8%
Medical – chronic / surgical	0	0%	7	32%	7	19%
Women's health	0	0%	9	41%	9	24%
Mental health / trauma	0	0%	1	5%	1	3%
Occupational / educational	1	14%	3	14%	4	11%
Other / mixed	3	43%	4	18%	7	19%

Country research and health care system context: Western (US, Australia, Belgium, Israel); non-Western (Indonesia, Turkey, China, India, Japan, Egypt, El Salvador)

EP modality: EFT= Emotional Freedom Techniques; TFT= Thought Field Therapy; AIT= Advanced Integrative Therapy; SEFT= Spiritual Emotional Freedom Techniques

Study type: RCT= Randomized controlled trial; Comparative trial = more than one group; Cohort = One group compared pre-post

Study setting: medical setting = patients or health care workers in hospital or medical centre; Other setting =community, university students, prison

Population/ indication: medical–COVID includes COVID-related populations; medical–chronic/surgical includes chronic illness and surgical recovery; women's health includes gynecological and postpartum conditions; mental health/ trauma is PTSD; occupational/ educational includes students and workers; other/mixed includes multi-indication samples

Definitions of the Energy Modalities Represented

Emotional Freedom Techniques: An energy psychology approach that combines exposure, cognitive statements, and somatic stimulation (tapping) to down-regulate the autonomic nervous system and reprocess stress and trauma.

Spiritual Emotional Freedom Technique: A variation of EFT that incorporates spiritual or religious language, such as prayer, spiritual intentions, or verses from the Qu'ran into the usual tapping sequence.

Thought Field Therapy: A form of energy psychology that treats distress as "perturbations" in a "thought field," which are corrected by tapping meridian points in a defined order.

Advanced Integrative Therapy: A protocol driven psychotherapy where the therapist identifies core traumas or limiting beliefs, then uses specific energy clearing procedures which combine cognitive statements with somatic techniques.

TABLE 3 – Energy Psychology Literature Reviews 2025

Authors	Search, restrictions	GS included?	Interventions EP	Interventions Other	Population / Outcome	Result
Expert						
Stapleton, Peta	not stated	unclear	EFT	none	PTSD	Summarizes the clinical evidence base for EFT in PTSD, outlines treatment, and
Salicru, Sebastian;	PubMed, PsycINFO, and	yes	EFT	none	any mental health care	Provides a critical scientist-practitioner review of EFT in mental health care, identifying strengths, gaps and future
Feinstein, David;	not stated	unclear	EFT	none	Any including physiologi	Synthesizes clinical, physiological, and mechanistic evidence for EFT, including
Meta-						
Chen, W-T; Chao, T-Y; Huang, W-Z; et al.	7 databases	no	EFT	none	PTSD	13 studies, 621 patients EFT produced large reductions in PTSD symptoms, with additional benefits for anxiety and depression. Effects were sustained at follow-up and
Zheng, D; Lin, X; Gao, X; et al.	RCTs only, validated scales, 9 databas	yes	EFT	control	Cancer patients with anxiety, depression, anticipator	10 RCTs, 768 patients EFT was associated with clinically meaningful reductions in anxiety, depression, anticipatory grief and sleep disturbance in cancer patients
Network meta-						
Li, Y., Liu, X., Guo, Z., et al	Not stated in abstract	unclear	EFT	Other psychosocial interventions (e.g. CBT, mindfulness, stress	anxiety, depression, stress, individuals affected by Covid-19	142 studies, 20,470 participants EFT significantly reduced anxiety symptoms and showed effects comparable to other established psychosocial interventions in COVID-19 affected populations

Zhou, J., Zhu, Z., Li, R. et al	Multiple medical research databas	no	EFT	Non-pharmacological psychological	fear of childbirth in pregnant women	32 RCTs, 17 interventions, 3,187 participants EFT improved fear of childbirth in the postnatal period and
Systematic Lit Reviews						
Choi, S. H.; Sung, S-H; Lee, G.;	RCT only, anxiety disorders only (not ptsd)	no	EFT	none	Anxiety disorders	7 RCTs, 506 participants EFT was superior to control conditions for anxiety and showed comparable effects to other relaxation-based interventions. Differences from
Rizzo, A; Laachi, S; Ait A, et al.	RCT & observational studies, five databases	no	EFT	none	job stress & burnout	# studies, participants not stated in abstract Reviews evidence supporting EFT as part of multi-component approaches to reducing job stress and burnout
Xi, A; Wang, Y; Zhu, S;	psychology, SW and healthcare databases, and	no	EFT	Other training and psychosocial interventi	Social work and counseling trainees with anxiety	10 studies EFT significantly reduced anxiety in social work and counselling trainees with effects comparable to several other
Kwon, C-Y; Lee, B;	Systematic searches conducted	unclear	EFT	ACT, Adlerian counseling, integrated	Hwa-Byung	9 studies, 7 CTs EFT and other psychological interventions improved Hwa-Byung symptoms compared with waitlist or pre-post designs
Putro, D U H; Nurjanah, S; Effendy, C;	Multiple databases	yes	SEFT	Benson therapy, mindfulness and spiritual psychotherapies	anxiety in Covid-19 patients	5 studies SEFT and other spiritual therapies reduced anxiety in COVID-19 patients

Kai, M W; Kai, M N F;	2018-2024 Google Scholar	yes	SEFT	Complementary, energetic & spiritual therapies incl. massage, relaxation	pain in cancer patients	20 studies SEFT and other spiritual therapies reduced pain and related distress in breast cancer patients.
Wardani, D W; Sari, J D E;	Google Scholar, PubMed, and Scopus	yes	SEFT	five-finger hypnotic therapy, art, and	PTSD in natural disaster survivors	9 studies SEFT and related interventions reduced PTSD symptoms in natural disaster survivors
Hasibuan, S H; Mohd S, Faridah B; et al.	PubMed, and Google Scholar databases	yes	EFT & SEFT	none	stress, anxiety, depression in breast cancer patients	# studies not reported in abstract Both EFT and SEFT reduced stress, anxiety, and depression in breast cancer patients. SEFT,

Reference List – Clinical Trials

- This list of citations is in the order that studies appear in the tables and in the text

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