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Research

Introduction to Scientific Research

There has been a substantial body of scientific research to prove the effectiveness of the Meridian Tapping Technology (MTT). EFT is the by far most widely used version of MTT. Therefore, most of the research has utilized EFT. SciStressEFT included the complete set of techniques included in EFT plus 3 added improvements. The assumption can thus be made that the research finding for EFT can be generalized to include SciStressEFT.

The new understanding of the neuroscience of stress in which SciStressEFT is embedded provides the added advantage of more precise aiming of the techniques at the root cause of the stress created problem. In practice many thousands of sessions have validated that SciStressEFT is at least as effective as traditional EFT and in many cases faster and more profound.

A selection of research studies

1. [Anxiety](#)
2. [Reducing public speaking anxiety \(PSA\)](#)
3. [Enhance academic performance in university students](#)
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1. Anxiety

- [EFT for anxiety: A systematic review with meta-analysis](#)
- [EFT to reduce the side effects associated with tamoxifen and aromatase inhibitor use in women with breast](#)

cancer: A service evaluation

- Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and EFT: Moderating effect of mathematics efficacy
- Tapping for PEAS: EFT in reducing Presentation Expression Anxiety Syndrome (PEAS) in university students
- Efficacy of EFT in reducing public speaking anxiety: A randomized controlled trial
- Reductions in pain, depression, and anxiety after PTSD symptom remediation in veterans
- The effect of progressive muscular relaxation and EFT on test anxiety in high school students: A randomized controlled trial
- Tapping for success: A pilot study to explore if EFT can reduce anxiety and enhance academic performance in university students
- Is EFT generalizable? Comparing effects in sport science students versus complementary therapy students
- The effect of a brief EFT self-intervention on anxiety, depression, pain and cravings in healthcare workers
- The effect of EFT on stress and anxiety in nursing students: A pilot study
- The effectiveness of cognitive behavioral therapy and EFT in reducing depression and anxiety among adults: A pilot study
- Effectiveness of EFT on occupational stress for preschool teachers
- A randomized controlled comparison of EFT and cognitive-behavioral therapy to reduce adolescent anxiety: A pilot study
- Interventions to reduce anxiety for gifted children and adolescents
- Pilot study of EFT, WHEE and CBT for treatment of test anxiety in university students
- Psychological symptom change after group application of EFT
- Psychological and physiological symptoms of psoriasis after group EFT
- Psychological symptom change in veterans after six sessions of EFT: An observational study
- Reducing anxiety in dental patients using EFT: A pilot study
- Self-administered EFT in individuals with fibromyalgia: A randomized trial
- Can EFT be effective in the treatment of emotional conditions? Results of a service evaluation in Sandwell
- Case series of panic disorder patients treated with Oriental medical treatments and EFT
- Assessment of EFT: An alternative treatment for fear
- Can Matrix Reimprinting be effective in the treatment of emotional conditions in a public health setting? Results of a U.K. pilot study
- Methodological problems in Waite & Holder (2003) preclude meaningful interpretations about EFT
- The effectiveness of EFT for optimal test performance: A randomized controlled trial
- The effects of EFT on long-term psychological symptoms
- The treatment of combat trauma in veterans using EFT: A pilot protocol

2. Reducing public speaking anxiety (PSA)

EFT was found to be a quick and effective treatment for PSA. A significant reduction in PSA as measured by Subjective Units of Discomfort was demonstrated within the first 15 minutes of treatment with EFT, with further significant reductions also demonstrated at 30 and 45 minutes.

Jones, S. J., Thornton, J. A., Andrews, H. B. (2011). Efficacy of Emotional Freedom Techniques (EFT) in reducing public speaking anxiety: A randomized controlled trial. Energy Psychology: Theory, Research, & Treatment, 3(1), p 33-42.

[Abstract]

Efficacy of Emotional Freedom Techniques (EFT) in Reducing Public Speaking Anxiety: A Randomized Controlled Trial
doi: 10.9769/EPJ.2011.3.1.SJJ.JAT.HBA

By Sharon J. Jones, Jennifer A. Thornton and Henry B. Andrews

Thirty six volunteers with Public Speaking Anxiety (PSA) were randomly allocated into a treatment group and wait-list control group. Subjective self-report measures were taken before, during, and after a forty-five minute treatment session with Emotional Freedom Techniques (EFT). Behavioral observations were recorded during a 4-minute speech immediately after treatment. Comparisons between groups revealed significant reductions in PSA on all self-report measures, but not in behavioral observations. Changes in scores taken before and after treatment for each participant revealed significant reduction in PSA on all subjective and behavioral measures.

A significant reduction in PSA as measured by Subjective Units of Discomfort was demonstrated within the first 15 minutes of treatment with EFT, with further significant reductions also demonstrated at 30 and 45 minutes.

EFT was found to be a quick and effective treatment for PSA.

3. Enhance academic performance in university students

46 students participated in the research. There was a significant reduction in Subjective Units of Distress - SUDS ($p < 0.001$), and Hospital Anxiety and Depression Scale - HAD ($p = 0.003$) and HAD Anxiety Subscale ($p < 0.001$).

Boath, E., Stewart, A., & Carryer, A. (2013). Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in university students. Innovative Practice in Higher Education, 1(3), 1-13.

[Abstract]

Tapping for success: A pilot study to explore if Emotional Freedom Techniques (EFT) can reduce anxiety and enhance academic performance in University students

Elizabeth Boath, Anthony Stewart, Angela Carryer

Emotional Freedom Technique (EFT), also known as tapping, is an emerging psychological intervention that has been used to treat a variety of conditions, including exam stress and public speaking anxiety.

Participants were a convenience sample of 52 3rd year Foundation Degree level students undertaking a Research Methods Module. The module included an assessed presentation, which was known to generate anxiety among students. The students were given a 15 minute assignment workshop. They then received a 15 minute lecture introducing EFT and were guided through one round of EFT focussing on their anxiety of public speaking. The students were assessed using the Subjective Units of Distress (SUDs) and the Hospital Anxiety and Depression Scale (HADS) pre and post EFT. The students were instructed that they could continue to use EFT at any time to reduce their anxiety regarding their assessed presentation. Immediately following their presentation, the students were invited to take part in a brief face-to-face interview to identify those who used EFT to explore their use of and feelings about EFT and to identify those who had chosen not to use EFT and explore their reasons for not choosing to use it.

Forty Six of the total sample of 52 students (88%) participated in the research. There was a significant reduction in SUDS ($p < 0.001$), HAD ($p = 0.003$) and HAD Anxiety Subscale ($p < 0.001$). There was no difference in the HAD Depression Subscale ($p = 0.67$). The qualitative data were analysed using a framework approach which revealed the following three themes: helpfulness of EFT in reducing anxiety and staying calm and focussed; Using other complementary therapy skills; and their reasons for not using EFT. Despite the limitations of the study, the results suggest that EFT may be a useful addition to curricula for courses that include oral

presentations and that using EFT to reduce presentation anxiety may enhance academic performance.

Figure Results of inferential analysis pre and post EFT

Fifty two 3rd year students were invited to participate in the project and 46 (88%) agreed and gave written informed consent. All students were female and aged between 25 and 55 (mean = 37.5). Many students were ‘returning to learning’ and studying for a career change.

SUDS data and the Hospital Anxiety and Depression Scale (HADS) scores were collected immediately before and immediately after the EFT training. A total of 46 complementary therapy students participated in the research. Figure 1 shows the students’ anxiety scores pre and post EFT. It demonstrated that the means for the SUDS, the Anxiety Subscale of the HADS and the total HADS were significantly lower after the EFT intervention. However, there was no significant difference in the depression subscale of the HADS. The figure is modified from table of this article.

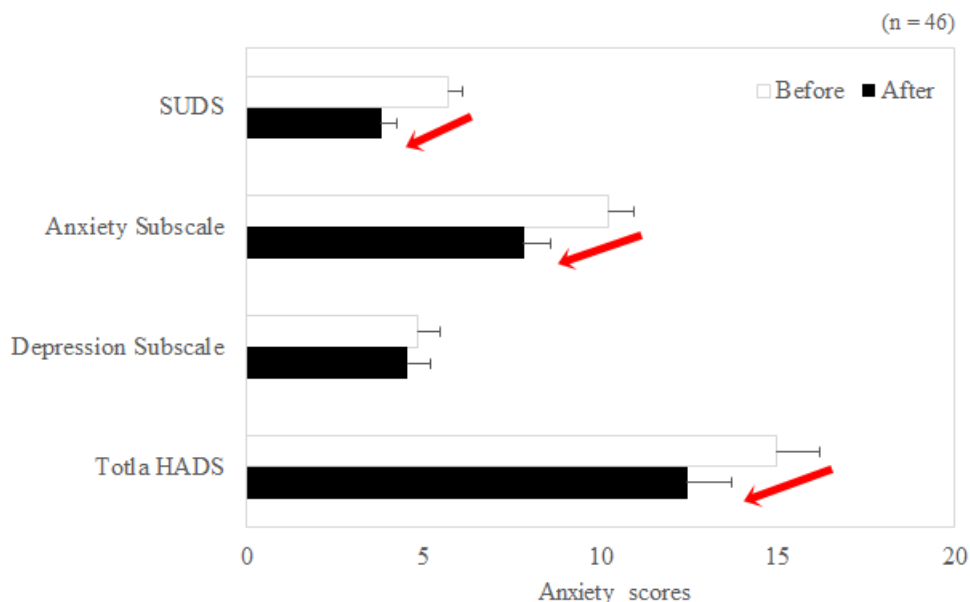


Figure Results of inferential analysis pre and post EFT

4. Anxiety in dental patients

Adult patients awaiting dental treatment were screened for self-reported anxiety using an 11 point Likert scale. Those in the higher half of the range (N = 30) received a 10 minute intervention consisting of a 4 minute EFT (Emotional Freedom Techniques) explanation and 6 minute treatment. All patients reported a decrease in subjective anxiety, with a mean pre-treatment score of 8.03 and a post-treatment score of 3.03. Paired t-tests revealed a statistically significant decrease ($p < 0.001$).

Temple, G. P., & Mollon, P. (2011). Reducing anxiety in dental patients using EFT: A pilot study. *Energy Psychology: Theory, Research, & Treatment*, 3(2), 53-56.

[Abstract]

Reducing Anxiety in Dental Patients Using Emotional Freedom Techniques

doi: 10.9769/EPJ.2011.3.2.GPT

By Graham P. Temple & Phil Mollon

Adult patients awaiting dental treatment were screened for self-reported anxiety using an 11-point Likert scale. Those in the higher half of the range ($n = 30$) received a 10-min intervention consisting of a 4-min Emotional Freedom Techniques (EFT) explanation and 6-min treatment.

All patients reported a decrease in subjective anxiety, with a mean pretreatment score of 8.03 and a posttreatment score of 3.03. Paired t tests revealed a statistically significant decrease ($p < .001$).

These results are consistent with other published reports of EFTs efficacy for anxiety. They suggest that even a very brief EFT intervention can reduce anxiety and that an additional controlled trial with both observer- and participant-rated measures should be undertaken.

5. Long-term Psychological Symptoms

102 participants were tested 1 month before, at the beginning of the workshop, at the end of the workshop, 1 month after the workshop, and 6 months after the workshop. There was a statistically significant decrease ($p < .0005$) in all measures of psychological distress from pre-workshop to post-workshop which held up at the 6 month follow-up.

Rowe, J. (2005). *The effects of EFT on long-term psychological symptoms. Counseling and Clinical Psychology Journal, 2(3), 104-110.*

[Abstract]

Previous research (Salas, 2000; Wells, et al., 2003), theoretical writings (Arenson, 2001, Callahan, 1985, Durlacher, 1994, Flint, 1999, Gallo, 2002, Hover-Kramer, 2002, Lake & Wells, 2003, Lambrou & Pratt, 2000, and Rowe, 2003), and many case reports have suggested that energy psychology is an effective psychotherapy treatment that improves psychological functioning. The purpose of the present study was to measure any changes in psychological functioning that might result from participation in an experiential Emotional Freedom Techniques (EFT) workshop and to examine the long-term effects.

Using a time-series, within-subjects repeated measures design, 102 participants were tested with a short-form of the SCL-90-R (SA-45) 1 month before, at the beginning of the workshop, at the end of the workshop, 1 month after the workshop, and 6 months after the workshop. There was a statistically significant decrease ($p < .0005$) in all measures of psychological distress as measured by the SA-45 from pre-workshop to post-workshop which held up at the 6 month follow-up.

6. Athletic performance

- [The effect of EFT on athletic performance: A randomized controlled blind trial](#)
- [The effect of EFT on soccer performance: A randomized controlled trial](#)
- [A re-examination of Church's \(2009\) study into the effects of EFT on basketball free-throw performance](#)
- [Preliminary evidence for the treatment of type I 'yips': The efficacy of EFT](#)
- [Sports confidence and critical incident intensity after a brief application of EFT: A pilot study](#)
- [Healing into life after sport: Dealing with student-athlete loss, grief, and transition with EFT](#)

7. Soccer performance

The results show a significant improvement in goal scoring ability from a dead ball situation following a short EFT session. These

results support those of the earlier trial.

Llewellyn-Edwards, T., & Llewellyn-Edwards, M. (2012). *The effect of Emotional Freedom Techniques (EFT) on soccer performance. Fidelity: Journal for the National Council of Psychotherapy, 47, 14-21.*

[Abstract]

This study involved the use of a short session of Emotional Freedom Techniques (EFT) with two English ladies soccer teams. It is a randomized controlled trial with a supporting uncontrolled trial. It was designed to verify the results of an earlier similar American trial involving basketball players. The results show a significant improvement in goal scoring ability from a dead ball situation following a short EFT session. These results support those of the earlier trial.

8. Anxiety, depression, pain and cravings

Significant improvements were found on all distress subscales and ratings of pain, emotional distress, and cravings at post-test (all $p < .001$). Gains were maintained at follow-up for most SA-45 scales. The severity of psychological symptoms was reduced (-45%, $p < .001$) as well as the breadth (-40%, $p < .001$). EFT provided an immediate effect on psychological distress, pain, and cravings that was replicated across multiple conferences and healthcare providers.

Church, D., & Brooks, A. J. (2010). *The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. Integrative Medicine: A Clinician's Journal, Oct/Nov, 40-44.*

[Abstract]

This study examined whether self-intervention with Emotional Freedom Techniques (EFT), a brief exposure therapy that combines a cognitive and a somatic element, had an effect on healthcare workers' psychological distress symptoms. Participants were 216 attendees at 5 professional conferences. Psychological distress, as measured by the SA-45, and self-rated pain, emotional distress, and craving were assessed before and after 2-hours of self-applied EFT, utilizing a within-subjects design. A 90-day follow-up was completed by 53% of the sample with 61% reporting using EFT subsequent to the workshop. Significant improvements were found on all distress subscales and ratings of pain, emotional distress, and cravings at post-test (all $p < .001$). Gains were maintained at follow-up for most SA-45 scales. The severity of psychological symptoms was reduced (-45%, $p < .001$) as well as the breadth (-40%, $p < .001$), with significant gains maintained at follow-up. Greater subsequent EFT use correlated with a greater decrease in symptom severity at follow-up ($p < .034$, $r = .199$), but not in breadth of symptoms ($p < .0117$, $r = .148$). EFT provided an immediate effect on psychological distress, pain, and cravings that was replicated across multiple conferences and healthcare provider samples.

9. Tension-Type Headache (TTH)

EFT was reported to benefit patients with TTH. This randomized controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.

Bougea, A. M., Spandideas, N., Alexopoulos, E. C., Thomaidis, T., Chrousos, G. P., & Darviri, C. (2013). *Effect of the Emotional Freedom Technique on Perceived Stress, Quality of Life, and Cortisol Salivary Levels in Tension-Type Headache Sufferers: A Randomized Controlled Trial. EXPLORE: The Journal of Science and Healing, 9(2), 91-99. doi:10.1016/j.explore.2012.12.005.*

[Abstract]

Objective: To evaluate the short-term effects of the emotional freedom technique (EFT) on tension-type headache (TTH) sufferers.

Design We used a parallel-group design, with participants randomly assigned to the emotional freedom intervention (n = 19) or a control arm (standard care n = 16).

Setting: The study was conducted at the outpatient Headache Clinic at the Korgialenio Benakio Hospital of Athens.

Participants: Thirty-five patients meeting criteria for frequent TTH according to International Headache Society guidelines were enrolled.

Intervention: Participants were instructed to use the EFT method twice a day for two months.

Outcome Measures: Study measures included the Perceived Stress Scale, the Multidimensional Health Locus of Control Scale, and the Short-Form questionnaire-36. Salivary cortisol levels and the frequency and intensity of headache episodes were also assessed.

Results: Within the treatment arm, perceived stress, scores for all Short-Form questionnaire-36 subscales, and the frequency and intensity of the headache episodes were all significantly reduced. No differences in cortisol levels were found in any group before and after the intervention.

Conclusions: EFT was reported to benefit patients with TTH. This randomized controlled trial shows promising results for not only the frequency and severity of headaches but also other lifestyle parameters.

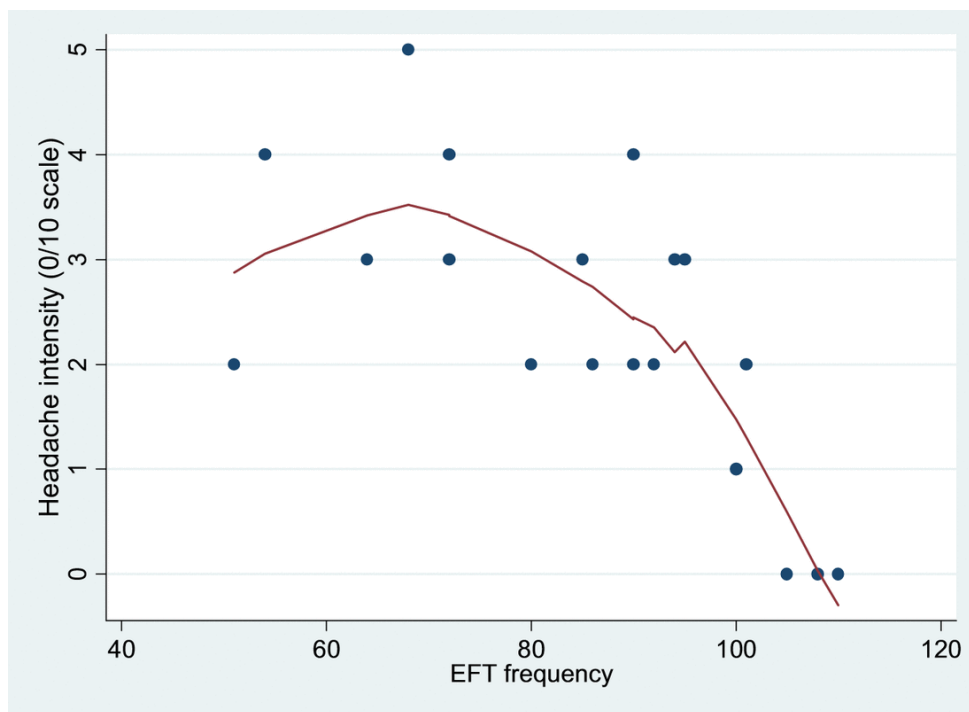


Figure1. Scatterplot of the intensity and frequency of headaches (on a 0/10 scale) against the EFT frequency

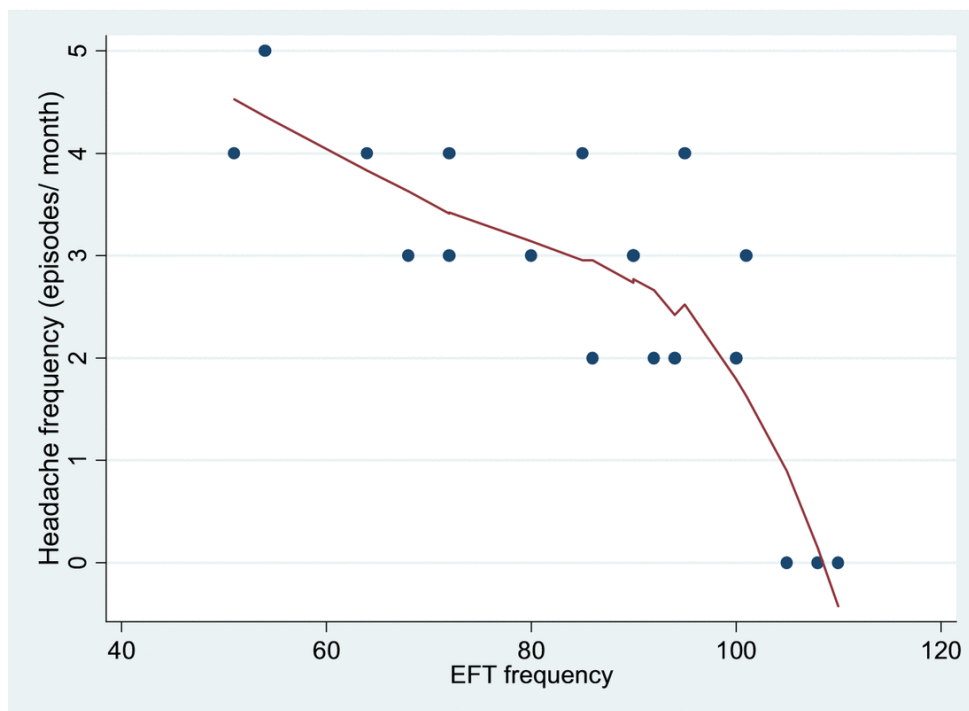


Figure2. A smoothing curve of a locally weighted regression shows the inverse relationship

10. PTSD improvement in veterans

90% of the EFT group no longer met PTSD clinical criteria after subjects received EFT. In a within-subjects longitudinal analysis, 60% no longer met PTSD clinical criteria after 3 sessions. This increased to 86% after 6 sessions for the 49 subjects who ultimately received EFT, and remained at 86% at 3-months and 80% at 6-months. The results are consistent with other published reports showing EFTs efficacy at treating PTSD and its long-term effects.

[Abstract]

This study examined the effect of Emotional Freedom Techniques (EFT), a brief exposure therapy combining cognitive and somatic elements, on posttraumatic stress disorder (PTSD) and psychological distress symptoms in veterans receiving mental health services. Veterans meeting the clinical criteria for PTSD were randomized to EFT (n = 30) or standard of care wait list (SOC/WL; n = 29). The EFT intervention consisted of 6 hour-long EFT coaching sessions concurrent with standard care. The SOC/WL and EFT groups were compared pre- and posttest (at 1 month for the SOC/WL group, after 6 sessions for EFT group). EFT subjects had significantly reduced psychological distress ($p < .0012$) and PTSD symptom levels ($p < .0001$) posttest. In addition, 90% of the EFT group no longer met PTSD clinical criteria, compared with 4% in SOC/WL. Following the wait period, SOC/WL subjects received EFT. In a within-subjects longitudinal analysis, 60% no longer met PTSD clinical criteria after 3 sessions. This increased to 86% after 6 sessions for the 49 subjects who ultimately received EFT, and remained at 86% at 3-months and 80% at 6-months. The results are consistent with other published reports showing EFTs efficacy at treating PTSD and co-morbid symptoms and its long-term effects.

11. Posttraumatic stress disorder (PTSD) meta-analysis

EFT is efficacious and reliable as a treatment for PTSD in time frames ranging from four to ten sessions. EFT is safe and can be used as

a self-help practice as well as a primary evidence-based treatment for PTSD.

Sebastian, B., & Nelms, J. (2016). *The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis*. *Explore: The Journal of Science and Healing*

[Abstract]

Background: Over the past two decades, growing numbers of clinicians have been utilizing Emotional Freedom Techniques (EFT) in the treatment of post-traumatic stress disorder (PTSD), anxiety, and depression. Randomized controlled trials (RCTs) have shown promising outcomes for all three conditions.

Objective: To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs.

Methods: A systematic review of databases was undertaken to identify RCTs investigating EFT in the treatment of PTSD. The RCTs were evaluated for quality using evidence-based standards provided by the American Psychological Association Division 12 Task Force on Empirically Validated Therapies. Those meeting the criteria were assessed using a meta-analysis that synthesized the data to determine effect sizes. While uncontrolled outcome studies were excluded, they were examined for clinical implications of treatment that can extend knowledge of this condition.

Results: Seven randomized controlled trials were found to meet the criteria, and were included in the meta-analysis. A large effect was found for EFT treatment of PTSD, with a weighted Cohen's $d = 2.96$ (95% CI 1.96–3.97; $p < 0.001$). No treatment effect difference was found in studies comparing EFT to other evidence-based therapies such as Eye Movement Desensitization and Reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study).

Conclusion: The results show that EFT is efficacious and reliable as a treatment for PTSD in time frames ranging from four to ten sessions. EFT is safe and can be used as a self-help practice as well as a primary evidence-based treatment for PTSD.

12. Food cravings

EFT can have an immediate effect on reducing food cravings and can result in maintaining reduced cravings over time.

Stapleton, P., Sheldon, T., Porter, B., Whitty, J. (2011). A randomized clinical trial of a meridian-based intervention for food cravings with six month follow-up. *Behavior Change*, 28(1), 1-16.

[Abstract]

This randomised, clinical trial tested whether The Emotional Freedom Techniques (EFT) reduced food cravings. This study involved 96 overweight or obese adults who were allocated to the EFT treatment or 4-week waitlist condition. Degree of food craving, perceived power of food, restraint capabilities and psychological symptoms were assessed pre- and post- a 4-week treatment program (mixed method ANOVA comparative analysis), and at 6-month follow-up (repeated measure ANOVA with group data collapsed). EFT was associated with a significantly greater improvement in food cravings, the subjective power of food and craving restraint than waitlist from pre- to immediately post-test ($p < .05$). Across collapsed groups, an improvement in food cravings and the subjective power of food after active EFT treatment was maintained at 6 months, and a delayed effect was seen for craving restraint. Although there was a significant reduction in measures of psychological distress immediately after treatment ($p < .05$), there was no between-group difference. These findings are consistent with the hypothesis that EFT can have an immediate effect on reducing food cravings and can result in maintaining reduced cravings over time

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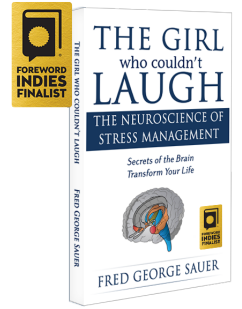
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