

Überblick über Studien in Zusammenfassungen:

Depression / Burnout

BURNOUT

Reynolds, A. E. (2015): Is Acupoint Stimulation an Active Ingredient in Emotional Freedom Techniques (EFT)? A Controlled Trial of Teacher Burnout. *Energy Psychology: Theory, Research, and Treatment* 7(1), 14-21.

Abstract:

EFT (Emotional Freedom Techniques) has been the subject of much research over the past decade, with many studies of conditions such as PTSD, anxiety, and depression showing significant treatment effects. In addition to elements drawn from established cognitive and exposure therapies, EFT uses the manual stimulation of acupuncture points (acupressure) through fingertip tapping. This study investigated the utility of EFT to address professional burnout in a population of school teachers. Participants were K–12 full time, public school teachers. They were assessed using the Maslach Burnout Inventory, which has three scales: Emotional Exhaustion, Depersonalization, and Personal Accomplishment. EFT was compared to a control condition that used sham tapping on a location on the forearm that does not include any acupuncture points. To reduce the possibility of cross-contamination between the two conditions, the study did not randomize participants within a single population. Instead, to minimize contact between experimental and control participants, the two samples were drawn from different school districts with similar demographic profiles in the same county. One hundred teachers were randomly selected from each district, of which 126 completed all assessments. Data analysis revealed that on all three indicators of burnout measured, EFT was significantly superior to the sham tapping control ($p > .05$). The results are consistent with earlier dismantling studies and indicate that acupoint tapping is an active ingredient in the therapeutic results obtained from EFT and not a placebo. EFT is inexpensive, easy to administer, and could be added to teacher mentor and retention programs to improve resiliency. A positive impact on teachers whose level of burnout is either negatively affecting the educational environment or has caused them to consider leaving the profession will help nurture and retain valuable assets for student learning.

Depression

Seok, J. W., & Kim, J. U. (2024): The Effectiveness of Emotional Freedom Techniques for Depressive Symptoms: A Meta-Analysis. *J. Clin. Med.* 2024, 13(21), 6481.

Abstract: Emotional Freedom Techniques (EFT) have gained attention as a potential therapy for reducing depressive symptoms. However, the evidence remains inconsistent. This meta-analysis aims to assess the overall efficacy of EFT in treating depressive symptoms and explore moderators influencing its effectiveness. *Methods:* A meta-analysis of 18 randomized controlled trials (RCTs) was conducted, with depressive symptom reduction as the primary outcome. Meta-

regression explored moderators such as the EFT format, duration, age, and depression severity. *Results:* The analysis showed a significant overall effect size of 1.268 for EFT in reducing depressive symptoms. A moderator analysis revealed that group-based EFT interventions were more effective than individual ones, and participants with moderate depression experienced the greatest benefits. Additionally, shorter interventions were found to be highly effective. *Conclusions:* EFT effectively reduces depressive symptoms, particularly in group settings and for those with moderate depression. Shorter, well-structured interventions may enhance treatment efficiency. Further studies should explore long-term effects and broader applications.

Studie zum Thema Wut

Song, S-Y., Lee, J-H., Suh, J-W., Kwon, C-Y., & Kim, J-W. (2014): Qualitative analysis of the influence of an Emotion Freedom Techniques (EFT) group treatment program for Hwa-byung (suppressed anger) patients. *Journal of Oriental Neuropsychiatry*, 25(1), 29-38.

Abstract

Objectives: The objective of this study was to examine the effects of Emotion Freedom Techniques (EFT) group treatment program for Hwa-byung (suppressed anger) patients.

Methods: Thirteen Hwa-byung patients participated in a four week program of EFT group treatment. One-hour sessions were administered weekly. Between sessions, participants self-administered EFT in order to control their symptoms. Four weeks after the program ended, we interviewed the participants using a semi-structured interview. Data collected was summarized using qualitative analysis.

Results: The EFT group treatment program produced positive effects in physical, cognitive and emotional symptoms. Most of the participants experienced relief from Hwabyung symptoms like chest tightness, hot flashes, and insomnia. Their ability to cope with stress improved and their re-experiencing of past memories decreased. Their distorted self-images were improved. A decrease in negative emotions and an increase in positive emotions was noted. Participants were able control their symptoms between sessions with EFT. In addition, the group therapy format helped participants to develop social support.

Conclusions: An EFT group treatment program can relieve the physical, cognitive and emotional symptoms of Hwa-byung. This program can be applied in psychotherapeutic treatment of Hwa-byung.