

FRAUENGESUNDHEIT STUDIEN

Frauengesundheit

Schwangerschaft / Übelkeit

Güven Santur, S., & Özşahin, Z. (2024).:The Effects of Emotional Freedom Techniques Implemented During Early Pregnancy on Nausea-Vomiting Severity and Anxiety: A Randomized Controlled Trial. *Journal of integrative and complementary medicine.*

Abstract:

Objective: This randomized controlled trial investigated the effect of emotional freedom techniques (EFT) on the severity of nausea-vomiting and anxiety in early pregnancy.

Design: The sample consisted of 131 pregnant women in the experimental and control groups between 6 and 16 weeks of pregnancy attending an antenatal clinic. Participants were randomly assigned to receive training on EFT or a control group. Data were collected using a personal information form, subjective experiences, the Pregnancy-Related Anxiety Questionnaire, and the Pregnancy-Unique Quantification of Emesis. Both groups attended two visits, a week apart. The participants in the EFT group received a session of EFT at each visit and completed two EFT sessions as home assignments, 2 and 4 days after the first visit. The participants in the control group attended two visits a week apart and completed assessments but did not receive EFT.

Results: There were 55 women in each group who completed the study, and the groups were similar in terms of baseline measures, including socioeconomic status, smoking status, previous pregnancy, severity of nausea-vomiting, and total pregnancy-related anxiety. EFT significantly reduced anxiety levels from the baseline to the second session (fear of delivery, worries about bearing a handicapped child, concern about one's own appearance) and total pregnancy-related anxiety (total pretest 29.85 ± 9.87 , post-test 20.67 ± 8.38 ; $p < 0.001$), while the control group showed no reduction in pregnancy-related anxiety (total pretest 26.1 ± 7.79 , post-test 25.98 ± 8.49 ; $p = 0.933$). Although nausea-vomiting was reduced in both groups over the two-session period, at the end of treatment, the EFT group had significantly lower nausea intensity (EFT group 4.4 ± 1.81 , control group 5.36 ± 2.48 ; $p = 0.02$). *Conclusions:* EFT is a nonpharmacologic intervention that can be effective in reducing nausea, vomiting, and anxiety in early pregnancy.

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Postmenopausale Depression:

Abedi, P., Mehdipour, A., Ansari, S. & Dastoorpoor, M. (2023): The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Maturitas*, 173, p71.

Abstract: Objectives: Postmenopausal women are at greater risk of depression. Depression may negatively affect the quality of life of women. An emotional freedom technique (EFT) is an evidence-based therapy combining cognitive and exposure components with acupuncture. This study aimed to evaluate the effect of EFT on depression in postmenopausal women.

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Überblick über Studien in Zusammenfassungen:

Körperliche Symptommatiken

Studie zum Thema Kopfschmerz

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.

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.

Kober A., Scheck, T., Greher, M., Lieba, F., Fleischhackl, R., Fleischhackl, S., et al., (2002): Pre-hospital analgesia with acupressure in victims of minor trauma: A prospective, randomized, double-blinded trial. *Anesthesia & Analgesia*, 95 (3), 723-727.

Abstract: Untreated pain during the transportation of patients after minor trauma is a common problem in emergency medicine. Because paramedics usually are not allowed to perform invasive procedures or to give drugs for pain treatment, a noninvasive, nondrug based method would be helpful. Acupressure is a traditional Chinese treatment for pain that is based on pain relief followed by a short mechanical stimulation of specific points. Consequently, we tested the hypothesis that effective pain therapy is possible by paramedics who are trained in acupressure. In a doubleblinded trial we included 60 trauma patients. We randomly assigned them into three groups ("true points," "sham-points," and "no acupressure"). An independent observer, blinded to the treatment assignment, recorded vital variables and visual scales for pain and anxiety before and after treatment. At the end of transport, we asked for ratings of overall satisfaction. For statistical evaluation, one-way analysis of variance and the Scheffe´ F test were used. $P < 0.05$ was considered statistically significant. Morphometric and demographic data and potential confounding factors such as age, sex, pain, anxiety, blood pressure, and heart rate before treatment did not differ among the groups. At the end of transport we found significantly less pain, anxiety, and heart rate and a greater satisfaction in the "true points" groups ($P < 0.01$). Our results show that acupressure is an effective and simple-to-learn treatment of pain in emergency trauma care and leads to an improvement of the quality of care in emergency transport. We suggest that this technique is easy to learn and risk-free and may improve paramedic-based rescue systems.

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Essverhalten / Gewicht:

Church, D., Stapleton, P. & Raynor, D. (2022): Skinny Genes' six-week, online, Clinical Emotional Freedom Techniques program: Durable weight loss and improved psychological symptoms. *Advances in Mind-Body Medicine*. 36. 13-21.

Abstract:

Context: With obesity a mounting global issue, efficacious treatments can make a contribution to both personal and public health. Prior clinical trials have demonstrated that an evidence-based method, Clinical Emotional Freedom Techniques (EFT), can produce a durable weight reduction.

Objective: The study evaluated whether Skinny Genes, a six-week online program applying EFT to emotional eating, was associated with behavioral change and reductions in weight.

Design: A pre-post outcome study design evaluated the results of a convenience sample of participants enrolled in an online weight loss course.

Participants: Participant were recruited through EFT websites. Pre, post and follow-up measures were available for 72 participants and all analysis was performed on this sample.

Intervention: Participants used EFT to address cognitions, behaviors, and adverse experiences that could contribute to binge eating, intermittent dieting, and resistance

to exercise.

Outcome measures: Behaviors to restrain eating were measured using the Revised Restraint Scale (RRS); the association of food with reward using the Power of Food Scale (PFS); anxiety and depression using the Hospital Anxiety and Depression Scale (HADS). Weight was measured pre and postintervention and at six-month follow-up.

Results: Postintervention, a 36.8% reduction in anxiety ($P < .001$) and a 48.5% reduction in depression ($P < .001$) were found. The perceived power of food decreased significantly as did restraint behaviors. Participants lost an average of 12.9 lbs during the six weeks of the program ($P < .001$), and at follow-up, a further 2.6 lbs. All psychological gains were maintained ($P < .001$). *Conclusions:* The findings are consistent with those of other clinical trials studying the benefits of EFT for weight loss, demonstrating simultaneous reductions in both weight and psychological distress. The continued weight reduction found on follow-up was consistent with other EFT studies but counter to the pattern of weight regain noted in the literature. Addressing emotional issues using an online delivery format was associated with durable weight-loss maintenance as well as improved mental health. App-based and virtual programs such as Skinny Genes have the potential to bring effective therapies to underserved populations.

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Körperthemen:

Schlaganfall:

Fuller S., Stapleton P. (2021): Emotional Freedom Techniques for stroke rehabilitation: A single case study. *OBM Integrative and Complementary Medicine* 2021;6(4):13.

Abstract: A 37-year-old female with a history of complex trauma, anxiety and depression was treated with Emotional Freedom Techniques (EFT) supplemented with guided imagery within the first 24 hours of having a stroke that affected the right side. CT scans indicated a haemorrhage and brain clot. Surgery was delayed as another seizure was expected. Interventions occurred during COVID-19 restrictions. The patient then engaged in 90 minutes of EFT every day over the course of a week while in hospital. After seven days she was discharged, and there were significant reductions in depression, anxiety and pain, and mobility returned. Upon discharge the patient had evident improvement in balance and coordination and successfully completed a driving test within the weeks that followed. Subsequent CT scans reveal very little scarring or evidence of the stroke, blood pressure remained stable, and no medication was warranted. This case study presents the practitioner's perspective of the sessions provided.

Vergiftung

Babamahmoodi, et al. (2015): Emotional freedom technique (EFT) effects on psychoimmunological factors of chemically pulmonary injured veterans. *Iran Journal of Allergy, Asthma, and Immunological Disorders* 14(1), 37-47.

Abstract: Emotional Freedom Technique (EFT) as a new therapeutic technique in energy psychology has positive effects on psychological and physiological symptoms, and quality of life. In this research we studied the effect of this treatment on immunological factors. This study tested whether 8-week group sessions of EFT

(compared to a wait-list control group) with emphasis on patient's respiratory, psychological and immunological problems in chemically pulmonary injured veterans (N=28) can affect on immunological and psychological factors. Mixed effect linear models indicated that EFT improved mental health ($F=79.24$, $p=0$) and health-related quality of life ($F=13.89$, $p=0.001$), decreased somatic symptoms ($F=5.81$, $p=0.02$), anxiety/insomnia ($F=24.03$, $p<0.001$), social dysfunction ($F=21.59$, $p<0.001$), frequency and severity of respiratory symptoms ($F=20.38$, $p<0.001$), and increased lymphocyte proliferation with nonspecific mitogens Concanavalin A (Con A) ($F=14.32$, $p=0.001$) and Phytohemagglutinin (PHA) ($F=12.35$, $p=0.002$), and peripheral blood IL-17 ($F=9.11$, $p=0.006$). This study provides an initial indication that EFT may be a new approach for improving psychological and immunological factors.

Es gibt viele Studien über die Wirksamkeit zB bei
Psoriasis, Tinnitus, Schlaganfall, MS, Chronischen Erkrankungen
Krebserkrankungen, das Anwendungsfeld ist unbegrenzt

Ängste /Phobien z.B.
vor OPs, Nadeln, Zahnbehandlung
Agora-Phobie und Klaustrophobie
Spinnen oder kleine Tiere
Sozialphobie