

# Überblick über Studien in Zusammenfassungen:

## ÄNGSTE/PANIK/ PHOBIEN

### Studie zum Thema Panik

Lee, S-W., Lee, Y-J., Yoo, S-W., Lee, R-D., Park, S-J. (2014): Case series of panic disorder patients treated with Oriental Medical treatments and EFT. *Journal of Oriental Neuropsychiatry*, 25(1), 13-28.

#### **Abstract:**

**Objectives:** The purpose of this study was to evaluate the effects of EFT on panic.

**Methods:** Three patients with panic disorders were treated with oriental medical treatments which involved acupuncture, herbal medications, moxibustion and emotional freedom techniques. Participants were diagnosed with panic disorder using the criteria of the Diagnostic and Statistical Manual (DSM-IV), and assessed with the Panic Disorder Severity Scale (PDSS), Visual Analogue Scale (VAS), Beck Depression Inventory (BDI), and the Beck Anxiety Inventory (BAI) upon admission and discharge.

**Results:** After treatment, both physical and psychological symptoms decreased.

**Conclusions:** This study suggested that EFT is an effective method for treating patients with panic disorders.

#### ANGST

Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K. & Church, D. (2019): Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine* 24.

**Abstract:** Emotional Freedom Technique (EFT) is an evidence-based self-help therapeutic method and over 100 studies demonstrate its efficacy. However, information about the physiological effects of EFT is limited. The current study sought to elucidate EFTs mechanisms of action across the central nervous system (CNS) by measuring heart rate variability (HRV) and heart coherence (HC); the circulatory system using resting heart rate (RHR) and blood pressure (BP); the endocrine system using cortisol, and the immune system using salivary immunoglobulin A (SigA). The second aim was to measure psychological symptoms. Participants (N = 203) were enrolled in a 4-day training workshop held in different locations. At one workshop (n = 31), participants also received comprehensive physiological testing. Posttest, significant declines were found in anxiety (-40%), depression (-35%), posttraumatic stress disorder (-32%), pain (-57%), and cravings (-74%), all  $P < .000$ . Happiness increased (+31%,  $P = .000$ ) as did SigA (+113%,  $P = .017$ ). Significant improvements were found in RHR (-8%,  $P = .001$ ), cortisol (-37%,  $P < .000$ ), systolic BP (-6%,  $P = .001$ ), and diastolic BP (-8%,  $P < .000$ ). Positive trends were observed for HRV and HC and gains were maintained on follow-up, indicating EFT results in positive health effects as well as increased mental well-being.

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## Studie zum Thema ANGST / Depression / Schlaflosigkeit

Tambunan, M., Suwarni, N. & Selviana, S. (2023): Effect of emotional freedom techniques on anxiety, depression and insomnia among COVID-19 patients. *International Journal of Public Health Science (IJPHS)*, 12(2), 545-553.

**Abstract:** The COVID-19 pandemic has had a massive impact on various aspects, including mental health, especially for people confirmed positive for COVID-19. People who are positively confirmed for COVID-19 tend to experience decreased immunity caused by feelings of anxiety, depression, and insomnia. emotional freedom technology (EFT) therapy has been proven to reduce mental health disorders but has never been applied to people who are positively confirmed for COVID-19. This study aimed to examine the effect of EFT therapy on mental health disorders (anxiety, depression, and insomnia) in COVID-19 patients in Pontianak City. This research method is quantitative with a quasi-experimental design in the COVID-19 isolation area provided by the Pontianak City government, namely Upelkes and Rusunawa in June 2021. The total sampling was employed consisting of 42 people. A validated questionnaire on anxiety, depression, and insomnia was employed as a research instrument. A repeated ANOVA test was used to analyze research data. The results showed that EFT therapy was effective in reducing anxiety, depression, and insomnia scores in positively confirmed people for COVID19 (p-value <0.05). EFT therapy can overcome mental health disorders experienced by people who are positively confirmed for COVID-19 and as an alternative therapy to speed up the healing process.

## PTBS Post-traumatischen Belastungs-Störungen

Stapleton, P. (2025). A Promising Mind-Body 4th Wave Approach to Treating Post-Traumatic Stress Disorder: Clinical Emotional Freedom Techniques. In *Development and Treatment of PTSD* (pp. 221-248). Global Scientific Publishing.

### **Abstract:**

This chapter presents Clinical Emotional Freedom Techniques (EFT) as a promising mind-body approach for treating post-traumatic stress disorder (PTSD). Through the compelling cases of Sarah and John, two individuals grappling with PTSD symptoms despite previous therapies, the chapter underscores the need for a more integrative treatment modality. It explores the foundations and principles of Clinical EFT, a technique that combines cognitive strategies with somatic acupressure point stimulation. The growing evidence base supporting EFT's efficacy is presented, and a detailed, step-by-step guide for clinicians is offered, including how clients can use at home, in and between sessions. Sarah and John's specific EFT protocol tailored to their cases is outlined, relating to repeated childhood trauma, and a single event military deployment trauma. With its emphasis on rapid symptom reduction, low dropout rates, and comparable efficacy to established therapies, Clinical EFT emerges as a valuable addition to the clinician's toolkit.

Baker, A. Harvey & Siegel, L.S.. (2010): Emotional Freedom Techniques (EFT) Reduces Intense Fears: A Partial Replication and Extension of Wells et al. (2003). *Energy Psychology: Theory, Research, & Treatment*, (2)2, 15-32.

**Abstract:** Baker and Siegel inserted a no-treatment control condition in this new study and also changed the comparison condition used. In the Wells study, Diaphragmatic Breathing (which turned out to be quite similar to EFT in its effects on small animal phobias, although not as effective as EFT) was used as the sole comparison. In the Baker-Siegel study, a Supportive Interview condition in which participants were given an opportunity to discuss their fears in a respectful, accepting setting was used. It is quite similar to Rogerian Nondirective Counseling. When Baker and Siegel compared their three groups, the results strongly supported the Wells study. As in the latter, EFT participants improved significantly from pre- to posttest in their ability to walk closer to the feared animal after having received EFT, while the other two conditions showed no improvement in this respect. With respect to the subjective measures used in the new study, EFT participants showed significant decreases on the two SUDS measures of fear, on the Fear Questionnaire, and on a special new questionnaire devised for this study (the FOSAQ). Participants in the other two conditions, Supportive Interview and No Treatment Control, showed no decrease in fear whatsoever on these subjective measures. As in the Wells study, only heart rate showed large but equal changes for each condition. A minor drawback of the Wells study was that participants rated their expectations of success for the intervention to be used with them before they had actually been assigned to a specific intervention. This detail was corrected in the new study, where participants were told which of the 3 conditions they would receive and after the condition had been described to them only then were they asked to rate the degree to which they thought this described condition would help to reduce their fear. The results? EFT and Supportive Interview did not differ significantly in their mean expectation scores (i.e. participants thought each might help them) but despite equal expectations they did differ markedly in outcome, with EFT superior in terms of results. The Interview and No Treatment control conditions did differ significantly in terms of expectation however —participants didn't expect that the no-treatment condition where they would sit and read for 45 minutes would help them very much. Yet despite this, the Supportive Interview did no better than the no-treatment control condition in terms of results. This shows that expectation of the participant cannot explain the superior results obtained by EFT. Baker and Siegel conducted a follow-up study after a 1.4 years lapse between the time of the original testing and the follow-up. On most measures, the significant effects for the single session of EFT still persisted after this considerable lapse of time and were superior to the results for the two comparison conditions. It is striking that only one session of EFT could still show effects almost one and half years later. This can be said of very few interventions in the field of psychology. **Abstract:** Wells, Polglase, Andrews, Carrington, and Baker (2003) found that Emotional Freedom Techniques (EFT; an intervention involving manual stimulation of a specific set of acupuncture points accompanied by certain verbalizations) produced greater decrease in intense fear of small animals than did a comparison condition. The present partial replication and extension assessed whether such findings reflected (a) nonspecific factors common to many forms of psychotherapy, (b) some methodological artifact (such as regression to the mean, fatigue, or the passage of time), and/or (c) therapeutic ingredients specific to EFT. Participants were randomly assigned to EFT, a supportive interview, or no-treatment control. On a majority of the dependent variables, participants in the EFT condition showed significant decrease in fear of small animals immediately after, and again

1.38 years after, one 45-min intervention, whereas the other two conditions did not. These findings lend support for EFT's efficacy in the treatment of intense fear, but further research is needed regarding the range of problems for which EFT may be efficacious, the treatment procedures required to maintain clinical gains, the relative power of EFT compared with other established therapies, and the mechanism(s) that produce EFT's effects.

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## Studie zu PHOBIEN:

Xanthou, A. (2020): The Effectiveness of "EFT - Emotional Freedom Techniques" in people with phobias. *Dialogues in Clinical Neuroscience and Mental Health*, 3(1).

**Abstract:** This research is a qualitative study that investigates the experience, symptoms and difficulties faced by people with phobias and the effectiveness of EFT- Emotional Freedom Techniques as a treatment method. Seven people who received an EFT session for their phobia participated in this survey. For the participants' interviews, the researcher used a semi- structured interview guide and the Interpretation Phenomenological Analysis method to process the data. The results showed that EFT is a significant and effective treatment and self-assistance method, with a range of effects, possibly associated with a variety of factors. Specifically and practically, three people reported complete and immediate treatment, others mentioned improvement to varying degrees, while one did not comment. This research study aims to contribute to the bibliographic deficit on qualitative research concerning the EFT method. The findings could have significant expansions related to the individualized enhancement and application of EFT as a therapeutic method.

## Vortragsangst

Jones, S., Thornton, J., & Andrews, H. (2011): Efficacy of Emotional Freedom Techniques (EFT) in Reducing Public Speaking Anxiety: A Randomized Controlled Trial. *Energy Psychology: Theory, Research, Treatment*, 3(1), 19-32.

**Abstract:** 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 Energy Psychology Studies Freedom Techniques (EFT). Behavioural 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 behavioural observations. Changes in scores taken before and after treatment for each participant revealed significant reduction in PSA on all subjective and behavioural 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.