

Dissertations, Research Studies and Review Articles in Energy Psychology Published in English Language Books or Peer-Reviewed Journals

In Reverse Chronological Order

Updated December 2021

In addition to the papers in this database, more than 50 clinical trials reporting investigations of Energy Psychology have been published in foreign language journals. They report encouraging outcomes with a wide range of issues, such as anxiety disorders, aggression, drug addiction, dementia, depression, post-traumatic symptoms, post-operative pain, and controlling insulin levels in diabetes. These studies were not included in this database because only the abstracts had been translated, and so they could not be reviewed for methodological rigor. Also not included are English-language publications for which ACEP was unable to verify the legitimacy of the journal. In this era of predatory journals, we are not inflating our count of legitimate energy psychology studies.

2021

Bakır, N., Irmak Vural, P., & Körpe, G. (2021). The Effects of Emotional Freedom Techniques on Coping with Premenstrual Syndrome: A Randomized Control Trial. *Perspectives in Psychiatric Care*, 1–10. <https://doi.org/10.1111/ppc.12957>

Cici, R. & Özkan, M. (2021). Effects on Anxiety and Vital Signs of the Emotional Freedom Technique and Music Before Surgery for Lumbar Disc Hernia. *Alternative Therapies in Health and Medicine*, 27(12). <http://www.alternative-therapies.com/index.cfm/fuseaction/archives.main>

Connolly, S., Vanchu-Orosco, M., Warner, J., Seidi, P., Edwards, J., Boath, E. & Irgens, A. (2021). Mental health interventions by lay counsellors: a systematic review and meta-analysis. *Bulletin of the World Health Organization*, 99(7); in press. Article ID: BLT.20.269050 <https://www.who.int/publications/journals/bulletin/online-first>

Dincer, B. & Inangil, D. (2021). The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial, *EXPLORE*, 17(2), 109-114. <https://doi.org/10.1016/j.explore.2020.11.012>. (<https://www.sciencedirect.com/science/article/pii/S1550830720303839>)

Feinstein, D. (2021). Applications of energy psychology in addressing the psychological roots of illness. *OBM*

Integrative and Complementary Medicine, 6(2), doi:10.21926/obm.icm.2102014
<https://www.lidsen.com/journals/icm/icm-06-02-014>

- Feinstein, D. (2021). Energy psychology in the treatment of substance use disorders. In R. Carroll, (Ed), *Complementary and integrative approaches to substance use disorders* (pp. 69-106). New York: Nova Science Publishers.
- Feinstein, D. (2021). Perceptions, reflections, and guidelines for using energy psychology: A distillation of 800+ surveys and interviews with practitioners and clients. *Energy Psychology: Theory, Research, and Treatment*, 13(1), 13-46. [Link](#).
- Feinstein, D. (2021). Reply to “How do energy psychology modalities work?” by Debra Greene. *International Journal of Healing and Caring*, 21(1). [Link](#).
- Feinstein, D. (2021). Six empirically-supported premises about energy psychology: Mounting evidence for a controversial therapy. *Advances in Mind-Body Medicine*, 35(2), 17-32. [Link](#).
- Feinstein, D. (2021). Reply to “How Do Energy Psychology Modalities Work?” *International Journal of Healing and Caring*, 21(1).
- Friedman, P. (2021). Digital assessment and tracking, life balance, emotional stability, well-being, spiritual awakening, anxiety and depression: A practice-based evidence approach to change in psychotherapy. *International Journal of Healing and Caring*, 21(2).
- Fuller S., Stapleton P. (2021). Emotional Freedom Techniques for Stroke Rehabilitation: A Single Case Study. *OBM Integrative and Complementary Medicine* 2021;6(4):13; doi:10.21926/obm.icm.2104038. <https://lidsen.com/journals/icm/icm-06-04-038>
- Greene, D. (2021). How Do Energy Psychology Modalities Work? An Energy-Based Theoretical Perspective. *International Journal of Healing and Caring*, 21(1).
- Lee, S. H., Jeong, B. E., Chae, H., & Lim, J. H. (2021). Emotional Freedom Techniques (EFT) for Students` Mental Health: A Systematic Review. *Journal of Oriental Neuropsychiatry*, 32(1); 165-181. <https://kiss.kstudy.com/thesis/thesis-view.asp?key=3547835>
- Mehdipour, A., Abedi, P., Ansari, S. and Dastoorpoor, M. (2021). The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *Journal of Complementary and Integrative Medicine*, May 2021. <https://doi.org/10.1515/jcim-2020-0245>
- Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal*, 13(1). doi 10.9769/EPJ.2021.13.1.AP
- Seidi, P. A., Jaff, D., Connolly, S. M., & Hoffart, A. (2021). Applying Cognitive Behavioral Therapy and Thought Field Therapy in Kurdistan region of Iraq: A retrospective case series study of mental-health interventions in a setting of political instability and armed conflicts. *Explore: The Journal of Science and Healing*, 17(1), 84-91. doi:10.1016/j.explore.2020.06.003 Epub 2020 Jun 25. PMID: 32622816.
- van Ginneken N, Chin WY, Lim YC, Ussif A, Singh R, Shahmalak U, Purgato M, Rojas-García A, Uphoff E, McMullen S, Foss HS, Thapa Pachya A, Rashidian L, Borghesani A, Henschke N, Chong L-Y, Lewin S. Primary-level worker interventions for the care of people living with mental disorders and distress in low- and middle-income countries. *Cochrane Database of Systematic Reviews* 2021, Issue 8. Art. No.: CD009149. DOI: 10.1002/14651858.CD009149.pub3. Accessed 07 August 2021.[]
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[Systematic literature review and meta-analysis including Connolly & Sakai, 2011..

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- Church, D., Stapleton, P., Kip, K., & Gallo, F. (2020). Corrigendum to: Is Tapping on Acupuncture Points an Active Ingredient in Emotional Freedom Techniques: A Systematic Review and Meta-Analysis of Comparative Studies. *Journal of Nervous and Mental Disease*, 208(8), 632-35. doi: [10.1097/NMD.0000000000001222](https://doi.org/10.1097/NMD.0000000000001222)
- Church, D., Stapleton, P., Sabot, D. (2020). App-based delivery of Clinical Emotional Freedom Techniques: Cross-sectional study of app user self-ratings. *JMIR Mhealth Uhealth*, 8(10):e18545. DOI: 10.2196/18545 PMID: 32862128; PMCID: PMC7593862.
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- Friedman, P. H. 2020. Life balance, emotional stability, well-being and spiritual awakening Part 2: Shorter scales and an evidence based approach to change in psychotherapy. *International Journal of Healing and Caring*, 20(1), 1-29.
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