

# ENERGY PSYCHOLOGY A Hierarchy of Evidence



*Updated March 2019*

## Meta-Analyses and Systematic Reviews

(In reverse chronological order):

Church, D., Stapleton, P., Yang, A., Gallo, F. (2018). 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*, 206(10).

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# Randomized Controlled Trials with Potentially Strong Generalizability

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## Randomized Controlled Trials with Limited Generalizability

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## Uncontrolled Outcome Studies

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## Anecdotal Reports

There are several thousand anecdotal reports re: positive effects reported from Energy Psychology techniques. Visit the following websites to review these:

[www.remarkablerecoveries.com](http://www.remarkablerecoveries.com)

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## Definitions of the Categories Used for this List

This list of studies and review articles in the field of energy psychology is arranged in categories in order of scientific rigor, from meta-analyses and systematic reviews to anecdotal reports. One (unranked) category (Theoretical and Review Articles) follows at the end. These categories are based on a schema proposed by David Feinstein in a review article published in the APA Journal, *Psychotherapy: Theory, Research, Practice, Training*: “Energy Psychology: A Review of the Preliminary Evidence” (Feinstein, 2008).

**Meta-Analyses and Systematic Reviews:** Scholarly articles which review a series of studies, generally of one technique for a specific application, which critique the design, methodology, statistics and conclusions of those studies.

**Randomized Controlled Study with Potentially Strong Generalizability:** A formal study using established pre- and post-intervention assessments with multiple clients, including randomization, follow-up, and at least one control/comparison group with blinding those assessing

the outcomes from knowledge of which subjects were in which group. These studies are well-designed and administered so that the effects of each treatment condition can be reliably compared, and generalizations to specified populations can be anticipated with reasonable confidence.

**Randomized Controlled Study with Limited Generalizability:** A formal study using established pre- and post-intervention assessments with multiple clients, including at least one control/comparison group and randomization, but lacking follow-up, blinding, and/or rigor in design and execution.

**Uncontrolled Outcome Study:** A formal study using established pre- and post-intervention assessments with multiple clients, but lacking randomization and a control/comparison group.

**Survey Studies of Practitioner Observations:** A phenomenological study exploring practitioners' observations and experiences.

**Clinical Case Study:** A formal report which uses established pre- and post-intervention assessments with one subject and details one or more treatment variables.

**Systematic Observational Report:** An informal outcome report describing the course of treatment using a single therapeutic approach with multiple subjects.

**Anecdotal Report:** An informal report describing outcomes after applying a psychological method with a single individual.

In addition to the above categories, which are listed in descending order of scientific rigor, is the additional (unranked) category:

### **Theoretical and Review Articles**

Scholarly articles which discuss theoretical considerations and plausible mechanisms of action for a treatment approach, review existing research studies, and/or discuss clinical applications based on these studies.

*This list was compiled by John Freedom and David Feinstein. If you have additions, corrections or updates to this list, please email [research\\_committee@energypsych.org](mailto:research_committee@energypsych.org). Thank you.*