

The Effect of EFT (Emotional Freedom Techniques) on Psychological Symptoms: A Limited Replication

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Abstract

A study by Rowe (2005) found psychological symptoms to improve, and the results to hold over time, after an EFT workshop. The current study used the same assessment tool, the SA-45, a well-validated brief questionnaire that measures breadth and severity of psychological symptoms. It employed a time-series, within-subjects, repeated measures design. 25 subjects completed the questionnaire before and after the workshop, and again 90 days later. These three data points were used, rather than the 5 data points in the Rowe study, in order to determine if a smaller data set produces a similarly robust result. The SA-45 has two general scales measuring the severity and breadth of psychological symptoms, as well as subscales for anxiety, depression, obsessive-compulsive behavior, phobic anxiety, hostility, interpersonal sensitivity, paranoia, psychotism, and somatization. Despite the small sample size and limited data set, statistically significant results were found for both the general scales, and most of the subscales, with gains maintained at followup.