

RESEARCH ON EFT TAPPING FOR COLLEGE/UNIVERSITY STUDENTS

EFFECTIVENESS OF EFT TAPPING ON GENERAL STRESS & ANXIETY LEVELS

Patterson SL. (2016) "The Effect of Emotional Freedom Technique on Stress and Anxiety in Nursing Students: A Pilot Study." *Nurse Education Today*, 40:104-10.

Rogers R, Sears SR. (2015) "Emotional Freedom Techniques for Stress in Students: A Randomized Controlled Dismantling Study." *Energy Psychology Theory Res Treatment*, 7:26-32.

EFFECTIVENESS OF EFT TAPPING ON TEST ANXIETY & PRESENTATION ANXIETY

Boath, E., Stewart, A., Carryer, A. (2013). "Tapping for Success: A Pilot Study to Explore if Emotional Freedom Techniques (EFT) Can Reduce Anxiety and Enhance Academic Performance in University Students." *Innovative Practice in Higher Education*, 1(3).

Boath E., Good R., Tsaroucha A., Stward T., Pitch Sh., & Boughey A. (2017) "Tapping Your Way to Success: Using Emotional Freedom Techniques (EFT) to Reduce Anxiety and Improve Communication Skills in Social Work Students." *Social Work Education: The International Journal*, 715-730

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2009). "Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for Treatment of Test Anxiety in University Students." *Explore*, 5(6). Randomized Controlled Clinical Trial.

Church, D. (2009) "The Effect of EFT (Emotional Freedom Techniques) on Athletic Performance: A Randomized Controlled Blind Trial," *Open Sports Sciences Journal* 2, 94-99.

Dincer B, Özçelik SK, Özer Z, Bahçecik N. (2022) "Breathing Therapy and Emotional Freedom Techniques on Public Speaking Anxiety in Turkish Nursing Students: A Randomized Controlled Study." *Explore* (NY). 18(2), 226-233.

Nenden LW, Tukimin S., Dwiagung R., Agus S. (2022) "The Effectiveness of Emotional Freedom Technique on Public Speaking Anxiety in University Students: An Integrated Review." *Open Access Macedonian Journal of Medical Sciences*, 10(F):263-268

RESEARCH ON EFT TAPPING FOR COLLEGE/UNIVERSITY STUDENTS

MORE INFORMATION ON SOME OF THESE STUDIES

1. ON THE EFFECTIVENESS OF THE EFT TAPPING POINTS FOR QUICK STRESS RELIEF

Rogers R, Sears SR. (2015) "Emotional Freedom Techniques for Stress in Students: A Randomized Controlled Dismantling Study." *Energy Psychology Theory Res Treatment*

ABSTRACT

- **Purpose of this study:** to determine whether or not EFT quickly reduces stress symptoms in college students, and to compare the efficacy of acupoint stimulation to the stimulation of sham points.
- 56 university students randomly assigned to either the EFT (n = 26) or sham group (n = 30).
- Students were assessed for nine common stress symptoms before and after a single 15-20 minute group tapping session.
- Students were split into groups of 5-10 people per group.
- Students one group the group that were tapping on the real clinical EFT Tapping points. Those in the second group stimulated sham acupressure points that were not EFT Tapping points.
- Both tapping groups repeated statements from a script containing eight sets of stressful cognitions centered on feeling overwhelmed and hopeless, and ending with positive affirmations.
- There were no significant differences in stress symptoms between the two groups before tapping.
- **Results:**
 - After tapping, stress symptoms were reduced in the EFT Tapping group by 39.3% whereas in the sham tapping points group they only dropped by 8.1% ($p < .001$).
 - This shows that the stimulation of actual clinical EFT Tapping points is superior to sham points even when all other components of treatment remain identical.
 - These results are consistent with previous dismantling studies demonstrating that acupressure on the real clinical EFT Tapping points is an active ingredient in the clinical EFT Tapping protocol for stress symptoms, and therefore not a placebo or inert component of EFT Tapping therapy.

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MORE INFORMATION ON SOME OF THESE STUDIES

2. ON THE EFFECTIVENESS OF THE EFT TAPPING POINTS FOR SPORTS PERFORMANCE

Church, D. (2009) "The Effect of EFT (Emotional Freedom Techniques) on Athletic Performance: A Randomized Controlled Blind Trial," *Open Sports Sciences Journal*

ABSTRACT

- **Purpose of this study:** to investigate the effect of a psychophysiological intervention, Emotional Freedom Techniques (EFT) Tapping, on athletic performance.
- Compares the impact of a single EFT Tapping session on college students' basketball performance (both men and women) with a placebo session shooting free throws.
- College basketball team members (n = 26).
- The EFT Tapping group of college athletes received a 15 minute EFT session while a performance-matched attention control group received a placebo intervention of similar duration.
- Time frame of data collection and treatment simulated an actual basketball game.
- **Results:**
 - A statistically significant difference between the two groups was found for free throws ($p < .03$). On post-test, players who received the EFT intervention improved an average of 20.8%, while the control group decreased an average of 16.6%.
 - This indicates that EFT performed as an intervention during an athletic event may improve free throw performance.

RESEARCH ON EFT TAPPING FOR COLLEGE/UNIVERSITY STUDENTS

MORE INFORMATION ON SOME OF THESE STUDIES

3. ON THE EFFECTIVENESS OF EFT TAPPING POINTS FOR TEST ANXIETY

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2009). Pilot study of Emotional Freedom Technique (EFT), Wholistic Hybrid derived from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for treatment of test anxiety in university students. *Explore*, 5(6), 338-340.

ABSTRACT

- **Purpose of this study:** to investigate how three different interventions would impact test anxiety in 15 university students.
- Students were split into 5 groups (CBT, EFT, WHEE).
- Canadian Psychiatrist Dr Dan Benor and colleagues conducted this pilot study because they wanted to compare how effective EFT Tapping was to a Wholistic Hybrid treatment derived from EMDR and EFT (called WHEE), and as well as Cognitive Behavioral Therapy (CBT).
- **Results:**
 - Significant reductions in test anxiety were observed for all three groups of university students. However, more rapid benefits were observed among the students who received EFT Tapping and WHEE sessions for their test anxiety.
 - Both EFT Tapping and WHEE achieved the same benefits as CBT did in 5 sessions, but they only took 2 sessions each to achieve it compared to CBT that took 5 sessions to achieve the same result.