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# THE EFFECTIVENESS OF EMOTIONAL FREEDOM TECHNIQUES IN THE TREATMENT OF POSTTRAUMATIC STRESS DISORDER: A META-ANALYSIS

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As, growing numbers of clinicians have been utilizing Emotional Freedom Techniques (EFT) in the treatment of post-traumatic stress disorder (PTSD), anxiety, and depression. Randomized controlled trials (RCTs) have shown encouraging outcomes for all three conditions.

## Objective

To assess the efficacy of EFT in treating PTSD by conducting a meta-analysis of existing RCTs.

## Methods

A systematic review of databases was undertaken to identify RCTs investigating EFT in the treatment of PTSD. The RCTs were evaluated for quality using evidence-based standards published by the American Psychological Association Division 12 Task Force on Empirically Validated Therapies. Those meeting the criteria were assessed using a meta-analysis that synthesized the data to determine effect sizes. While uncontrolled outcome studies were excluded, they were examined for clinical implications of treatment that can extend knowledge of this condition.

## Results

Seven randomized controlled trials were found to meet the criteria and were included in the meta-analysis. A large treatment effect was found, with a weighted Cohen's  $d = 2.96$  (95% CI 1.96-3.97;  $p < 0.001$ ) for the studies that compared EFT to usual care or a wait list. No treatment effect differences were found in studies comparing EFT to other evidence-based therapies such as Eye Movement Desensitization and Reprocessing (EMDR; 1 study) and cognitive behavior therapy (CBT; 1 study).

## Conclusions

The analysis of existing studies showed that a series of four to ten EFT sessions is an efficacious treatment for PTSD with a variety of populations. The studies examined reported no adverse effects from EFT interventions and showed that it can be used both on a self-help basis and as a primary evidence-based treatment for PTSD.

Keywords:

[Emotional Freedom Techniques](#), [Post-Traumatic-Stress-Disorder](#), [Veteran](#)

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