

## **Brief Group Intervention Using EFT (Emotional Freedom Techniques) for Depression in College Students: A Randomized Controlled Trial.**

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### **Abstract.**

238 first year college students were assessed using the Beck Depression Inventory (BDI). Thirty students meeting the BDI criteria for moderate to severe depression were randomly assigned to either a treatment or control group. The treatment group received four 90-minute group sessions of EFT (Emotional Freedom Techniques), a novel treatment that combines exposure, cognitive restructuring, and somatic stimulation. The control group received no treatment. Posttests were conducted three weeks later on those that completed all requirements (N = 18). The EFT group (n = 9) had significantly more depression at baseline than the control group (n = 9) (EFT BDI Mean: 23.44 SD  $\pm$ 2.1 vs. control BDI Mean: 20.33 SD  $\pm$ 2.1). After controlling for baseline BDI score, the EFT group had significantly less depression than the control group at posttest, scoring in the "non-depressed" range ( $p = 0.001$ ; EFT BDI Mean: 6.08 SE  $\pm$ 1.8 vs. control BDI Mean: 18.04 SE  $\pm$ 1.8).

These results are consistent with those noted in other studies of EFT that included an assessment for depression, and indicate the clinical usefulness of EFT as a brief, cost-effective, and efficacious treatment.