

Protocol Registration Receipt
03/18/2008

Effect of Emotional Freedom Technique and Diaphragmatic Breathing on Post
Traumatic Stress Disorder (PTSD)

This study is currently recruiting participants.
Verified by Soul Medicine Institute, March 2008

Sponsored by:	Soul Medicine Institute
Information provided by:	Soul Medicine Institute
ClinicalTrials.gov Identifier:	NCT00514956

► Purpose

A great many soldiers are returning from Iraq and Afghanistan with symptoms of Post Traumatic Stress Disorder (PTSD). Clinical experience with many people has shown the effectiveness of the techniques of Energy Psychology for rapidly alleviating PTSD symptoms. The study proposes to determine whether a very brief course of treatment (3 sessions) with a common form of Energy Psychology called Emotional Freedom Techniques (EFT) has an effect on the stress biochemistry of subjects, by measuring their levels of stress hormones (cortisol, DHEA) before and after treatment.

Condition	Intervention	Phase
Stress Disorders, Post-Traumatic	Behavioral: Emotional Freedom Techniques (EFT)	Phase 1

Study Type: Interventional

Study Design: Treatment, Single Group Assignment, Double Blind (Subject, Outcomes Assessor), Randomized, Placebo Control

Official Title: Effect of Emotional Freedom Technique and Diaphragmatic Breathing on PTSD

Further study details as provided by Soul Medicine Institute:

Primary Outcome Measure:

- Change in baseline cortisol and DHEA production [Time Frame: Six months] [Designated as safety issue: No]

Secondary Outcome Measures:

- Changes in scores on Trauma Assessment Inventory and other instruments normed for trauma [Time Frame: Six months] [Designated as safety issue: No]

Estimated Enrollment: 12

Study Start Date: September 2007

Estimated Study Completion Date: August 2008

Estimated Primary Completion Date: June 2008

Number of arms: 1

Intervention Details:

Behavioral: Emotional Freedom Techniques (EFT)

The Purpose of the Research: The purpose of this study is to test the effectiveness of Emotional Freedom Technique (EFT) versus Diaphragmatic Breathing in Reducing Post Traumatic Stress Disorders.

The Scientific or Scholarly Rationale: Clinical experience and anecdotal reports have demonstrated EFT to be effective for a wide range of behavioral disorders, including PTSD. However with the exception of several studies demonstrating the efficacy of EFT for the treatment of simple phobias, there have been no formal research studies in this area. It is the intention of this study to extend the phobia studies to the area of PTSD, and to determine what other conditions EFT might be effective in treating. Another intention of this study is to see whether, and to what degree, changes in psychological functioning (as measure by the PAI and TSI) are reflected in physiological markers such as HRV (Heart Rate Variability) and levels of cortisol and DHEA.

The Procedures to be Performed: Approximately 8 to 10 subjects would be randomly designated to either the experimental or Diaphragmatic Breathing control groups. There will be 4-5 subjects in the EFT experimental group and 4-5 subjects in the control Diaphragmatic Breathing group.

Eligibility

Ages Eligible for Study: 18 Years to 70 Years

Genders Eligible for Study: Both

Accepts healthy volunteers.

Inclusion Criteria:

- PTSD
- Recent Service in Afghanistan or Iraq
- Good Health History

Exclusion Criteria:

- Illegal Drug Use
- Recent Physical Trauma

- Head injuries, concussions, amputees
- Mental health issues prior to entering military service

Contacts and Locations

Contacts

Linda Geronilla, PhD (304) 342-2260 lgeronilla@aol.com

Locations

United States, West Virginia

Marshall University, Joan Edwards School of Medicine Not yet recruiting

Huntington, West Virginia, United States, 25701

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Principal Investigator: Linda Geronilla, PhD

Marshall University Medical School **Recruiting**

Charleston, West Virginia, United States

Investigators

Study Director: Dawson Church, PhD Soul Medicine Institute

More Information

Responsible Party: Soul Medicine Institute (Dawson Church, Executive Director)

Study ID Numbers: PTSD-ACEP-SMI-MU-1

Health Authority: United States: Institutional Review Board