
Pilot Study of EFT, WHEE and CBT for Treatment of Test Anxiety in University Students

Benor, D. J., Ledger, K., Toussaint, L., Hett, G., & Zaccaro, D. (2008). 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: The Journal of Science and Healing*. In press.

Abstract

Objective: This study explored test anxiety benefits of Wholistic Hybrid derived from EMDR (WHEE), Emotional Freedom Techniques (EFT), and Cognitive Behavioral Therapy.

Participants: Canadian university students with severe or moderate test anxiety participated.

Methods: A double-blind, controlled trial of WHEE (n = 5), EFT (n = 5), and CBT (n = 5) was conducted. Standardized anxiety measures included: the Test Anxiety Inventory (TAI) and Hopkins Symptom Checklist (HSCL-21).

Results: Despite small sample size, significant reductions on the TAI and HSCL-21 were found for WHEE; on the TAI for EFT; and on the HSCL-21 for CBT. There were no significant differences between the scores for the three treatments. In only two sessions WHEE and EFT achieved the equivalent benefits to those achieved by CBT in five sessions. Participants reported high satisfaction with all treatments. EFT and WHEE students successfully transferred their self-treatment skills to other stressful areas of their lives.

Conclusions: WHEE and EFT show promise as effective treatments for test anxiety.