Archives of Scientific Psychology Reporting Questionnaire for Manuscripts Describing Primary Data Collections

JARS: ALL: These questions should be answered for ***all*** submitted manuscripts

MANUSCRIPT SECTION	Description
TITLE Psychological change in a population with frozen shoulder: A randomized controlled dismantling study of clinical EFT (Emotional Freedom Techniques)	Does the Title identify the variables and theoretical issues under investigation, as well as the relationship between them? Yes ▣ No ☐ If no, please explain:
AUTHOR NOTE For a review of what should be included in the Author Note, see the *Publication Manual of the American Psychological Association*: http://www.apastyle.org/manual/	Does the Author Note contain acknowledgment of special circumstances, for example: • use of data also appearing in previous publications, dissertations, conference papers? Yes▣ No☐ If yes, please explain: These data were presented at the research meeting of the conference of the Association for Comprehensive Energy Psychology (ACEP), May 31, 2015

- sources of funding or other support?

  Yes ☐ No▣

  If yes, please explain:

- relationships that may be perceived as conflicts of interest?

  Yes▣ No ☐

  If yes, please explain:

The first author receives income from presentations and publications relative to the approach discussed. The other author declares no conflicts of interest.

SCIENTIFIC ABSTRACT

Many studies have demonstrated the efficacy of Clinical EFT (Emotional Freedom Techniques) for depression, anxiety, phobias, PTSD, and other psychological conditions. EFT combines acupressure with elements of cognitive and exposure therapy. The current study assesses whether acupressure is an active ingredient or whether treatment effects are due to non-specifics. Thirty-seven participants with " frozen shoulder " consisting of limited range of motion (ROM) were randomized into a wait list, or one of two treatment groups. ROM, pain, and the breadth and depth of psychological conditions such as anxiety and depression were assessed before and after a 30-minute treatment session, and 30 days later. One treatment group received Clinical EFT, while the other received an identical cognitive/exposure protocol but with diaphragmatic breathing (DB) substituted for acupressure. No significant improvement in any psychological symptom was found in the wait list. Participants in the both the EFT and DB groups demonstrated significant posttest improvement in psychological symptoms and pain. Follow-up showed that both groups maintained their gains for pain, but only the EFT group for psychological symptoms ($p < 0.001$). ROM changes posttest and on follow-up were non-significant for most measures in all groups. The results are consistent with four earlier dismantling studies showing that acupressure is an active ingredient in EFT treatment. Reductions in psychological distress were associated with reduced pain but not with improved ROM. As in other EFT studies, psychological gains were maintained on follow-up. Clinical EFT appears to be

Does the Scientific Abstract describe:

- the problem under investigation?

  Yes ▣ No ☐

  If no, please explain:

- participants or subjects, specifying pertinent characteristics; in animal research, including genus and species?

  Yes ▣ No ☐

  If no, please explain:

- study method, including:
  - sample size?
    Yes ▣ No ☐
  - any apparatus used?
    Yes ▣ No ☐
  - measures?
    Yes ▣ No ☐
  - data-gathering procedures?
    Yes ▣ No ☐
  - research design (e.g., experiment, observational study)?
    Yes ▣ No ☐

If answered "no" for any of the study methods above, please explain:

- findings, including effect sizes and confidence intervals and/or statistical significance levels?

  Yes ▣ No ☐

If no, please explain:

- conclusions and the implications or applications?
  Yes ▣ No ☐

  If no, please explain:

INTRODUCTION	Does the Introduction:
For the Introduction please indicate whether the requested information can be found in this section of the manuscript, in a supplemental file, or whether the information is not relevant to the study. If the information is not relevant, please provide a brief explanation. The Introduction is the first part of the manuscript, but not titled, as per APA style.	• describe the importance of the problem? In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain: • describe theoretical or practical implications of the problem? In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain:

	• review relevant scholarship in relation to previous work? In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain: • review if other aspects of this study have been reported upon previously and how the current report differs from these earlier reports? In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain:

- describe the specific hypotheses or objectives, such as
    - theories or other means to derive hypotheses, if hypotheses were offered?

In manuscript ▣ In supplemental files ☐ Not relevant ☐

If not relevant, please explain:

- primary hypotheses?

In manuscript ▣ In supplemental files ☐ Not relevant ☐

If not relevant, please explain:

	○ secondary hypotheses? In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain: ○ planned exploratory analyses? In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain:

- describe how hypotheses and research design relate to one another?

  In manuscript ▣ In supplemental files ☐ Not relevant ☐

  If not relevant, please explain:

METHOD Psychological and physi **----------** ***Participant or subject characteristics:*** Psychological and physiologica **----------** ***Sampling procedures:***	***For the Method section, please provide the information requested below, regardless of whether it also appears in the rest of the manuscript or in supplemental files.*** • What were the eligibility and exclusion criteria for participants or subjects, including any restrictions based on demographic characteristics? Inclusion criterion was clinically verified shoulder range of motion limitations. Exclusion criteria were postoperative recovery, current receipt of rehabilitation treatment, being under psychiatric care, or currently using psychoactive medications. • What were the major demographic characteristics of participants or subjects as well as important topic-specific characteristics, or, in the case of animal research, the genus and species? Male 13 Female 24 Mean age 55. **----------** • What procedures were used for selecting participants, including o the sampling method Measurement of shoulder ROM. Psychological symptoms tested with Symptom Assessment 45 (SA-45).

- the percentage of sample approached that participated

  _____%

- any self-selection, either by individuals or by nomination from others?

48%

- What were the settings and locations where data were collected?

Integrative medicine clinics.

- Were any agreements and payments made to participants?

Informed consent. No payments.

- Were IRB agreements obtained, ethical standards met, and safety monitored?
  Yes ■ No □

  If no, please explain:

Sample size, power and precision:	• What was the intended sample size? n = 35 • What was the actual sample size? n=37 • How was sample size determined: ○ power analysis? Yes ☐ No ▣ ○ other methods used to determine accuracy of parameter estimates? Yes ☐ No ▣ If yes, describe: ○ stopping rules or interim analyses? Yes ☐ No ▣ If yes, describe:

Measures and covariates:

- Please provide the definitions of all primary and secondary measures and covariates taken in the study, including measures collected but not included in this report

Measure name:	Definition:
Shoulder ROM	Degrees compared to norms
Psychological Symptoms	Breadth and depth of psych symptoms

- What methods were used to collect data?

SA-45

- Were methods used to enhance the quality of measurements?
  - training and reliability of data collectors?

Yes ☐ No ▣

  - use of multiple observations?

Yes ☐ No ▣

- What are the known psychometric and biometric properties of instruments used in the study?

Measure Name:	Property:	Result:
SA-45	Valid and Reliable	

Research design:

Randomized Controlled Trial

- Were conditions manipulated ▣or naturalistic ☐?

If manipulated, please complete **JARS:EXP** *(see below)*

If manipulated, were subjects randomly assigned to conditions?
Yes ▣ No ☐

If randomly assigned, please complete **JARS: RCT** *(see below)*

If not randomly assigned, please complete **JARS:QED** *(see below)*

Miscellaneous:

- Are there any other aspects of the study's methods that are important for the interpretation or replication of its findings?

No.

RESULTS

For the Results section, please provide the information requested in the questionnaire or provide the page number, table, or supplemental file in which the information can be found.

If your manuscript is accepted for publication, you will need to deposit your data set in an approved data repository. Please see Instructions to Authors for more information: www.apa.org/pubs/journals/arc

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Participant flow:

Figure 1.

- How did participants move through each stage of the study and how many were lost at each stage, if any (use flow chart, if appropriate—*see Figure 1 below for an example*)?

See Fig 1 in study, CONSORT flow chart

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Recruitment:

- Please provide the dates defining the periods of recruitment and repeated measures or follow-up.

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Period Recruitment:	Start Date:	End Date:
2007 - 2011	September 6, 2007	Jan 15, 2011

Missing data:

- Did you experience problems concerning statistical assumptions and/or data distributions that could affect the validity of findings?

Yes ☐ No ■

Not applicable

If yes, please describe:

- Missing data
  - Is missing data a cause of concern in this data set?
    Yes☐ No▣
  - If missing data *was* a cause of concern, is there empirical evidence and/or theoretical arguments for the causes of data that are missing (e.g., missing completely at random (MCAR), missing at random (MAR), or missing not at random (MNAR))?
  - If missing data *was* a cause of concern, is there empirical evidence and/or theoretical arguments for the causes of data that are missing (for example, missing completely at random (MCAR), missing at random (MAR), or missing not at random (MNAR))?

	• If missing data *was* a cause of concern, what methods, if any, were used for addressing missing data?
DISCUSSION ***----------*** ***Statistics and data analysis:***	***For the Discussion section, please indicate whether the requested information can be found in this section of the manuscript, in a supplemental file, or whether the information is not relevant to the study. If not relevant, please provide a brief explanation.*** • Did you experience problems concerning statistical assumptions and/or data distributions that could affect the validity of findings? Yes☐ No▣ If yes, please describe: • For inferential statistics (NHST), please indicate the a priori Type 1 error rate adopted:

- For each NHST conducted, regardless of whether significant results were obtained and regardless of whether or not reported in the text, please provide a log of the centrality (primary, secondary exploratory) of the analyses to the study's purpose, the analytic technique used, the direction, magnitude, degrees of freedom, and exact p-level associated with each test:

- For multivariable analytic systems (e.g., multivariate analyses of variance, regression analyses, structural equation modeling analyses, and hierarchical linear modeling)
  - provide the associated variance-covariance (or correlation) matrix or matrices:
  - describe any estimation problems (e.g., failure to converge, bad solution spaces), anomalous data points:
  - identify the statistical software program, if specialized procedures were used:

- Is there a statement of support or nonsupport for all original hypotheses distinguished by primary and secondary hypotheses?

  In manuscript ▣ In supplemental files ☐ Not relevant ☐

  If not relevant, please explain:

- Are post hoc explanations proposed?

  In manuscript ▣ In supplemental files ☐ Not relevant ☐

  If not relevant, please explain:

- Are the similarities and differences between these results and the work of others discussed?

  In manuscript ▣ In supplemental files ☐ Not relevant ☐

If not relevant, please explain:

- Are results interpreted taking into account
  - sources of potential bias and other threats to internal validity?

    In manuscript ▣ In supplemental files ☐ Not relevant ☐

    If not relevant, please explain:

  - imprecision of measures?

    In manuscript ▣ In supplemental files ☐ Not relevant ☐

    If not relevant, please explain:

  - the overall number of tests or overlap among tests?

    In manuscript ☐ In supplemental files ☐ Not relevant ▣

    If not relevant, please explain:

    There was no overlap among tests.

- other limitations or weaknesses of the study?

In manuscript ▣ In supplemental files ☐ Not relevant ☐

If not relevant, please explain:

- Is the generalizability (external validity) of the findings taken into account with regard to
  - the target population?

In manuscript ▣ In supplemental files ☐ Not relevant ☐

If not relevant, please explain:

  - other contextual issues?

In manuscript ▣ In supplemental files ☐ Not relevant ☐

	If not relevant, please explain: • Is there discussion of implications for future research, program, or policy In manuscript ▣ In supplemental files ☐ Not relevant ☐ If not relevant, please explain:

JARS: EXP: These questions should be answered for all studies with an experimental manipulation or intervention (in addition to the JARS: ALL Questionnaire)

METHODS
 	
Experimental manipulations or interventions:
	In the Method section of a study with an experimental manipulation or intervention, please provide the information requested below, regardless of whether it also appears in the manuscript or a supplemental file. If the information requested is irrelevant to the study, briefly explain why.
	
	• Please provide the details about the experimental manipulations or interventions intended for each study condition, including control groups and specifically including
	
	  • the **content of the specific experimental manipulations or interventions**—a summary or paraphrasing of instructions (unless they are unusual or compose the manipulation, in which case they may be presented verbatim):
	1. Wait list
	2. EFT with acupressure
	3. EFT with active control of diaphragmatic breathing (DB) substituted for acupressure.
	
	  • the **method of manipulation or intervention delivery**—a description of apparatus and materials used and their function in the experiment:
	
	Identify specialized equipment by model and supplier:
	
	  • the **deliverers**, that is, who delivered the manipulations or interventions
	
	  o level of professional training:
	Practitioners trained in EFT and in DB.

- level of training in specific manipulations or interventions:

- the number of deliverers and, in the case of interventions, the M, SD, and range of number of individuals/units treated by each:

- the **setting**, that is, where the manipulations or interventions occurred:

Integrative medicine clinics

- the **exposure quantity and duration**, that is, how many sessions, episodes, or events were intended to be delivered and how long they were intended to last:

One 30-min session.

- the **time span**, that is, how long it took to deliver the intervention or manipulation to each unit:

30 min.

	• activities to increase compliance or adherence (e.g. i**ncentives**): None • the **use of languages** other than English and the translation method: None
---------- ***Masking:***	***----------*** • Were participants, those administering the interventions, and those assessing the outcomes unaware of condition assignments? Yes▣ No ☐ If no, why not? • If masking took place, how was it accomplished, and how was its success evaluated? Participants were blind to condition, as were data analysts.

Units of delivery and analysis:	• Unit of delivery: How were participants grouped during delivery? Individual sessions. ○ What was the smallest unit that was analyzed (and, in the case of experiments, that was randomly assigned to conditions) to assess manipulation or intervention effects (e.g., individuals, work groups, classes)? One individual. • If the unit of analysis differed from the unit of delivery, please describe the analytical method used to account for this (e.g., adjusting the standard error estimates by the design effect or using multilevel analysis):

RESULTS	***For the Results section, please indicate below the page number, table, or supplemental file in which the information can be found.***
---------- ***Participant flow:***	• What was the total number of groups (if the experimental manipulation or intervention was administered at the group level), and what was the number of participants assigned to each group? Page 12
---------- ***Treatment fidelity:***	***----------*** • What evidence is there that the deliverers of treatment adhered to the respective intervention manuals/guidelines? Session note guidelines. • What evidence is there that the treatments were delivered competently? Session notes were evaluated by investigators.

Statistics and data analysis:	• Were the analyses intent-to-treat☐, complier average causal effect▣, or other or multiple ways☐? Please explain:
Adverse events and side effects:	• Please describe all important adverse events or side effects in each experimental or intervention: None

DISCUSSION	***For the Discussion section, please indicate below the page number, table, or supplemental file in which the information can be found.***

- Do results discussed take into account the mechanism by which the manipulation or intervention was intended to work (causal pathways) or alternative mechanisms?

  Yes▣ No☐

  If no, please explain:

- If an intervention is involved, is there discussion of the success of and barriers to implementing the intervention, and the fidelity of implementation?
-

  Yes▣ No☐

  If no, please explain:

- Is there a discussion of the generalizability (external validity) of the findings taking into account
  - the characteristics of the intervention?
  -

    Yes▣ No☐

If no, please explain:

- how and what outcomes were measured?

  Yes▣ No☐

  If no, please explain:

- length of follow-up?

  Yes▣ No☐

If no, please explain:

- incentives?

  Yes▣ No☐

If no, please explain:

- compliance rates?

  Yes▣ No☐

  If no, please explain:

- Is there discussion of the **clinical or practical significance** of outcomes and the basis for these interpretations?

  Yes▣ No☐

  If no, please explain:

JARS: RCT: These questions should be answered for all studies with an experimental manipulation or intervention that employed random assignment to experimental conditions (in addition to JAR:ALL and JARS: EXP)

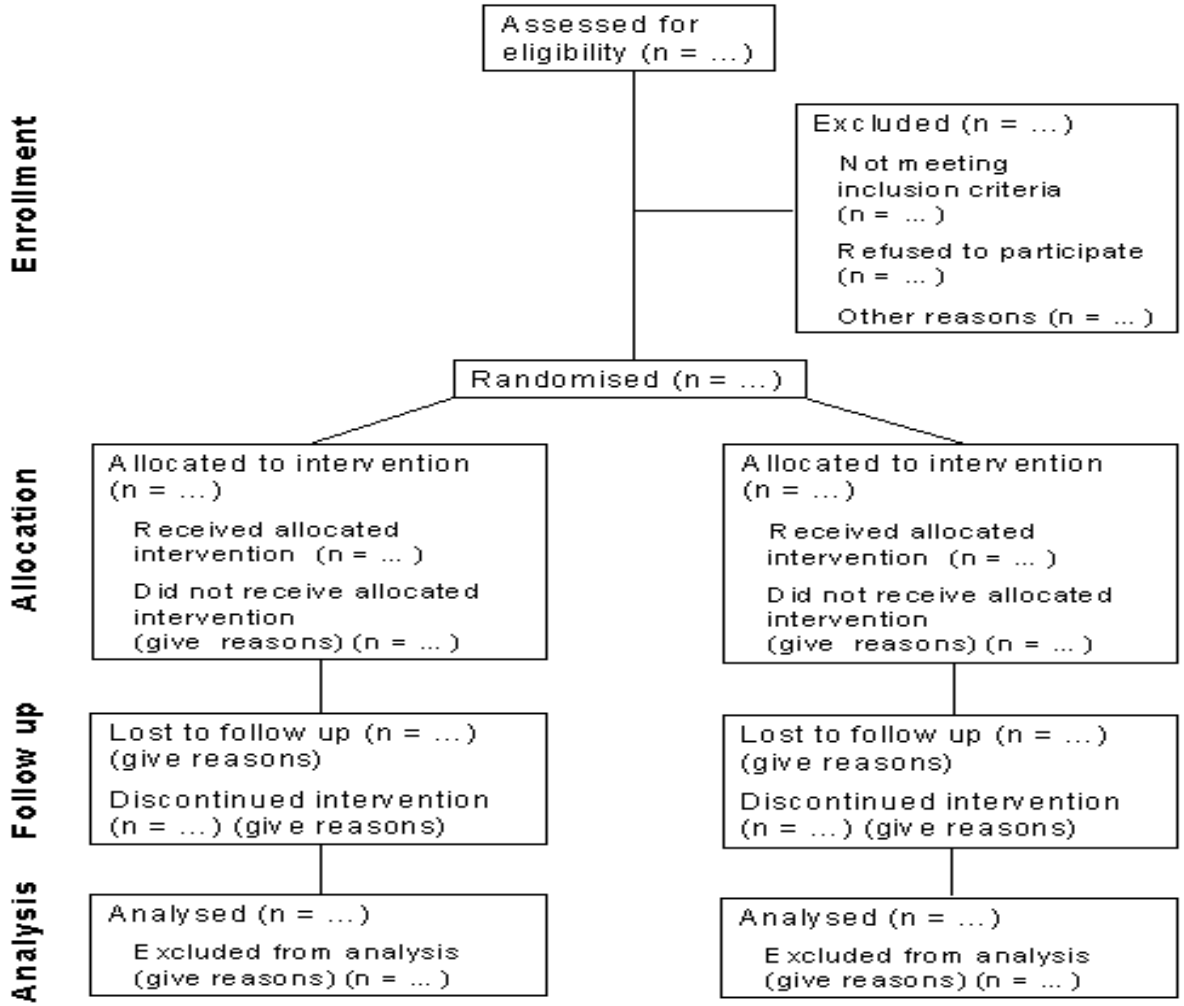
METHOD	***In the Method section of a study that employed random assignment to experimental conditions, please provide the information requested below, regardless of whether it also appears in the manuscript or a supplemental file. If the information requested is irrelevant to the study, briefly explain why.***
---------- ***Random assignment – method:***	• What procedures were used to generate the random assignment sequence (including details of any restrictions—e.g., blocking, stratification)? Research Randomizer (randomizer.org)
---------- ***Random assignment – concealment:***	---------- • Was the sequence concealed until experimental or intervention sequence was assigned? Yes ▣ No☐ If no, why not?

---------- ***Random assignment – implementation:***	• Who generated the assignment sequence? Investigator • Who enrolled participants? Study coordinator • Who assigned participants to groups? Study coordinator

JARS: QED: These questions should be answered for all studies with an experimental manipulation or intervention that did not employ random assignment to experimental conditions (in addition to JARS: All and JARS: EXP).

METHOD ***Assignment method:***	• What was the unit of assignment (the unit being assigned to study conditions—e.g., individual, group, community)? individual • What was the method used to assign units to study conditions, including details of any restriction (e.g., blocking, stratification, minimization)? randomization • What procedures were employed to help minimize potential bias due to nonrandomization (e.g., matching, propensity score matching)?

Figure 1. Diagram showing the flow of participants through each stage of a randomized trial.



JARS: MISC: These questions should be answered for all studies not employing an experimental manipulation or intervention (in addition to JARS: All).

Please provide below as detailed a description as possible of the research design used in the study or studies. This description should be at least as detailed than that expected in all APA journals. There is no restriction on length.