

Determining the Knowledge Levels of Midwifery Students Regarding Emotional Freedom Technique

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ABSTRACT:

Purpose: The study was conducted to determine the knowledge levels of midwifery students regarding the Emotional Freedom Technique (EFT).

Materials and Methods: This descriptive study was conducted with students from the Midwifery Department of Sivas Cumhuriyet University, Faculty of Health Sciences, in the spring semester of 2023 (n=329). The data were collected between March 23 and June 25, 2023, using a questionnaire form prepared by the researchers, and analyzed using the SPSS 23 software.

Results: Among the students who participated in the study, 28.3% were in their first year, 23.7% were in their second year, 26.1% were in their third year, and 21.9% were in their fourth year. It was found that opinions of students on EFT (21.816/.000), its usefulness (LR=9.354/.053), the cost of the technique (41.651/.000), the way of applying the technique (LR=23.824/.001), and the place where the technique is applied (LR=16.713/.010) increased as the grade level increased (p<0.05). Although this rate was 12.8% in the 1st grade, it increased to 43.6% in the 4th grade, and this difference was statistically significant. The most commonly used information sources were found to be the internet and social media.

Conclusion: The study is important in terms of evaluating the knowledge and attitudes of midwifery students towards EFT. Although very few of the students were knowledgeable about EFT (12%), the majority exhibited a positive attitude towards the technique; however, it was also found that their information sources were insufficient. These results suggest the need to provide students with more academic and practical training on how EFT can be used in midwifery services. Integrating EFT into midwifery education is important because it will improve the quality of care by providing students with a holistic approach to the anxiety, fear, and psychological difficulties women may experience during pregnancy, birth, and the postpartum period.

Keywords: Midwifery; Student; Emotional Freedom Technique; Knowledge Level

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INTRODUCTION

Energy Psychology Approaches, which have become increasingly common in the USA and Europe since the 1980s, are defined as a holistic method that combines traditional psychotherapy with the stimulation of meridians and acupuncture points used in Chinese medicine to support individuals' emotional well-being (Vural, Körpe & Inangil, 2019). Literature data show that Energy Psychology-Based

Therapies provide effective change in the short term, and these methods are reported to offer an alternative treatment option for many psychological conditions, such as anxiety disorders. The most widely used method among these approaches is Emotional Freedom Technique (EFT), developed by Craig and Fowlie in 1995 as a simplified form of Thought Field Therapy (Church, 2013). Clinical EFT is defined as a safe and evidence-based practice that

relies on the stimulation of specific acupuncture points in conjunction with cognitive processes. Many studies, including randomized controlled trials, report that EFT provides positive outcomes across a wide range of conditions, including anxiety, stress, anger, grief, and trauma, with no side effects, and can be safely applied to all individuals, including the elderly, pregnant women, and children (Hartmann, 2014).

EFT offers significant potential, particularly during pregnancy and childbirth. Pregnant women might associate the birth experience with previous negative experiences, which can increase anxiety, fear, and stress. EFT applications might help pregnant women release negative emotions and prepare for birth more comfortably and confidently. It has also been reported that EFT reduces fear of childbirth and pain perception, increases satisfaction with the birth experience, and contributes to the postpartum process (Ghamsari & Lavasani, 2015; Mardjan et al., 2018; Vural & Aslan, 2019; Emadi et al., 2024; Okyay & Barut, 2025).

Midwifery is based on a holistic approach to care that encompasses not only physiological but also psychological and emotional processes. For this reason, midwifery students' knowledge of EFT is crucial for them to provide more effective support to women in labor and to manage their own professional stress. However, studies examining midwifery students' knowledge of EFT are limited in the literature. In this context, the current study aimed to determine midwifery students' knowledge of EFT and, therefore, contribute to the development of educational programs and the improvement of the quality of care provided to women's health in the future. Moreover, our study is expected to contribute to the literature by revealing midwifery students' views and attitudes toward EFT and by raising their awareness.

METHOD

The study had a descriptive design, and the population of the study consisted of students continuing their education at the Midwifery Department of Sivas Cumhuriyet University. No sample selection was made. Between March 23 and June 25, 2023, 329 voluntary midwifery students

(80,2%) out of 410 students enrolled in the program participated. Verbal consent was obtained from the students. The data collection tools for the study were a 9-question Personal Information Form covering sociodemographic data such as age, grade, employment, and income status, and a 14-question Emotional Freedom Technique (EFT) Knowledge Level Form, developed by the researchers based on literature data, which were applied via Google Forms. For the implementation of the study, ethical approval was obtained from the Non-Interventional Clinical Research Ethics Committee of Sivas Cumhuriyet University on September 21, 2023, with decision number 2023-09/45. The data obtained from the study were evaluated in a computer environment using the SPSS 23.0 software. The Chi-square test was used for the comparison of numerical data, and a significance level of $p < 0.05$ was accepted for all analyses.

RESULTS

Of the students participating in the study, 28.3% were in the first year, 23.7% in the second year, 26.1% in the third year, and 21.9% in the fourth year. The mean age of the participants was 20.9 years. Among the students, 82.7% lived in a nuclear family, and 79.3% reported a middle-level income. In addition, 96.7% of the participants were not employed in any job, and 99.4% were single. It was found that opinions of students about EFT and its usefulness, the cost of the technique, the way of applying the technique, and the place where the technique is applied increased as the grade level increased ($p < 0.05$). While this rate was 12.8% in 1st grade, it increased to 43.6% in 4th grade. This difference was found to be statistically significant ($p = 0.009$). It was also found that the most used resources were the internet and social media. 38.5% of those who were knowledgeable about EFT stated that they used the therapy/technique to support psychological well-being. This rate was significantly lower among those who had no idea or knowledge about EFT. This difference was statistically significant ($p = 0.000$). Opinions of students on the application of EFT in stress, anxiety, pregnancy, birth, and postpartum processes were not significant according to class level (Table 1).

Table 1. Students' Knowledge and Thoughts on EFT by Grade Level

			Grade 1 (n= 93)	Grade 2 (n=78)	Grade 3 (n=86)	Grade 4 (n=72)	χ^2/p
Do you have knowledge about Emotional Freedom Technique (EFT)?	Yes		5(12,8)	6(15,4)	11(28,2)	17(43,6)	16,974/ ,009*
	No	n(%)	62(28,3)	56(25,6)	60(27,4)	41(18,7)	
	No opinion		26(36,6)	16(22,5)	15(21,2)	14(19,7)	
If you have knowledge about Emotional Freedom Technique, how did you access this information?	Social media		30(26,1)	28(24,3)	30(26,1)	27(23,5)	LR=5,316/ ,947
	Course		5(41,7)	3(25,0)	3(25,0)	1(8,3)	
	Internet	n(%)	44(28,4)	40(25,8)	38(24,5)	33(21,3)	
	Scientific research		8(29,6)	4(14,8)	9(33,4)	6(22,2)	
I think Emotional Freedom Technique is beneficial.	Healthcare institution		6(30,0)	3(15,0)	6(30,0)	5(25,0)	LR=19,819/ ,003*
	Yes		21(21,7)	23(23,7)	23(23,7)	30(30,9)	
	No	n(%)	1(9,1)	0(0,0)	7(63,6)	3(27,3)	
I think Emotional Freedom Technique is a practice that involves a cost.	No opinion		71(32,1)	55(24,9)	56(25,4)	39(17,6)	41,651/ ,000*
	Yes		0(0,0)	5(17,9)	5(17,9)	18(64,3)	
	No	n(%)	25(36,4)	11(15,5)	24(34,9)	9(13,3)	
I think Emotional Freedom Technique can be applied regardless of location.	No opinion		68(29,3)	62(26,7)	57(24,6)	45(19,4)	LR=16,713/ ,010*
	Yes		30(30,6)	23(23,5)	20(20,4)	25(25,5)	
	No	n(%)	2(13,3)	0(0,0)	10(66,7)	3(20,0)	
Emotional Freedom Technique is a practice performed by tapping on specific points of the body.	No opinion		61(28,2)	55(25,5)	56(25,9)	44(20,4)	LR=23,824/ ,001*
	Yes		8(14,3)	7(12,5)	18(32,1)	23(41,1)	
	No	n(%)	3(20,0)	5(33,3)	6(40,0)	1(6,7)	
Once learned, Emotional Freedom Technique can be practiced individually.	No opinion		82(31,8)	66(25,6)	62(24,0)	48(18,6)	LR=12,328/ ,055
	Yes		19(24,4)	13(16,7)	23(29,5)	23(29,5)	
	No	n(%)	0(0,0)	2(28,6)	4(57,1)	1(14,3)	
I think Emotional Freedom Technique is applied only to individuals with poor mental health.	No opinion		74(30,3)	63(25,8)	59(24,2)	48(19,7)	12,132/ ,059
	Yes		9(22,5)	8(20,0)	8(20,0)	15(37,5)	
	No	n(%)	31(36,5)	18(21,2)	25(29,4)	11(12,9)	
I think Emotional Freedom Technique is effective in reducing stress and anxiety.	No opinion		53(26,0)	52(25,5)	53(26,0)	46(22,5)	LR=6,492/ ,370
	Yes		44(32,4)	27(19,9)	38(27,9)	27(19,9)	
	No	n(%)	0(0,0)	0(0,0)	0(0,0)	1(100,0)	
I think Emotional Freedom Technique provides psychological healing.	No opinion		49(25,5)	51(26,6)	48(25,0)	44(22,9)	LR=5,817/ ,444
	Yes		38(29,7)	27(21,1)	36(28,1)	27(21,1)	
	No	n(%)	0(0,0)	1(20,0)	3(60,0)	1(20,0)	
I think Emotional Freedom Technique can be applied to women during pregnancy and the postpartum period.	No opinion		55(28,1)	50(25,5)	47(24,0)	44(22,4)	LR=6,716/ ,348
	Yes		39(30,5)	26(20,3)	37(28,9)	26(20,3)	
	No	n(%)	0(0,0)	3(60,0)	1(20,0)	1(20,0)	
I think Emotional Freedom Technique is effective in reducing fear of childbirth.	No opinion		54(27,6)	49(25,0)	48(24,5)	45(23,0)	LR=4,955/ ,550
	Yes		38(29,9)	27(21,3)	37(29,1)	25(19,7)	
	No	n(%)	0(0,0)	1(25,0)	2(50,0)	1(25,0)	
I think Emotional Freedom Technique is effective in reducing postpartum depression.	No opinion		55(27,8)	50(25,3)	47(23,7)	46(23,2)	LR=7,120/ ,310
	Yes		30(24,6)	28(23,0)	37(30,3)	27(22,1)	
	No	n(%)	0(0,0)	1(33,3)	2(66,7)	0(0,0)	
I think Emotional Freedom Technique can be used in all areas where midwifery services are provided.	No opinion		63(30,9)	49(24,0)	47(23,0)	45(22,1)	LR=2,892/ ,822
	Yes		30(25,0)	29(24,2)	36(30,0)	25(20,8)	
	No	n(%)	3(42,9)	2(28,6)	1(14,3)	1(14,3)	
	No opinion		60(29,7)	47(23,3)	49(24,3)	46(22,8)	

LR: Likelihood Ratio (Chi-square test result), *:The difference was statistically significant, $p < 0.05$, Row percentages were used.

Table 2 shows significant differences in opinions of students regarding EFT's use of techniques/therapies for maintaining psychological well-being, including knowledge and usefulness, cost of the technique, application method, reducing fear of childbirth, postpartum depression, and its use in midwifery ($p < 0.05$). Based on the data obtained, it was found that only a small portion of the

participants (12%) had previous knowledge of EFT. Although the majority of the participants had limited knowledge of EFT, they had a positive attitude towards the technique ($p < 0.05$), (Table 2). Among the students who participated in the study, listening to music (7.3%) and walking (6.1%) were found to be the most preferred coping methods in their daily lives.

Table 2. Comparison of Students' Knowledge and Thoughts on the Use and Benefits of EFT and Their Use of Techniques/Therapies to Maintain Their Psychological Well-Being

			Yes	No	No opinion	χ^2/p
Do you have knowledge about Emotional Freedom Technique (EFT)?	Yes		15(38,5)	24(61,5)	0(0,0)	21,816/ ,000*
	No	n(%)	44(20,1)	163(74,4)	12(5,5)	
	No opinion		9(12,7)	50(70,4)	12(16,9)	
If you have knowledge about Emotional Freedom Technique, how did you access this information?	Social media		22(19,1)	86(74,8)	7(6,1)	LR=12,309/ ,138
	Course		3(25,0)	8(66,7)	1(8,3)	
	Internet	n(%)	33(21,3)	113(72,9)	9(5,8)	
	Scientific research		9(33,3)	16(59,3)	2(7,4)	
I think Emotional Freedom Technique is beneficial.	Healthcare institution		1(5,0)	14(70,0)	5(25,0)	LR=9,354/ ,053*
	Yes		30(30,9)	61(62,9)	6(6,2)	
	No	n(%)	3(27,3)	7(63,6)	1(9,1)	
I think Emotional Freedom Technique is a practice that involves a cost.	No opinion		35(15,8)	169(76,5)	17(7,7)	16,608/ ,002*
	Yes		14(50,0)	13(46,4)	1(3,6)	
	No	n(%)	12(17,4)	53(76,8)	4(5,8)	
I think Emotional Freedom Technique can be applied regardless of location.	No opinion		42(18,1)	171(73,7)	19(8,2)	LR=4,738/ ,315
	Yes		27(27,6)	65(66,3)	6(6,1)	
	No	n(%)	4(26,7)	10(66,7)	1(6,7)	
Emotional Freedom Technique is a practice performed by tapping on specific points of the body.	No opinion		37(17,1)	162(75,0)	17(7,9)	LR=22,309/ ,000*
	Yes		25(44,6)	26(46,5)	5(8,9)	
	No	n(%)	2(13,3)	12(80,0)	1(6,7)	
Once learned, Emotional Freedom Technique can be practiced individually.	No opinion		41(15,9)	199(77,1)	18(7,0)	LR=7,797/ ,099
	Yes		24(30,8)	50(64,1)	4(5,1)	
	No	n(%)	2(28,6)	5(71,4)	0(0,0)	
I think Emotional Freedom Technique is applied only to individuals with poor mental health.	No opinion		42(17,2)	182(74,6)	20(8,2)	7,553/ ,109
	Yes		13(32,5)	24(60,0)	3(7,5)	
	No	n(%)	22(25,9)	58(68,2)	5(5,9)	
I think Emotional Freedom Technique is effective in reducing stress and anxiety.	No opinion		33(16,2)	155(76,0)	16(7,8)	LR=9,464/ ,050
	Yes		39(28,7)	88(64,7)	9(6,6)	
	No	n(%)	0(0,0)	1(100,0)	0(0,0)	
I think Emotional Freedom Technique provides psychological healing.	No opinion		29(15,1)	148(77,1)	15(7,8)	LR=3,393/ ,052
	Yes		37(28,9)	83(64,8)	8(6,3)	
	No	n(%)	1(20,0)	4(80,0)	0(0,0)	
I think Emotional Freedom Technique can be applied to women during pregnancy and the postpartum period.	No opinion		30(15,3)	150(76,5)	16(8,2)	LR=8,481/ ,075
	Yes		35(27,3)	85(66,4)	8(6,3)	
	No	n(%)	0(0,0)	5(100,0)	0(0,0)	
I think Emotional Freedom Technique is effective in reducing fear of childbirth.	No opinion		33(16,8)	147(75,0)	16(8,2)	LR=11,763/ ,019*
	Yes		38(29,9)	82(64,6)	7(5,5)	
	No	n(%)	1(25,0)	3(75,0)	0(0,0)	
I think Emotional Freedom Technique is effective in reducing postpartum depression.	No opinion		29(14,6)	152(76,8)	17(8,6)	LR=11,912/ ,018*
	Yes		37(30,3)	78(63,9)	7(5,8)	
	No	n(%)	1(33,3)	2(66,7)	0(0,0)	
I think Emotional Freedom Technique can be used in all areas where midwifery services are provided.	No opinion		30(14,7)	157(77,0)	17(8,3)	LR=15,154/ ,004*
	Yes		37(30,8)	78(65,0)	5(4,2)	
	No	n(%)	2(28,6)	5(71,4)	0(0,0)	
	No opinion		29(14,4)	154(76,2)	19(9,4)	

LR: Likelihood Ratio (Chi-square test result), *:The difference was statistically significant, $p < 0.05$, Row percentages were used.

Only 1.2% of participants who meditated and 1.8% of those who used psychologically based techniques to increase their energy were aware of EFT.

Those who listened to music were more knowledgeable about EFT than those who used other coping methods. Similarly, those who listened to music were more likely to believe that the technique could be used in midwifery (26.7% during pregnancy and postpartum periods), to reduce fear

of childbirth (26.4%), and to reduce postpartum depression (24.9%) than those who used other methods. When opinions of participants on the usefulness of EFT were examined, 18.8% of those who listened to music, 12.8% of those who walked, and 6.4% of those who used energy-enhancing techniques stated that they found the method helpful. However, the percentage of participants who responded "I have no idea" was over 40% across

all groups, with the highest rate found among those listening to music (48.6%). In assessing the applicability of EFT, 21.3% of those listening to music, 10.9% of those walking, and 4% of those meditating indicated that the technique could be applied regardless of location. Similarly, the

percentage of participants who believed that EFT could be applied independently after learning it was also low (14.6% of those listening to music and 10.3% of those walking). These results suggest that participants had limited opportunities to experience or observe EFT in practice (Table 3).

Table 3. Students' Knowledge and Thoughts on EFT and Their Methods of Coping with Negative Situations

			I listen to music	I do meditation	I take a walk	I try psychology- based techniques to boost my energy	Other
Do you have knowledge about Emotional Freedom Technique (EFT)?	Yes	n(%)	24(7,3)	4(1,2)	20(6,1)	6(1,8)	2(0,6)
	No		152(46,2)	18(5,5)	60(18,2)	38(11,6)	29(8,8)
	No opinion		53(16,1)	3(0,9)	25(7,6)	5(1,5)	5(1,5)
If you have knowledge about Emotional Freedom Technique, how did you access this information?	Social media	n(%)	82(24,9)	10(3,0)	37(11,2)	17(5,2)	15(4,6)
	Course		8(2,4)	0(0,0)	5(1,5)	3(0,9)	1(0,3)
	Internet		110(33,4)	10(3,0)	48(14,6)	20(6,1)	14(4,3)
	Scientific research		15(4,6)	4(1,2)	12(3,6)	6(1,8)	3(0,9)
	Healthcare institution		14(4,3)	1(0,3)	3(0,9)	3(0,9)	3(0,9)
I think Emotional Freedom Technique is beneficial.	Yes	n(%)	62(18,8)	11(3,3)	42(12,8)	21(6,4)	3(0,9)
	No		7(2,1)	0(0,0)	1(0,3)	0(0,0)	3(0,9)
	No opinion		160(48,6)	14(4,3)	62(18,8)	28(8,5)	30(9,1)
I think Emotional Freedom Technique is a practice that involves a cost.	Yes	n(%)	16(4,9)	4(1,2)	12(3,6)	8(2,4)	2(0,6)
	No		52(15,8)	6(1,8)	19(5,8)	5(1,5)	6(1,8)
	No opinion		161(48,9)	15(4,6)	74(22,5)	36(10,9)	28(8,5)
I think Emotional Freedom Technique can be applied regardless of location.	Yes	n(%)	70(21,3)	13(4,0)	36(10,9)	15(4,6)	7(2,1)
	No		9(2,7)	0(0,0)	3(0,9)	1(0,3)	3(0,9)
	No opinion		150(45,6)	12(3,6)	66(20,1)	33(10,0)	26(7,9)
Emotional Freedom Technique is a practice performed by tapping on specific points of the body.	Yes	n(%)	33(10,0)	10(3,0)	26(7,9)	10(3,0)	2(0,6)
	No		11(3,3)	0(0,0)	5(1,5)	4(1,2)	1(0,3)
	No opinion		185(56,2)	15(4,6)	74(22,5)	35(10,6)	33(10,0)
Once learned, Emotional Freedom Technique can be practiced individually.	Yes	n(%)	48(14,6)	10(3,0)	34(10,3)	16(4,9)	5(1,5)
	No		5(1,5)	0(0,0)	3(0,9)	0(0,0)	1(0,3)
	No opinion		176(53,5)	15(4,6)	68(20,7)	33(10,0)	30(9,1)
I think Emotional Freedom Technique is applied only to individuals with poor mental health.	Yes	n(%)	28(8,5)	3(0,9)	12(3,6)	5(1,5)	3(0,9)
	No		55(16,7)	10(3,0)	36(10,9)	16(4,9)	6(1,8)
	No opinion		146(44,4)	12(3,6)	57(17,3)	28(8,5)	27(8,2)
I think Emotional Freedom Technique is effective in reducing stress and anxiety.	Yes	n(%)	88(26,7)	14(4,3)	56(17,0)	22(6,7)	11(3,3)
	No		0(0,0)	0(0,0)	1(0,3)	0(0,0)	0(0,0)
	No opinion		141(42,9)	11(3,3)	48(14,6)	27(8,2)	25(7,6)
I think Emotional Freedom Technique provides psychological healing.	Yes	n(%)	84(25,5)	12(3,6)	54(16,4)	23(7,0)	11(3,3)
	No		2(0,6)	1(0,3)	2(0,6)	0(0,0)	0(0,0)
	No opinion		143(43,5)	12(3,6)	49(14,9)	26(7,9)	25(7,6)
I think Emotional Freedom Technique can be applied to women during pregnancy and the postpartum period.	Yes	n(%)	88(26,7)	11(3,3)	52(15,8)	24(7,3)	11(3,3)
	No		3(0,9)	1(0,3)	1(0,3)	1(0,3)	0(0,0)
	No opinion		138(41,9)	13(4,0)	52(15,8)	24(7,3)	25(7,6)
I think Emotional Freedom Technique is effective in reducing fear of childbirth.	Yes	n(%)	87(26,4)	11(3,3)	51(15,5)	26(7,9)	11(3,3)
	No		1(0,3)	0(0,0)	2(0,6)	0(0,0)	1(0,3)
	No opinion		141(42,9)	14(4,3)	52(15,8)	23(7,0)	24(7,3)
I think Emotional Freedom Technique is effective in reducing postpartum depression.	Yes	n(%)	82(24,9)	9(2,7)	50(15,2)	25(7,6)	12(3,6)
	No		2(0,6)	0(0,0)	1(0,3)	0(0,0)	0(0,0)
	No opinion		145(44,1)	16(4,9)	54(16,4)	24(7,3)	24(7,3)
I think Emotional Freedom Technique can be used in all areas where midwifery services are provided.	Yes	n(%)	84(25,5)	8(2,4)	46(14,0)	24(7,3)	10(3,0)
	No		4(1,2)	0(0,0)	4(1,2)	1(0,3)	0(0,0)
	No opinion		141(42,9)	17(5,2)	55(16,7)	24(7,3)	26(7,9)

DISCUSSION

As an effective treatment for a variety of psychological and physiological conditions, EFT has been proven in numerous randomized controlled trials in the literature, and is considered an evidence-based practice that meets APA standards (Church et al., 2022; Clond, 2016; Nelms and Castel, 2016; Sebastian and Nelms, 2017; Seok and Kim, 2024; Stapleton et al., 2023). A growing body of evidence supports its effectiveness in treating psychological symptoms such as anxiety, depression, phobia, and Post-Traumatic Stress Disorder (PTSD), as well as physiological symptoms such as pain, insomnia, and autoimmune disorders such as psoriasis and fibromyalgia (Church et al., 2022; Hodge and Jurgens, 2011; Lee et al., 2013; Stapleton et al., 2025).

The present study examined midwifery students' knowledge and opinions about the Emotional Freedom Technique (EFT). Results from the study revealed that only a small percentage of participants had prior knowledge of EFT (12%), but the majority had a positive attitude toward the technique ($p < 0.05$), which suggests that despite students' low awareness, they tend to understand the potential contributions of EFT to midwifery and individual applications. Among those familiar with EFT, 38.5% reported using the therapy/technique to support psychological well-being.

It was found that students' knowledge of EFT, its usefulness, and positive attitudes towards its application increased as their grade level increased ($p < 0.05$). This result suggests that students are more open to alternative and complementary approaches as their professional experience and theoretical knowledge increase. The literature also shows that EFT is beneficial for different student groups. In a study conducted by Forouzi et al. (2024) on university students studying health in Iran, EFT sessions were administered once a week in six online sessions, each lasting 45 minutes, and a significant decrease in test anxiety was observed in the intervention group. In an Australian study aiming to increase the self-esteem and resilience of high school students and reduce fear of failure and emotional difficulties, EFT was reported to be an effective treatment program in reducing students'

fear of failure (Stapleton et al., 2017). In Korea, a total of six sessions of EFT training given to first-year medical students over three weeks was found to reduce academic stress and negative affect in the students (Lee et al., 2022). Similarly, EFT was used in nursing students, and it was reported that it reduces feelings of stress and anxiety and can offer ways to cope or control their existing anxiety. In addition, students reported feeling calmer and more relaxed after using the technique (Patterson, 2016). In addition to all these studies, a study conducted with 138 students in primary schools in Northern Australia reported that EFT supported social and emotional learning and benefited students and teachers (Lambert et al., 2022). A study conducted on nursing students in Türkiye reported that three EFT sessions applied in a group setting reduced test anxiety and other anxiety symptoms in the students (Vural, Körpe, & İnangil, 2019). In another study conducted in our country, the effect of EFT on premenstrual syndrome and pain in nursing and midwifery students was evaluated. The students in the intervention group received 3 sessions of EFT for 3 months, and as a result of the study, a decrease in pain scores and the "Premenstrual Syndrome Scale" score was found (Yazar et al., 2025).

In the present study, it was found that third-year students, in particular, had higher opinions than other years regarding the use of EFT in reducing fear of childbirth, postpartum depression, and midwifery. This may be related to the fact that students, through their participation in specialized courses such as obstetrics and neonatology, gain a deeper understanding of not only the physiological but also the psychological and social dimensions of pregnancy, birth, and postpartum processes. Also, the reinforcement of the theoretical knowledge acquired in these courses with clinical experience makes them more sensitive to the anxieties and fears of childbirth. Thus, students become more aware of the importance of complementary, non-pharmacological techniques like EFT in addressing the anxieties and difficulties they observe in mothers and in their own professional experiences, and are increasingly interested in these methods. Indeed, the literature shows that EFT provides positive effects on the pregnancy process (Okay & Uçar,

2023), reduces fear of childbirth (Vural & Aslan, 2019; Limbong, 2024; Zhou et al., 2025), and reduces postpartum anxiety and depression (Robbins, Harvey, & Moller, 2024; Widaningsih, 2023). A study conducted on midwifery students found that fear of childbirth, perception of traumatic birth, and PTSD decreased in the intervention group receiving EFT (Bekmezci, Duran & Karakoç, 2022).

The most common coping methods of participants in a negative situation were listening to music (7.3%) and walking (6.1%), while the proportion of those who used meditation and psychologically based techniques was lower. When the opinions of participants on the usefulness of EFT were examined, 18.8% of those who listened to music, 12.8% of those who walked, and 6.4% of those who used energy-enhancing techniques stated that they found this method useful. Those who listened to music were more likely to think of the technique's use in midwifery (use during pregnancy and postpartum period (26.7%), reducing fear of childbirth (26.4%), and reducing postpartum depression (24.9%)) than those who used other methods. Music contributes to psychological development by creating positive changes in human behavior (Karamızrak, 2019; Mastnak, 2016; Ocebe et al., 2019). However, the fact that students who listen to music find EFT more beneficial and think that it can contribute more to its use in the field of midwifery can be explained by the joint positive effects of music and EFT on psychological development, anxiety level, and cortisol release (Okayay and Uçar, 2023). In an assessment of the applicability of EFT, 21.3% of those listening to music, 10.9% of those walking, and 4% of those meditating reported that the technique could be applied regardless of location. Similarly, in a study of 238 first-year university students, the intervention group received four 90-minute group sessions online, and the EFT group experienced significantly less depression compared to the control group (Church, De Asis, & Brooks, 2012). Church and Brooks (2010) reported that a 2-hour EFT session significantly reduced anxiety, depression, and pain among healthcare professionals, and these benefits persisted for 90 days. These results suggest that EFT can be applied in both face-to-face and online

settings and can be used effectively regardless of location. Studies in the literature demonstrate the usefulness of EFT as a short-term, cost-effective, and effective treatment (Church, De Asis & Brooks, 2012).

In the present study, students' acquisition of EFT information via the internet and social media demonstrates the importance of digital resources in today's educational process. However, this can limit the accuracy and reliability of the information obtained. For this reason, it is recommended that students' access to evidence-based information about complementary techniques like EFT be increased and integrated into course curricula or elective course content. A review of the literature revealed no studies assessing midwifery students' attitudes and views toward EFT. Studies conducted abroad, however, appear to focus primarily on measuring students' stress, anxiety, and depression levels. Based on this perspective, the present study contributes uniquely to the literature by revealing midwifery students' views and attitudes about EFT and raising awareness.

In conclusion, the results suggest that midwifery students, despite their low knowledge of EFT, exhibit positive attitudes toward the technique. The literature indicates that EFT is a short-term, cost-effective, and effective method (Church and Brooks, 2010; Stapleton et al., 2025) and that it can help students cope with significant psychological burdens such as stress, anxiety, and fear of childbirth. Introducing EFT during midwifery education can significantly enhance students' self-efficacy, providing significant benefits for both their personal well-being and their professional practice. Also, we believe that EFT not only contributes to students' individual lives but can also be used as a practical and effective method to support women during pregnancy, birth, and the postpartum period within their professional roles. In this context, EFT is an important tool that can help midwifery students both protect their own emotional well-being and enhance the psychological resilience of the women they care for.

CONCLUSION AND RECOMMENDATIONS

Midwifery students' knowledge of EFT increases with

increasing grades. However, students' knowledge of EFT is largely based on popular media channels such as social media and the internet, which suggests the need to provide students with more academic and practical training on how EFT can be used in midwifery services. It is recommended that courses or elective training modules that introduce or demonstrate EFT in practice be added. Integrating EFT as a complementary method into the care of women during pregnancy, birth, and the postpartum period may be beneficial. Seminars, workshops, and evidence-based resources must be offered at universities to provide students with access to accurate and scientific information about EFT. It is recommended that EFT be incorporated into university-level psychoeducation programs to help students cope with academic and clinical stress. Further qualitative and quantitative research can be conducted to more comprehensively examine its effects on midwifery students. It is recommended that the scientific basis of EFT be strengthened and its integration into educational practices. Studies with larger samples can reveal the long-term effects of EFT on midwifery students and women's health.

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