

## **Complementary Therapies to Reduce Levels of Stress, Anxiety and Depression: A Literature Review**

Andri Yan Prima Zani<sup>1</sup>, Weni Widya Shari<sup>2</sup>

<sup>1</sup>Department of Public Health Raflesia College of Health Science,

<sup>2</sup>Department of Nursing Raflesia College of Health Science

Email : andriypz@gmail.com

### **Abstract**

Non-communicable diseases are the top cause of death in the world. The diseases that dominate are hypertension, heart disease, stroke and diabetes. Factors that trigger the emergence of non-communicable diseases include mental conditions or mental unhealth. Mental health has become a serious problem in this world. Some forms of mental illness experienced include stress, anxiety and depression. It is believed that complementary therapy can help overcome mental health problems. This research aims to conduct a literature review on complementary therapies, namely Emotional Freedom Technique (EFT), Prayer Therapy and Spiritual Emotional Freedom Technique (SEFT) in correlation with stress, anxiety and depression. SEFT is a therapy that combines EFT therapy and prayer therapy Literature selected from Google Scholar and PubMed, for the period 2018 to 2023. The results of the study found that complementary therapies EFT, Prayer Therapy and SEFT can reduce levels of stress, anxiety and depression for some clients with certain cases.

**Keywords:** EFT, prayer therapy, SEFT, stress, anxiety, depression

### **Introduction**

The WHO report (in 2020) states that there are three major causes of death around the world. The first group is infectious diseases, the second is non-communicable diseases and the third is accidents. Of the three groups, the majority (7 out of 10 cases) are non-communicable diseases. These include ischaemic heart disease, stroke, chronic obstructive disease, trachea, bronchus, lung cancers, alzheimer's disease and other dementias, diabetes mellitus and kidney diseases. (WHO, 2020). Similar results have been found in the US, most of the causes of death are non-communicable diseases, including heart disease, cancer, stroke and diabetes. (Xu et al., 2022). Unlike in Indonesia, non-communicable diseases are also the leading cause of death, namely stroke, ischamic heart disease, diabetes mellitus, and hypertensive heart disease. (WHO, 2020).

Mental health is a global health problem. WHO estimates one in eight people suffer from raw health around the world (OECD, 2018). The prevalence of mental health problems is high and rising, with more than 450 million people suffering from mental health issues (Reenen et al., 2012). The same problem occurs in Europe, where one in six people is estimated to suffer mental health, with the total cost of detention being more than 4% of GDP or more than 600 billion euros (OECD, 2018), and losses in the economic sector reaching more than US\$ 1 trillion per year. (Ghebreyesus, 2018).

Physical and mental health have a direct impact on work productivity. The impact of mental health is worse than physical health. There are two consequences of this health problem, namely absence and inactivity, which affect work performance and productivity. (Karanika-Murray & Biron, 2019). Low mental health clearly indicates a loss of productivity, which can be absence or absence without productive presence, low participation in work, inability to function and disappointment in work. (Oliveira et al., 2023). Factors related to performance and mental health, including depression, anxiety, low support, work stress, reduced productivity, financial anxieties, and exhaustion (Nowrouzi-Kia et al., 2021). The prevalence of

depression, anxiety and stress contributes to the highest number of mental health problems in various countries of the world. (Li et al., 2021).

In addition to medical medicine using pharmaceutical drugs, it is now developing more holistic and integrative healing by considering the mental, physical and spiritual aspects (Bat, 2021). Survey National Center for Complementary and Integrative Health (NCCIH) obtained 4 out of 10 adults and 1 out of 9 children using holistic therapies or commonly called complementary alternative medicine (CAM) or complementary integrative medicine (CIM), such as nonvitamines, nonmineral, natural products; deep breathing exercises; meditation; chiropractic care; yoga; massage; and diet-based treatments (NCICH, 2008), and continuously developing not only the physical and biochemical manifestations of illness, but also the nutritional, emotional, social, and spiritual context. (NCCIH, 2008). NCCIH identifies three categories for complementary and integrative approaches: (1) natural products (herbal medicines, plants, vitamins, minerals, probiotics, and other dietary supplements); (2) mind and body practices (massage therapy, meditation, yoga, acupuncture, chiropractic/osteopathic manipulation, hypnotherapy, chi, qigong, touch healing, and relaxation exercises); (3) other complementary approaches (native healing practices, Chinese medicine, Ayurvedic therapies, homeopathy, and naturopathies) (Nguyen & LAVretsky, 2020).

Emotional Freedom Technique (EFT), prayer therapy, and Spiritual Emotional Freedom Technique (SEFT) include the integrative field of energy psychology (EP) and integrates components of cognitive behavioral therapies, exposure therapy and body stimulation of acupressure points on the face and body (Blacher, 2023), with mind and body therapy approaches. Many studies have linked such therapies to the field of psychology, including their effectiveness in reducing stress, anxiety and depression. This paper wants to study literature related to EFT therapy, prayer therapy and SEFT in dealing with stress, anxiety and depression.

## **Theoretical Background**

### **Stress, Anxiety and Depression**

Stress is a term used to describe situations in which a person's honesty or health are called into doubt. Trauma, burns, hypoglycemia, exercise, infections, chemical intoxications, hemorrhage, pain, and psychological stress are just a few of the factors that can cause stress. There is a "emergency reaction" in response to stress that describes the physiological state of the organism (Freidman et al., 1992).

The typical psychological response to stress may be characterized as anxiety. When people believe that a situation requires more of them than they are capable of handling, anxiety frequently arises. According to research, people who have experienced stressful life events exhibit anxiety symptoms more frequently than control participants who haven't (Finlay-Jones & Brown, 1981).

Depression, a severe case of persistent sadness and a loss of energy and focus (Palomino-Coila & Nuñez-Palomino, 2020). According to research, depression may potentially overtake heart failure as the most prevalent ailment in the world by 2030 (Chojnowska et al., 2021). The overall stress adaption response and the depressive illness are very similar. The overall stress adaptability response and the depressive illness are very similar. In other hand, there has been a lot of discussion on the association between anxiety and depression. They were frequently thought of as concurrent disorders, such as "a typical depression" or "mixed anxiety-depression." However, an expanding amount of research indicates that making a distinction between generalized anxiety disorder and depression is valid and valuable. Despite overlap between anxiety and depression, several physiological studies have found that they can be separated by their symptom profiles and physiological characteristics (Freidman et al., 1992).

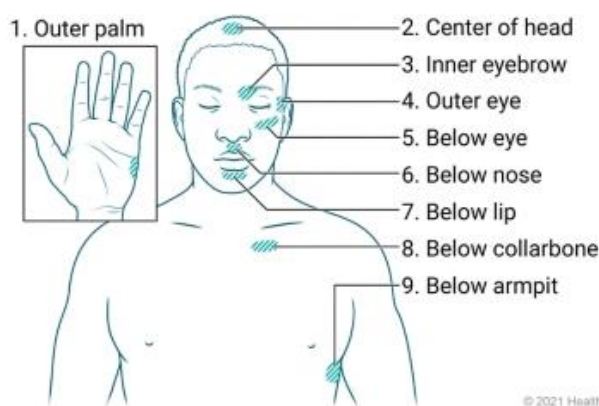
### **Emotional Freedom Technique**

Gary Craig is the developer of the complementary therapy known as emotional freedom technique (EFT). Emotional Freedom Technique (EFT) is an evidence-based treatment that combines components of cognitive behavioral therapies, exposure therapy, and body stimulation of acupressure areas on the face and body. It is based on the integrative science of energy psychology (EP) (Blacher, 2023). These include

imaginal exposure, preframing, cognitive reframing, and awareness-building techniques. Acupressure, a somatic component, is added to this. Acupoints (acupuncture points) are stimulated by tapping on them with the fingertips instead of using acupuncture needles. This technique is derived from Eastern medicinal traditions including acupressure, Qigong, and Shiatsu (Stapleton et al., 2023).

EFT begins with a brief clarification of the problem, called as the "Set-up Statement." The sentence structure is "Even though I have a problem (e.g., stress, anxiety, etc.), I deeply and completely accept myself." The statement's first element is the exposure part. The cognitive component of the statement is the self-acceptance element. Tapping on acupressure points occurs while this remark is spoken and repeated. There are eight acupressure spots on the face and upper torso that have an effect on stress reduction (Blacher, 2023). EFT is simple to learn and implement, non-pharmacological, free, and helpful in lowering stress, anxiety, and burnout symptoms.

Figure 1. EFT tapping point



Source : <https://www.healthlinkbc.ca/health-topics/emotional-freedom-technique-eft>

## Prayer Therapy

The scientific approach to prayer therapy began when Viktor Frankl proposed the integration of meaning in psychology, which became known as logotherapy. He created logotherapy after spending time in Nazi concentration camps during World War II. He observed the behaviors of other prisoners and how they survived or died. Due to the terrible conditions, several of the prisoners became ill and died, while others committed suicide. Many of them, though, insisted on staying alive. Some of them remained living by separating from the outside world or by using humor, but these were the "how" answers. As a result, Frankl analyzed the "why" they had survived. It was the meaning of life, according to him (Bulut & Sarı, 2020).

Logotherapy is derived from the Greek term logos, which means "meaning." Based on Frankl the name of therapy may also be spiritual. However, while the word spiritual has a religious interpretation, the meaning that people identify in their life is not always religious. Based on the theory provided above, Frankl described the fundamentals of logotherapy as "the freedom of will, the will to meaning, and the meaning of life." In contrast to the deterministic perspective of human action, the first principle. As previously stated, even if a person cannot change the conditions and situations in which he finds himself, he still has the free will to behave as he wishes; alternatives may be restricted from time to time, but it exists in every situation. Second, Frankl claims that desire to meaning is not a personal drive (Shantall, 2020). He classified religion independently and hence failed to integrate the concepts of religion and psychology. Furthermore, Frankl did not discuss Christian, Muslim, or Jewish logotherapy precisely, and he underlined that he could work with atheists as well (Costello, 2016). Although Frankl's logotherapy attempts to divide or position religion and spirituality differently, religion and spirituality are not always separated within logotherapy. If a person has religious ideas and ideals that are in their best interests, religion and spirituality will surely help them solve their difficulties. In other words, these three aspects will interact positively when a person

understands the meaning of life. Healing power exists in the spiritual plane as well as the other two dimensions. Understanding meaning will therefore become more simple for someone who is mindful of their spiritual side and acts correctly. Spirituality is one of the most powerful factors in finding meaning (Okan & Ekşi, 2017).

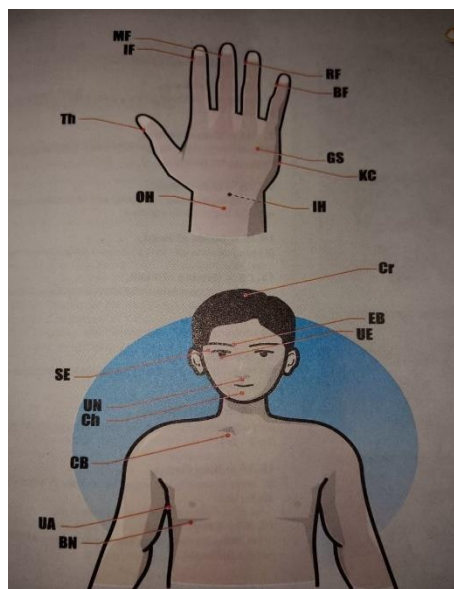
An essential human nature, praying helps one realize their connection to the source of life. Many research have found a connection between prayer therapy use and a reduction in stress, anxiety, and depression as well as a prolongation of life. The factors of the particular situation, such one's culture and beliefs, may determine how effective prayer therapy is (Sadeghimoghaddam, Alav, et al., 2019)

### Spiritual Emotional Freedom Technique

EFT was further developed into Spiritual Emotional Freedom Technique (SEFT), which combines spirituality in the form of prayer, sincerity, and submission with psychological energy in the form of a series of principles and procedures utilizing the body's energy system to improve the state of mind, emotions, and behavior through three simple techniques: set-up, tune-up, and tapping (Asmawati et al., 2020). SEFT was developed by Ahmad Faiz Zainudin. Spirituality is associated with the mechanisms of managing negative emotions, enhancing positive emotions and self-control methods that are significantly related to improved psychological health (Zainudin, 2009). According to Sufistic treatment using the SEFT technique, having a strong sense of religion and a close relationship with God can help with mental health issues (Farmawati, 2019). The principles of spiritual power of SEFT therapy are trust (yakin), devoutness (khusyu'), truthful (ikhlas), submission (pasrah), and gratitude (syukur) (Nuwa, 2018).

SEFT includes several stages, including: (1) the set-up, which aims to neutralize psychological reversal; (2) the tune in, in which the patient feels devoutness, truthfulness, and submission while praying to Allah as affirmation that we are weak living creatures; and (3) the tapping, which aims to block individual emotion of the body energy system and heal individual mind and body balance. This explains why SEFT works better than another therapy (Karmiyati & Sari, 2018).

Figure 2. SEFT tapping point (Zainudin, 2009)



The procedures for doing a SEFT are (Zainudin, 2009) :

1. Setting up. The Set-Up aims to make sure that the body's energy flow is properly directed. This action is taken to counteract psychological reversal (unconscious or negative thoughts or beliefs). How to use set-up words to neutralize psychological reversal. The opening phrases are submission prayers to Allah SWT. "Ya Allah/God... even though I am \_\_\_\_\_ (your complaint), I am sincere, and I fully surrender to You," is an example of the set-up phrase.
2. A Tune In. How to tune in by conjuring up certain instances to get unfavorable feelings to disappear. Neutralizing unpleasant feelings or experienced pain is the aim. Replace the reminder with the words "I am sincere, I surrender to You, My God" as another approach to tune in. I am honest, and I completely surrender to You. Tune-in is done until all SEFT therapy techniques are used till the end of \_\_\_\_\_ (your complaint).
3. It was tapping. By continuing to tune-in, the Tapping is the light tapping of two fingertips at a spot (certain critical locations, "the major energy meridians" in the body).
4. Procedure Nine Gamut. Nine movements are used in the Nine Gamut Procedure to stimulate the brain. Every motion stimulates particular brain regions.
5. The nine movements are: closing the eyes, opening the eyes, moving the eyes firmly to the lower right, moving the eyes firmly to the lower left, rotating the eyeball counterclockwise, rotating it clockwise,

muttering rhythmically for two seconds, counting one, two, three, four, and five, and muttering again rhythmically.

- The tapping once more. The final phase of the nine gamut method is to repeat the tapping and end with inhaling deeply and then exhaling (with gratitude to God and said Allah/God ... Alhamdulillah/Thanks God).

The mechanism of SEFT in disease reduction is by tapping the meridian point, which increases endorphins, which are substances or neurotransmitters created naturally by the body by periaqueductal gray matter. Endorphins released by nerve cell synapses produce relaxation throughout the body. This relaxation will bring relief and help to prevent disease. Tapping can trigger the pituitary gland's hypothalamus to create releasing factors that induce the release of neurotransmitter inhibitors, specifically endorphins, norepinephrins, enfehalins, and serotonin. These hormones are subsequently released into the systemic circulation, where they lower the hormone cortisol, making the body feel calmer, more comfortable, and relaxed (Yulistanti et al., 2019).

**Method and Criteria**

This research uses the method of literature review related to the topic to be studied. The database used is google scholar and PubMeb, for publications of the last five years. (2018 – 2023). The framework used is Population/Intervention/Comparison/Outcame/Type Study. The keywords used are “EFT AND stress”, “EFT AND anxiety”, “ EFT AND Depression”, “Prayer Therapy AND Stress”, Prayer therapy AND Anxiety, “Prayer Therapy AND Depression,” “SEFT AND Stress,” “SEFT AND Anxiety,” and “SEFT AND Depression”.

Table 1. PICOT Framework

<b>Criteria</b>	<b>Include</b>	<b>Exclude</b>
Population	International and national English-language journals. Respondents over 17 years old	Indonesian-language national journal. Children's respondents
Intervention	EFT, prayer therapy and SEFT	Besides EFT, prayer therapy and SEFT
Comparison	No comparison	No comparison
Outcame	Demonstrates the effectiveness of EFT, prayer therapy and SEFT	Not showing effectiveness of EFT therapy, prayer therapy and SEFT
Type Studi	Pre Experiment or quasi experiment	Kohort, crossectional, case control
Publication years	5 years (2018 – 2023)	Below 2018

**Result and Discussion**

The first search using a database from PubMed with the keyword “EFT and stress”, obtained a literature that entered the criteria of research. The results were then narrowed to "clinical trial" and "free full text", then four publications were obtained, and one publication was selected related to the purpose of the research. Next with the keyword "EFT and Depression", with the same criteria did not obtain publication according to the research problem. The search using a database from google scholar, with the same keyword, obtained 16,900 publications. Then narrowed by the criteria found on the title of the publication that corresponds to the key word, got 5 publications, and that meets only 2 publication related. Totally we founds 9 publications related to the purpose of the study.

The next search for the keyword “logotherapy and stress and anxiety and depression” on PubMed obtained one publication. The next key word “prayer therapy and Stress and Depression”, no publication found. Next to the keyword "prayer therapy and anxiety" is a publication. Then with the keybord "Prayer Therapy and Depression" is the publication one. The next step by using the google scholar database is to get 4 publications with keywords like above.



The last search for the keyword “SEFT and stress and anxiety and depression” did not find a publication. Similarly, with keywords separated from “SEFT and stress”, “SEFT and anxiousness” and “S Eft and Depression”, no publication matching the purpose of the research was found. The next search using google scholar with the same procedure, got six publications (table 2).

Table 2. Literature Review

No	Author's	Therapy	Population & Sample	Problem	Design	Result
1	Berna Dincera, Demet Inangil (Dincer & Inangil, 2021)	EFT	27 Nurses in university hospitality who treating COVID-19 patient	Stress, anxiety, and burnout	Quasi Experiment with randomized controlled design	EFT can reduce stress, anxiety dan burnout level
2	Dincer, et al (Dincer et al., 2022)	Breathing Therapy and EFT	76 volunteerin g students studying at the Department of Nursing of the School of Health Sciences	Public speaking stress and anxiety	Quasi experiment randomized control study	It was found that Breathing Therapy and EFT are effective methods to reduce stress, anxiety, and speaking anxiety
3	Tambunan, et al (Tambunan et al., 2022)	EFT	22 people who are positive Covid-19 isolated	Anxiety disorder and Depressio n	Quasi experiment design with one group pretest-posttest approach	EFT therapy effectively reduces anxiety scores in people who are confirmed positive for Covid-19. EFT also reduces depression scores
4	Navianti, et al (Navianti et al., 2018)	Hypno-EFT	52 patient who are venous blood sampling	Anxiety and pain	Quasi experiment with pretest-posttest and control group design	There was a significant effect of hypno-EFT therapy to decrease the anxiety and pain during venous blood sampling
5	Jasubhai, Shilpa (Jasubhai, 2021)	EFT and Cognitive Behavioural Therapy	participants in the age group of 25 to 40 years were randomly selected from general population	Stress, anxiety, depression, and short term memory	quasi-experimental design classified into two groups	EFT would be an effective intervention therapy in managing stress, anxiety, depression
6	Okut, et al (Okut et al., 2022)	EFT	88 nurses in the emergency departement	Fear, anxiety levels	Quasi experiment with randomized controlled study	EFT sessions administered in a group setting reduced and helped the emergency nurses better cope with

No	Author's	Therapy	Population & Sample	Problem	Design	Result
						COVID-19 anxiety and fear levels
7	Morad, et al (Moradi et al., 2023)	EFT	91 family caregivers of patient with heart failure	Anxiety and caregiver burden	Quasi-experimental andomized study	EF8T could significantly reduce anxiety and caregiver burden in family caregivers of patients with heart failure in our study
8	Bustamante-Paster, Araceli (Bustamante-Paster, 2022)	EFT	45 student during pandemic's Covid 19	Depressio n, anxiety and stress	Quasi experimental design	EFT was effective to decrease the manifestations of stress, enxiety and depression and can be supported by numerous studies
9	Rifdaturahmia, Hally Weliangan (Rifdaturahmi & Weliangan, 2021)	Hypno-EFT	40 students in SMK X Jakarta	Self confidenc e and public speaking anxiety	Experimental method with pretest-posttest control group design	Hypno-EFT is effective in increasing self confidence and reducing public speaking anxiety
10	Fereydouni and Forstmeier	Logothera py	60 university student	Stress, anxiety and depressio n	Experiment with randomised controlled study	The spiritually sensitive logotherapy intervention incorporating Muslim values and practices significantly reduced depression, anxiety, and stress
11	Alivian, et al (Alivian et al., 2022)	Murottal and prayer therapy	60 samples elderly people	Anxiety dan sleep disturban ces	Experimental design with before and post approach	Murottal therapy has been shown to be effective in reducing anxiety and sleep disturbances
12	Koolaee, et al (Khodabakhshi -koolaee et al., 2018)	Mix of prayer and positive psycholog y group therapy	75 elderly women with physicalmot or disabilities	Life meaning and death anxiety	A quasi experimental, pretest - posttest design	Prayer and positive psychology on death anxiety reduction the effectiveness on enhancing meaning of life, and death anxiety
13	Sadeghimogha ddam, et al (Sadeghimogha ddam, Alavi, et al., 2019)	Relaxation and prayer therapy	25 patient with Coronary Artery Disease	Anxiety and hope	Quasi experimental	Both relaxation and prayer therapy interventions are effective in promoting hope and reducing anxiety in patients with CAD and provide optimal, short-term, and easy-to-follow options for the health team
14	Mohammad, Nafiseh Rafiei and Jahangiri,	Logic therapy combined	30 women with	Depressio n symptoms	Quasi experimental pretest-	Logotherapy along with Quran recitation and prayer is effective

No	Author's	Therapy	Population & Sample	Problem	Design	Result
	Mohammad Mehdi (Mohammadi & Jahangiri, 2020)	with Quran recitation and prayer	depressive disorder		posttest control group design	in reduction of the symptoms of depression
15	Nastiti, et al (Nastiti et al., 2022)	SEFT	250 student of D3 nursing study program	Stress	pre-experimental with a one group pre-post test design approach	SEFT therapy was considered effective in reducing academic stress
16	Karmiyati, Diah and Sari, Siti Zuhana (Karmiyati & Sari, 2018)	Laughter and SEFT	15 elderly people aged 60 and over	Stress	quasi-experimental design with three groups	SEFT therapy is more effective than laughter therapy in decreasing stress
17	Ati, et al (Ati et al., 2023)	SEFT	40 older adults in nursing home	Management of sleep and depression	quasi-experimental pretest-posttest design with a control group	SEFT can be considered a useful nonpharmacologic approach to improve sleep quality and depression
18	Lina, et al (Lina et al., 2019)	SEFT and autogenic relaxation	Hemodialysis patient	Anxiety	Quasi experimental without control group design	There was no difference between the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation on decreasing the anxiety scale. SEFT and Autogenic Relaxation can degrade the anxiety scale
19	Asmawati, et al (Asmawati et al., 2020)	SEFT	18 NAPZA resident	Anxiety	pre-experimental quantitative design	SEFT interventions could reduce anxiety levels
20	Yulistanti, et al (Yulistanti et al., 2019)	SEFT with lavender aroma	32 hypertension patient	Anxiety, coping mechanism	True Examination with Stratified Random Sampling	SEFT therapy with lavender aromatherapy can reduce anxiety levels, improve coping mechanisms and reduce systolic blood pressure
21	Ardan, et al (Ardan et al., 2020)	SEFT	16 people with HIV/AIDS	Depression	quasi-experimental method with a nonrandomized one group pretest posttest design	SEFT can regulate depression levels; additionally, regular and consistent administration of SEFT therapy may decrease depression levels that are recovering



## **EFT for stress, anxiety and depression**

Emotional Freedom Technique (EFT) as a therapeutic technique in energy psychology has a positive effect on psychological and physiological symptoms, and quality of life. EFT is based on the ancient science of acupuncture, without the use of needles, and replaced it with a touch of the fingertips (taping) at the meridian point of the body. In acupuncture, the energy in the body flows through the body through the meridian. Pain occurs because of a disruption or an inhibition of the flow of energy. The calculus is used to repair the energy path (Stapleton et al., 2023). Because based on the same principle, EFT is aimed at repairing the body's energy flow. EFT restores balance because the energy lines can flow without obstacles. Because all negative emotions are manifestations of energy blockade and disturbance (Blacher, 2023). The difference with acupuncture account or acupressure (using finger pressure) is on EFT using light beats (taping) on the twelve main meridian points.

In its application, EFT is used for the therapy of physical and mental illnesses. Based on literature results, it is found that EFT effectively reduces levels of stress and anxiety, including relieving depression. This EFT can be used in patients suffering from a particular illness, to reduce their anxiety about disease and feelings of despair (Navianti et al., 2018; Tambunan et al. 2022), or in non-patients with a particular disease, but experiencing problems of stress, anxieties and depression. (Bustamante-Paster, 2022; Dincer & Inangil, 2021; Jasubhai, 2021; Moradi et al., 2023; Okut et al., 2022; Rifdaturahmi & Weliangan, 2021). Besides, EFT can also be combined with other therapies and obtain mutually reinforcing results. (Dincer et al., 2022; Jasubhai, 2021).

## **Prayer Therapy for stress, anxiety and depression**

Prayer therapy was scientifically developed by Viktor Frankl, with the premise that everyone is looking for meaning in his life. And the individual's answer to the question of meaning in life is the mechanism of change in psychotherapy. Individual ways of finding meaning in suffering and in life can include perspective and spiritual activity. Religious patients usually want to discuss spiritual issues in psychotherapy (Fereydouni & Forstmeier, 2022). Logotherapy, can embrace spiritual issues because spirituality is one way to gain meaning in life. So logotherapy explicitly covers religious and spiritual issues. (Fereydouni & Forstmeier, 2022).

Prayer is a profound human instinct in which one becomes conscious of his relationship with the source of life and God. This awareness will eliminate the nature of possession, including against himself. This awareness of self-righteousness and sobriety can improve their health. (Khodabakhshi-koolae et al., 2018).

This research finds that prayer therapy is effective in reducing stress, anxiety and depression (Alivian et al., 2022; Khodabakhshi-koolae and al., 2018; Mohammadi & Jahangiri, 2020; Sadeghimoghaddam, Alavi, et al. 2019). (Alivian et al., 2022; Khodabakhshi-koolae et al., 2018; Mohammadi & Jahangiri, 2020; Sadeghimoghaddam, Alavi, et al., 2019). Like EFT, prayer therapy can also be combined with other therapies.

## **SEFT for stress, anxiety and Depression**

The Spiritual Emotional Freedom Technique (SEFT) combines the spirituality of prayer and energy therapy in the EFT through a light kick of fingers. (taping). The spiritual powers of the SEFT are trust, devoutness, truthful, submission, and gratitude. Trust (confidence) that whatever happens is the destiny of God (Allah SWT), so should be accepted with open chest. Devoutness (khusyu) means when doing therapy should focus on the pain, so that energy will flow to the sick place and launch the obstacles. Truthful (Ikhlas) means accepting the present condition, so that the body will react to the pain. Submission (Pashrah) means we accept the fate that will happen, including healing or not from the illness. Gratitude means we keep thanking God, whatever the outcome, whether healed or not. (Zainudin, 2012).

Similarly to EFT, SEFT-related research was conducted for patients suffering from the disease (Asmawati et al., 2020; Ati et al, 2023; Lina et al. 2019; Yulistanti et al.; 2019), and for people who do not

suffer from physical illness. (Karmiyati & Sari, 2018; Nastiti et al., 2022). SEFT can also be combined with other therapies and can increase the patient's recovery rate.

## Conclusions

Mental illness is a worldwide concern. The most common mental illnesses, whether for patients with or without a particular illness, are stress, anxiety and depression. EFT, prayer therapy and SEFT are able to lower levels of stress, anxiety and depression, in a fast and risk-free way. All of therapy can also be combined with another therapy and reinforcing each other.

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