

RESEARCH ON THE BUTTERFLY HUG METHOD

By Ignacio (Nacho) Jarero

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<https://www.emdrmexico.org/thebutterflyhughumanitarianproject>

REFERENCE	CLINICAL POPULATION	PARTICIPANTS	TYPE OF STUDY	STUDY OBJECTIVE	RESULTS
0	Patients with cancer-related PTSD	20	Technical report	Neurobiological Insights of the Butterfly Hug.	During the reprocessing of pathogenic memories the Butterfly Hug triggered simultaneous changes across multiple brain regions, suggesting the impact of this method in broader brain circuits. The BH induces neurobiological changes associated with PTSD recovery.
1	Elders patients	60	Pre-experimental design with one group pre and post-test	To determine the effectiveness of the butterfly hug on the level of anxiety in the elderly.	Results showed an influence of the Butterfly Hug on the level of anxiety in the elderly.
2	Adolescents students	60	Pre-experimental design	Educate students in dealing with anxiety	Results showed the effectiveness of the Butterfly Hug is effective to reduce anxiety in this clinical population
3	Young adults in the University	15	Randomized Controlled Trial	To increase self-acceptance using the BH.	Results showed a significant increase in self-acceptance in the experimental control group with a value of $p=0.000$
4	Nursing students	60	Quasi-experimental with control group and intervention group	To reduce long-distance relationship anxiety with parents in nursing students.	Results showed that the Butterfly Hug is an effective method to reduce anxiety in the nursing students
5	High school students	24	Quasi-experimental with one group pre and post test.	To improve the ability of the students in providing emergency assistance for cardiac arrest due to disasters.	Results showed that the Butterfly Hug significantly and positively improves students' ability to provide emergency assistance for cardiac arrest in disaster settings.
6	Nurses working in the emergency department	7	Pre-experimental design	To reduce distress in emergency department nurses.	Results showed that the Butterfly Hug reduced distress significantly in the emergency department nurses
7	Senior citizens	10	Randomized Controlled Trial	To determine the Effects of the Butterfly Hug Method on the Mental Health Status of Senior Citizens	Results showed that the Butterfly Hug Method is beneficial to senior citizens in improving the levels of their mental health status by effectively reducing levels of anxiety and depression.
8	University students	11	Pre-experimental design	To determine the effectiveness of the BH in reducing academic stress in university students	The results showed that the butterfly Hug was effective in reducing academic stress among the University Psychology students.
9	Nurses working in a hospital	28	Quasi-experimental with one group pre and post test.	To determine the effectiveness of the BH in overcoming nurses' stress during work.	The study showed that EMDR Butterfly Hugs significantly reduce stress symptoms. EMDR Butterfly Hugs can be used quickly as immediate assistance to prevent chronic stress and as self-healing to reduce stress for nurses at work.
10	Adolescents	42	Quasi-experimental with one group pre and post test.	To identify the effect of the Butterfly Hug on anxiety levels in adolescents	The study showed that the Butterfly Hug significantly influenced anxiety levels in adolescents. This study contributes significantly to the understanding of the efficacy in managing adolescent anxiety and provides a foundation for further research or clinical applications of this therapeutic approach.
11	Students of the nursing program	48	Quasi-experimental with one group pre and post test.	To determine the effectiveness of Butterfly Hug in Reducing Stress and Anxiety in Students in Anatomy Laboratory Exams. Nursing study program.	Result showed effectiveness of the Butterfly Hug method in reducing anxiety levels in the students
12	Patients of digital subtraction angiography	52	Randomized Controlled Trial	To evaluate the Butterfly Hug effectiveness on anxiety and hemodynamics before digital subtraction angiography.	Results showed that the Butterfly Hug is effective in reducing anxiety and stabilizing hemodynamics among patients undergoing digital subtraction angiography.
13	Adolescents	18	Pre-experimental design	To investigate the effect of the Butterfly Hug method on the change of anxiety level in adolescents	Results showed that the application of the Butterfly Hug method had an impact on the change of anxiety level in adolescents.
14	Nursing students	20	Quasi-experimental with one group pre and post test.	To investigate the effect of the Butterfly Hug method on reducing anxiety level in nursing students during their thesis preparation.	Results showed a positive influence of the Butterfly Hug on the level of anxiety during thesis preparation
15	Highschool students	36	Descriptive qualitative study	To investigate the effect on the Butterfly Hug method to improve social-emotional skills and create a conducive learning atmosphere in highschool students.	Students reported improvements in emotion management and material comprehension
16	Pregnant women	25	Pre-experimental design	To analyze the effect of the Butterfly Hug method on changes in anxiety levels in pregnant women when facing normal delivery	Results showed a positive influence of the Butterfly Hug on the level of anxiety in the delivery room.
17	Highschool female students	34	Randomized Controlled Trial	To determine the effect of butterfly hug therapy on self-acceptance in high school students	Self-acceptance increased in the experimental group treated with the BH but not in the control group
18	Pre-operation patients	66	Quasi-experimental research with a pretest-posttest control group	To determine the effect of administering the Butterfly Hug to reduce anxiety in pre-operation patients.	Research shows that Butterfly Hug have an effect on reducing anxiety in preoperative patients.
19	Various populations		Systematic review	To analyze the effects of Butterfly Hug on anxiety levels through a systematic review of relevant studies.	The Butterfly Hug is identified as a simple, cost-effective, and accessible intervention that significantly reduces anxiety levels across various populations. This review concludes that Butterfly Hug is a promising non-pharmacological intervention for reducing anxiety, emphasizing its potential for broader application in clinical and community settings.
20	Nursing students in their final year	22	Quasi-experimental with one group pre and post test.	To determine the effect of administering the Butterfly Hug to reduce anxiety in the nursing students.	The findings of this study indicate a notable decrease in anxiety levels after applying the Self Healing Butterfly Hug method
21	Adolescents	94	Quasi-experimental with one group pre and post test.	To determine the effect of administering the Butterfly Hug to reduce anxiety, depression, and stress in adolescents	The study demonstrate effectiveness in reducing adolescent mental health problems, including depression, anxiety, and stress.
22	Older adults		Systematic review	To evaluate the effectiveness of Butterfly Hug therapy in reducing anxiety levels among older adults.	Butterfly Hug is a simple, non-invasive, and accessible intervention that shows potential for reducing anxiety in older adults.
23	Caregivers of children with HIV-AIDS	18	Crossover design	To determine the effect of administering the Butterfly Hug to reduce anxiety levels in this population.	Results showed that the Butterfly Hug can be an option to reduce anxiety levels in the parents of children with HIV_AIDS.
24	Elders with hypertension and related anxiety	74	Pre-experimental design	To determine the effect of administering the Butterfly Hug to reduce anxiety levels related to hypertension in elders	Results showed that the Butterfly Hug was effective in reducing anxiety in elderly people with hypertension and can be done independently at home at a low-cost.

25 Students with foreing language anxiety (FLA).	6 Case study	To determine whether the BH can reduce students' foreing language anxiety (FLA)	The study concluded that in foreign language learning, the BH is believed to be powerful in reducing students' FLA, and thus, this technique has significant pedagogical implications for facilitating the foreign language learning process.
26 Patients who are about to undergo surgery	Pre-experimental design	To determine the effect of administering the Butterfly Hug to reduce anxiety levels in this population.	The results of the Wilcoxon test showed a p-value of 0.000 ($p < 0.05$), indicating that there is a significant effect of the Butterfly Hug on reducing anxiety. Therefore, the BH can be used as a self-help intervention to reduce anxiety before surgery
27 Elders with hypertension and related anxiety	97 Pre-experimental design	To examine changes in anxiety levels following the Butterfly Hug administration in this population	Results showed an statistically significant reduction in anxiety scores after the Butterfly Hug administration
28 Ninth-grade students	91 Pre-experimental design	To examine within-group change in anxiety scores following a brief school-based Butterfly Hug program among . ninth-grade students.	Results showed that participation in the brief Butterfly Hug program was associated with lower immediate post-intervention anxiety scores.
29 Junior High School students	27 Pre-experimental design	To evaluate the effect of the Butterfly Hug and positives affirmations on the self-esteem	Results showed a significant self-esteem improvement (from 29.6% to 85.2%)
30 Women in the latent phase of labor	10 Pre-experimental design	To determine the effect of self-healing with the Butterfly Hug on anxiety levels in latent labor	Results showed a there is a significant influence of the self-healing method with the butterfly hug on the level of anxiety of mothers in the latent phase of labor.

TOTAL NUMBER OF RESEARCH STUDIES PARTICIPANTS

1075

REFERENCES

[YO CAN FIND ALL THE REFERENCES FOLLOWING THIS LINK](https://tinyl.co/4edi)

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