Energy Psychology JOURNAL

APA Reporting Standards for Research in Psychology

Journal Article Reporting Standards — Quantitative Research (JARS–Quant). Based on Appelbaum et al. (2018), American Psychologist 73(1):3–25, and the APA Publications and Communications Board Working Group on JARS (2008). Required for all research submissions to the Energy Psychology Journal.

Legend: EPJ — Specific to Energy Psychology Journal | Required — Mandatory — must not be omitted | Recommended

How to use this checklist

Review your manuscript against each item below before submission to EPJ. Items marked Required must be addressed in all submissions. Tick each checkbox (☐) and note any items not applicable to your study design. Sections 1–6 apply to all quantitative research. Section 7 applies additionally to all clinical trials and intervention studies. For RCTs, also complete the CONSORT Checklist and JADAD Scale.

Item	Reporting Requirement	Note
1. Title and Title Page		
	Title	
1.1	☐ Identify main variables and theoretical issues under investigation and the relationships between them.	Required
1.2	☐ Identify the populations studied.	Required
	Author Note	
1.3	☐ State registration information if the study has been registered, including registry name and number.	EPJ
1.4	☐ Disclose use of data also appearing in previous publications, or prior reporting in dissertations or conference papers.	Required
1.5	☐ Identify sources of funding or other support.	Required
1.6	☐ Disclose any relationships or affiliations that may be perceived as conflicts of interest.	Required
1.7	☐ Provide contact information for the corresponding author.	Required
2. Abstract		
	Objectives	
2.1	☐ State the problem under investigation, including the main hypotheses.	Required

Participants

2.2	☐ Describe participants, specifying pertinent characteristics for the study (e.g., age, sex, clinical diagnosis, N).	Required

Study Method

2.3	☐ Describe the study method, including research design (e.g., RCT, observational), sample size, materials used, outcome measures, and data-gathering procedures.	Required

Findings

2.4	☐ Report key findings, including effect sizes and confidence intervals or statistical significance levels.	Required

Conclusions

2.5	☐ State conclusions beyond just results, and report implications or applications.	Required

3. Introduction

Problem Statement

3.1	☐ State the importance of the problem, including theoretical or practical implications.	Required

Review of Relevant Scholarship

3.2	☐ Provide a succinct review of relevant scholarship, including relation to previous work.	Required
3.3	☐ Describe differences between the current report and any earlier reports if some aspects of this study have been reported previously.	

Hypotheses, Aims, and Objectives

3.4	☐ State specific hypotheses, aims, and objectives, including the theories or means used to derive hypotheses.	Required
3.5	☐ Distinguish between primary and secondary hypotheses and other planned analyses.	Required
3.6	☐ State how hypotheses and research design relate to one another.	

4. Method

Inclusion and Exclusion Criteria

4.1	☐ Report inclusion and exclusion criteria, including any restrictions based on demographic characteristics.	Required

Participant Characteristics

4.2	☐ Report major demographic characteristics (e.g., age, sex, ethnicity, socioeconomic status) and important topic-specific characteristics (e.g., clinical diagnoses, severity levels).	Required

Sampling Procedures

4.3	☐ Describe procedures for selecting participants, including sampling method if a systematic plan was implemented.	Required
4.4	☐ Report the percentage of the sample approached that actually participated; note whether self-selection occurred.	Recommended
4.5	☐ Describe settings and locations where data were collected, as well as dates of data collection.	Required
4.6	☐ Describe agreements and payments made to participants.	Required
4.7	☐ Describe institutional review board (IRB/ethics) approvals, ethical standards met, and any safety monitoring procedures.	Required

Sample Size, Power, and Precision

4.8	☐ State the intended sample size and, if different, the achieved sample size.	Required
4.9	☐ Describe determination of sample size, including power analysis or methods used to determine precision of parameter estimates.	Required
4.10	☐ Explain any interim analyses and stopping rules employed, if applicable.	

Measures and Covariates

4.11	☐ Define all primary and secondary measures and covariates, including any measures collected but not included in the report.	Required

Data Collection

4.12	☐ Describe methods used to collect data.	Required

Quality of Measurements

4.13	☐ Describe methods used to enhance quality of measurements, including training and reliability of data collectors, and use of multiple observations.	EPJ

Instrumentation

4.14	☐ Provide information on validated or ad hoc instruments used, including psychometric and biometric properties (reliability, validity).	Required

Masking / Blinding

4.15	☐ Report whether participants, those administering experimental manipulations, and those assessing outcomes were aware of condition assignments.	Required
4.16	☐ If masking took place, describe how it was accomplished and whether/how the success of masking was evaluated.	EPJ

Psychometrics

4.17	☐ Estimate and report reliability coefficients for the scores analysed (researcher's own sample), including interrater reliability, test–retest coefficients, and internal consistency coefficients as appropriate.	Required
4.18	☐ Report estimates of convergent and discriminant validity where relevant.	Recommended

Conditions and Design

4.19	☐ State whether conditions were manipulated or naturally observed. Report the type of design used (e.g., RCT, quasi-experimental, observational, longitudinal, N-of-1).	Required

Data Diagnostics

4.20	☐ Describe planned data diagnostics, including criteria for post-data-collection exclusion of participants, handling of missing data (imputation methods), definition and processing of outliers, analyses of data distributions, and any data transformations.	Required

Analytic Strategy

4.21	☐ Describe the analytic strategy for inferential statistics, including protection against experimentwise error, for primary, secondary, and exploratory hypotheses.	Required

5. Results

Participant Flow

5.1	☐ Report the total number of participants in each group at each stage of the study.	Required
5.2	☐ Include a figure depicting participant flow through the study (CONSORT flowchart recommended for RCTs and clinical trials).	EPJ

Recruitment

5.3	☐ Provide dates defining the periods of recruitment, repeated measures, and follow-up.	Required

Statistics and Data Analysis

5.4	☐ Report frequency or percentages of missing data, and describe methods used to address missing data.	Required

5.5	☐ Provide descriptive statistics for each primary and secondary outcome, including N, cell means, standard deviations, and other characterising measures for the total sample and each subgroup.	Required
5.6	☐ Report inferential statistics, including exact p-values for all tests conducted (not “p < .05”, unless p < .001).	Required
5.7	☐ Report effect-size estimates and confidence intervals for each inferential test conducted, clearly differentiating primary, secondary, and exploratory tests.	Required
5.8	☐ For complex data analyses (e.g., SEM, HLM, factor analysis), provide details of models estimated, associated variance–covariance matrices, and statistical software used.	Recommended
5.9	☐ Report any estimation problems, regression diagnostics, or analytic anomalies detected, and solutions applied.	
5.10	☐ Report problems with statistical assumptions and/or data distributions that could affect validity of findings.	Required

6. Discussion

Support of Original Hypotheses

6.1	☐ State support or nonsupport for all hypotheses (primary and secondary), including implications of any exploratory analyses.	Required

Similarity of Results

6.2	☐ Discuss similarities and differences between reported results and work of others.	Required

Interpretation

6.3	☐ Provide an interpretation of results, accounting for sources of potential bias, threats to internal and statistical validity, imprecision of measurement protocols, number of tests conducted, and adequacy of sample sizes.	Required

Generalisability

6.4	☐ Discuss generalisability (external validity) of findings, considering target population (sampling validity) and other contextual issues (setting, measurement, time; ecological validity).	Required

Implications

6.5	☐ Discuss implications for future research, programme, or policy.	Required

7. Additional Requirements for Clinical Trials (Module C)

Apply these items in addition to all sections above when the study involves an intervention or clinical trial.

Title and Abstract Additions

7.1	☐ State whether the trial was registered prior to implementation (title page and abstract).	Required
7.2	☐ If registered, state the registry name and include the registration number in the abstract.	Required
7.3	☐ Describe public health implications of trial results in the abstract.	EPJ

Introduction Additions

7.4	☐ State the rationale for evaluating specific intervention(s) for a given clinical problem, disorder, or variable.	Required
7.5	☐ Describe the approach, if any, to assess mediators and moderators of treatment effects.	EPJ
7.6	☐ Describe potential public health implications of the study.	

Method Additions — Participants

7.7	☐ Report how clinical status was determined (diagnostic interview, standardised checklist, clinical judgement) and who made the determination.	Required
7.8	☐ Describe any steps taken to ensure diagnostic reliability and describe any co-occurring conditions.	Required
7.9	☐ Report current treatment status of participants at study entry (medication, therapy).	Required

Method Additions — Intervention

7.10	☐ Describe each intervention condition in detail, including content, delivery format, intensity, and duration, sufficient to allow replication.	Required
7.11	☐ Provide the treatment manual or protocol used, or a citation to it. *EPJ requires citation of a published or appended treatment manual*	Required
7.12	☐ Report whether the intervention was delivered individually or in groups, and setting of delivery.	Required
7.13	☐ Describe therapist/interventionist credentials, training, supervision, and any steps to ensure treatment fidelity.	EPJ
7.14	☐ Report the number of treatment sessions, length, and any variation in dose across participants.	Required

Method Additions — Outcomes

7.15	☐ Describe the primary and secondary outcome measures, with citation of psychometric properties.	Required
7.16	☐ Report timing of all outcome assessments and whether assessors were blind to condition.	Required

7.17	☐ Describe any adverse events monitoring procedures.	Required

Results Additions

7.18	☐ Report data on treatment fidelity/adherence.	EPJ
7.19	☐ Report any adverse events or unintended effects, per group.	Required
7.20	☐ Report mediation and moderation analyses, if conducted.	Recommended

** Item numbers follow the section and sequence structure of this checklist. Section 7 items apply only to studies involving clinical trials or experimental interventions. See Appelbaum et al. (2018) for full elaboration of each standard, and consult JARS-Quant Table 2 Modules A, B, and C at apastyle.apa.org/jars for design-specific additions.*

EPJ-Specific Guidance for Energy Psychology Submissions

- Treatment Manual (4.14 / 7.11): Always cite a published manualized EP protocol (e.g., the Clinical EFT Manual, Church, 2013) or append the protocol used. This is a non-negotiable EPJ requirement.
- Fidelity (4.13 / 7.13): Report therapist training level, supervision structure, and fidelity/adherence data with inter-rater reliability coefficients.
- Blinding (4.15–16): Describe blind outcome assessment procedures. Full participant blinding is often impractical in psychotherapy; document the degree of masking achieved.
- Effect sizes (5.7): Report Cohen's d or Hedges' g with 95% CIs for all primary outcomes. EPJ reviewers specifically check for effect sizes.
- Biomarkers (Rec): Where feasible, include biological markers of stress (e.g., cortisol, heart rate variability, salivary IgA). These strengthen EP research considerably.
- Pre-registration (1.3 / 7.1–02): Pre-register your trial at ClinicalTrials.gov or ANZCTR before data collection. Include registry name and number on the title page and in the abstract.