

# Search Results

## Table of Contents

Search History .....	page 5
1. News You Can Use. ....	page 6
2. Review of Mental health, naturally. ....	page 6
3. Classical five-element acupuncture. Centering the umbilical pulse and Akabani testing. ....	page 7
4. Acupuncture at the dentist. ....	page 7
5. Effects of electroacupuncture on oxidative stress and antioxidant activity -- relation between autonomic nerve functions and anxiety [Japanese]. ....	page 8
6. Clinical digest. People with dental anxiety might benefit from acupuncture. ....	page 9
7. Acupuncture may ease patient anxiety. ....	page 9
8. Mental health. ....	page 9
9. A randomized trial of acupuncture for vasomotor symptoms in post-menopausal women. ....	page 9
10. Second opinion. ....	page 10
11. Effects of acupressure on menstrual distress in adolescent girls: A comparison between Hegu Sanyinjiao matched points and Hegu, Zusanli single point. ....	page 10
12. Acupuncture in the management of anxiety related to dental treatment: a case series. ....	page 11
13. The initial consultation: getting to the heart of the matter, part 9. ....	page 12
14. Predictors of complementary and alternative medicine use in chronic pain patients. ....	page 12
15. Acupuncture 'a proven technique' for anxiety. ....	page 13
16. Effects of music on anxiety and pain in children with cerebral palsy receiving acupuncture: a randomized controlled trial. ....	page 13
17. Laser acupuncture for chronic non-specific low back pain: a controlled clinical trial. ....	page 14
18. Anxiety as a factor influencing physiological effects of acupuncture. ....	page 15
19. Musculoskeletal citations. ....	page 16
20. Acupuncture or counselling: outcomes and predictors of treatment choice in a non-statutory addiction service. ....	page 17
21. Pilot study to assess the credibility of acupuncture in acute exacerbations of chronic obstructive pulmonary disease. ....	page 18
22. Reviews of effectiveness. ....	page 19
23. Treatment of anxiety with non-needle electro-acupuncture. ....	page 19
24. Can non-invasive acupuncture reduce patient's needle-anxiety?... 2009 Southern Nursing Research Society Conference. ....	page 20
25. Acupuncture for menopausal hot flashes: a qualitative study about patient experiences. ....	page 20
26. Anxiety and depression profile of 188 consecutive new patients presenting to a neuro-emotional technique practitioner. ....	page 21
27. The impact of psychological factors on placebo responses in a randomized controlled trial comparing sham device to dummy pill. ....	page 22
28. The Tong Ren healing method: a survey study. ....	page 22
29. Developing research strategies in complementary and alternative medicine. ....	page 23
30. Complementary medicine can benefit palliative care -- part 2. ....	page 24
31. Pregnancy and labor alternative therapy research. ....	page 24

32. Separation anxiety disorder in a 13-year-old boy managed by the Neuro Emotional Technique as a biopsychosocial intervention. ....	page 25
33. The value of acupuncture in cancer care. ....	page 26
34. Effect of acupuncture on pain, sleep and quality of life improvement in fibromyalgia patients: preliminary study [Portuguese]. ....	page 26
35. Does periosteal or intramuscular acupuncture help anxiety in patients with chronic neck and back pain? .....	page 27
36. Manual medicine and TCM. A gentle approach to dealing with the anxious patient. ....	page 28
37. Musings from a senior practitioner. A bridge between us. ....	page 28
38. Vibrational medicine. Color light acupuncture techniques for treatment of pain associated with depression, anxiety & trauma. ....	page 28
39. Energy tapping: How to rapidly eliminate anxiety, depression, cravings, and more using energy psychology (2nd ed.). ....	page 28
40. Acupuncture for psychiatric illness: A literature review. ....	page 29
41. Effect of acupuncture on anxiety-like behavior during nicotine withdrawal and relevant mechanisms. ....	page 30
42. Intramuscular and periosteal acupuncture for anxiety and sleep quality in patients with chronic musculoskeletal pain - an evaluator blind, controlled study. ....	page 31
43. Short reports. Acupuncture. ....	page 32
44. Integrative medicine in cancer care. ....	page 32
45. Acupuncture for mild to moderate emotional complaints in pregnancy -- a prospective, quasi-randomised, controlled study. ....	page 32
46. Acupuncture. ....	page 33
47. Acupuncture for anxiety and anxiety disorders -- a systematic literature review. ....	page 34
48. Does acupuncture reduce anxiety in patients undergoing cataract surgery? .....	page 35
49. The challenges faced by an acupuncturist in psychiatry: a case study examination of the potential for acupuncture in mental health care. ....	page 35
50. Acupuncture treatment for women with concurrent substance use and anxiety/depression: an effective alternative therapy? .....	page 36
51. Research update: Oriental medicine research abstracts [corrected] [published erratum appears in CALIF J ORIENT MED 2007 fall-winter;18(2):3]. ....	page 36
52. Acupuncture as an adjunct for sedation during lithotripsy. ....	page 37
53. Effect of acupuncture treatment on the immune function impairment found in anxious women. ....	page 38
54. Prevention and intervention strategies to alleviate preoperative anxiety in children: a critical review. ....	page 39
55. Effects of acupuncture as a treatment for hyperventilation syndrome: a pilot, randomized crossover trial. ....	page 39
56. Anxiety control of dental patients by clinical combination of acupuncture, Bi-Digital O-Ring Test, and eye movement desensitization with sedation via submucosal route. ....	page 40
57. Effects of acupuncture as a treatment for hyperventilation syndrome: A pilot, randomized crossover trial. ....	page 41
58. Prevention and intervention strategies to alleviate preoperative anxiety in children: A critical review. ....	page 42
59. Improvement in fibromyalgia symptoms with acupuncture: results of a randomized controlled trial. ....	page 43
60. Integrative care in the perioperative period. ....	page 43
61. Out-of-hospital auricular acupressure in elder patients with hip fracture: a randomized double-blinded trial. ....	page 44
62. Developing a traditional Chinese medicine diagnostic structure for post-traumatic stress disorder. ....	page 45

63. Acupuncture for diagnostic fiberoptic bronchoscopy: a prospective, randomized, placebo-controlled study.	page 46
64. Preoperative psychological preparation of the child for surgery: an update.	page 47
65. Acupuncture and spirituality-focused group therapy for the treatment of HIV-positive drug users: A preliminary study.	page 47
66. RESEARCH database: international updates.	page 48
67. Non-pharmacological pain-relieving therapies in individuals with spinal cord injury: a patient perspective.	page 48
68. Acupuncture for depression: first steps toward a clinical evaluation.	page 49
69. Acupuncture for GI endoscopy: a systematic review.	page 50
70. Needling of the extra 1 point decreases BIS values and preoperative anxiety.	page 51
71. The effects of meridian exercise on anxiety, depression, and self-esteem of female college students in Korea.	page 52
72. Parental auricular acupuncture as an adjunct for parental presence during induction of anesthesia.	page 52
73. Acupuncture, herbal medicine and homeopathy in primary care mental health.	page 53
74. Modulation of cerebellar activities by acupuncture stimulation: evidence from fMRI study.	page 54
75. Auricular acupuncture soothes parents' nerves: treatment before surgery reduces anxiety in both mother and child.	page 55
76. Research database.	page 55
77. Sedate the parents first.	page 55
78. News for healthy living. The finer points of parental anxiety.	page 56
79. Acupuncture increases nocturnal melatonin secretion and reduces insomnia and anxiety: a preliminary report.	page 56
80. Acupuncture Increases Nocturnal Melatonin Secretion and Reduces Insomnia and Anxiety: A Preliminary Report.	page 57
81. Acupuncture, herbal medicine and homeopathy in primary care mental health	page 57
82. Lifetime physical and sexual abuse in chronic pain patients: psychosocial correlates and treatment outcomes.	page 58
83. SYMPATHETIC RESONANCE TECHNOLOGY: scientific foundation and summary of biologic and clinical studies.	page 59
84. A phase I study on the feasibility and acceptability of an acupuncture/hypnosis intervention for chronic pediatric pain.	page 59
85. Eighth Oxford Conference organised by the Oxford International Biomedical Centre (OIBC) 8th-12th April 2002.	page 60
86. A phase I study on the feasibility and acceptability of an acupuncture/ hypnosis intervention for chronic pediatric pain.	page 61
87. Auricular acupuncture, education, and smoking cessation: A randomized, sham-controlled trial.	page 61
88. Auricular acupuncture for pre-operative anxiety I (n=55).	page 62
89. Auricular acupuncture for pre-operative anxiety II (n=91).	page 62
90. Ear acupuncture reduces preoperative anxiety.	page 62
91. Attitudes of patients undergoing surgery toward alternative medical treatment.	page 63
92. Anxiety, depression, and insomnia.	page 64
93. A large randomized placebo controlled study of auricular acupuncture for alcohol dependence.	page 64
94. Needle techniques. Gentle treatment for general anxiety disorder, post-traumatic stress and episodic anxiety.	page 65

95. A study on hypnotic acupuncture therapy for angina pectoris and its effects on plasma ET and NO. ....	page 65
96. Acupuncture as treatment for anxiety and depression in persons with dementia: results of a feasibility and effectiveness study. ....	page 66
97. Some evidence that auricular acupuncture points are specific for anxiety. ....	page 66
98. Auricular acupuncture effective in treating anxiety: technique could reduce pain and stress in postsurgical patients. ....	page 67
99. Surgery and complementary therapies: a review. ....	page 67
100. Traditional Chinese medicine, acupuncture, and other alternative medicines for prostate cancer: an introduction and the need for more research. ....	page 67
101. Clinical management of needle-phobia patients requiring acupuncture therapy ....	page 68
102. Treatment effects of acupuncture on anxiety and depression in working women. ....	page 69
103. Comparative study on acupuncture combined with behavioral desensitization for treatment of anxiety neuroses ....	page 70
104. Affolement et Fureur: Aphonie (Yu Que Wo Ren) ....	page 70
105. Does electroacupuncture reduce craving for alcohol? A randomized controlled study. ....	page 70
106. Treatment effects of acupuncture on anxiety and depression in working women. ....	page 71
107. Cognitive styles and personality traits as predictors of response to therapy in pain patients. ....	page 72
108. The psychotherapeutic utilization of acupuncture. ....	page 73
109. Acupuncture and chronic pain mechanisms: The moderating effects of affect, personality, and stress on response to treatment. ....	page 73
110. Hypnotic procedures and surgery: A critical analysis with applications to "acupuncture analgesia." ....	page 73
111. Acupuncture and hypnotism: Preliminary experiments-and a warning. ....	page 74

## Search History

---

1. MEDLINE; exp ACUPUNCTURE/; 937 results.
2. MEDLINE; exp ANXIETY/; 44317 results.
3. MEDLINE; 1 AND 2; 9 results.
4. AMED; exp ACUPUNCTURE/; 3143 results.
5. AMED; exp ANXIETY/; 724 results.
6. AMED; 4 AND 5; 3 results.
7. CINAHL; exp ACUPUNCTURE/; 5925 results.
8. CINAHL; exp ANXIETY/; 10955 results.
9. CINAHL; 7 AND 8; 83 results.
10. HMIC; exp ACUPUNCTURE/; 83 results.
11. HMIC; exp ANXIETY/; 536 results.
12. HMIC; 10 AND 11; 1 results.
13. PsycINFO; exp ACUPUNCTURE/; 850 results.
14. PsycINFO; exp ANXIETY/; 41656 results.
15. PsycINFO; 13 AND 14; 21 results.
16. MEDLINE,AMED,CINAHL,HMIC,PsycINFO; Duplicate filtered: [1 AND 2], [4 AND 5], [7 AND 8], [10 AND 11], [13 AND 14]; 117 results.

**1. News You Can Use.**

<b>Citation:</b>	Alternative & Complementary Therapies, 01 October 2010, vol./is. 16/5(251-255), 10762809
<b>Language:</b>	English
<b>Publication Type:</b>	journal article
<b>Subject Headings:</b>	<a href="#">Vitamin A</a> <a href="#">Beta Carotene</a> <a href="#">Breast Feeding</a> <a href="#">Human Immunodeficiency Virus</a> <a href="#">Milk, Human</a> <a href="#">Infant, Newborn</a> <a href="#">Infant</a> <a href="#">Cancer Patients</a> <a href="#">Anxiety</a> <a href="#">Hallucinogens</a> <a href="#">Food Intake</a> <a href="#">Cacao</a> <a href="#">Heart Failure, Congestive</a> <a href="#">Hospitalization</a> <a href="#">Acupuncture</a> <a href="#">Sciatica</a> <a href="#">Failed Back Surgery Syndrome</a> <a href="#">Lumbar Vertebrae</a> <a href="#">Diabetes Mellitus, Non-Insulin-Dependent</a> <a href="#">Glucans</a> <a href="#">Blacks</a> <a href="#">Pain</a> <a href="#">Treatment Outcomes</a> <a href="#">Acupuncturists</a> <a href="#">Hearing Disorders</a> <a href="#">Macular Degeneration</a> <a href="#">Fish</a> <a href="#">Aged</a> <a href="#">Shellfish</a> <a href="#">Sleep Deprivation</a> <a href="#">Obesity</a> <a href="#">Diet, Low Carbohydrate</a> <a href="#">Diet, Fat-Restricted</a> <a href="#">Weight Loss</a> <a href="#">Behavior Therapy</a> <a href="#">Obesity</a> <a href="#">Combined Modality Therapy</a> <a href="#">Obesity</a> <a href="#">Psychotherapy</a> <a href="#">Qigong</a> <a href="#">Stress, Psychological</a> <a href="#">Students, Middle School</a> <a href="#">Adolescence</a> <a href="#">Aloe</a> <a href="#">Postoperative Pain</a> <a href="#">Wound Healing</a> <a href="#">Hemorrhoids</a> <a href="#">Swedish Massage</a> <a href="#">Physiological Processes</a>
<b>Source:</b>	CINAHL

**2. Review of Mental health, naturally.**

**Citation:** Journal of Child Neurology, October 2010, vol./is. 25/10(1305), 0883-0738 (Oct 2010)

**Author(s):** Brumback, Roger A

**Language:** English

**Abstract:** Reviews the book, Mental health, naturally by Kathi J. Kemper (2010). The reviewer notes that this book is an evidence-based approach to covering the topics of exercise, sleep, nutrition and dietary supplements, stress, communication skills, herbal remedies, homeopathy, massage, acupuncture, chiropractic, and magnetism. He states that excellent separate chapters address three of the major clinical problems that confront child neurologists almost daily: attention-deficit/hyperactivity disorder, anxiety, and depression. Each chapter begins with a short clinical vignette that is then interwoven with a concise but comprehensive summary of the individual topic. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Country of Publication:** HOLDER: The Author(s); YEAR: 2010

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Evidence Based Practice](#)  
[\\*Mental Health](#)  
[\\*Neurologists](#)  
[Acupuncture](#)  
[Alternative Medicine](#)  
[Anxiety](#)  
[Dietary Supplements](#)  
[Exercise](#)  
[Magnetism](#)  
[Massage](#)  
[Medicinal Herbs and Plants](#)  
[Nutrition](#)

**Source:** PsycINFO

### 3. Classical five-element acupuncture. Centering the umbilical pulse and Akabani testing.

**Citation:** Acupuncture Today, 01 September 2010, vol./is. 11/9(10-11), 15267784

**Author(s):** Gumenick NR

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Diagnosis](#)  
[Nails](#)  
[Pulse](#)  
[Umbilicus](#)  
[Acupuncturists](#)  
[Anxiety](#)  
[Low Back Pain](#)  
[Meridians](#)

**Source:** CINAHL

### 4. Acupuncture at the dentist.

**Citation:** Massage & Bodywork, 01 September 2010, vol./is. 25/5(16-16), 15448827

**Author(s):** Eads S

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Dental Anxiety](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**5. Effects of electroacupuncture on oxidative stress and antioxidant activity -- relation between autonomic nerve functions and anxiety [Japanese].**

**Citation:** Journal of the Japanese Association of Physical Medicine, Balneology & Climatology, 01 August 2010, vol./is. 73/4(255-263), 00290343

**Author(s):** Uemoto Y; Hiro M; Yano T

**Language:** English

**Abstract:** Background; Although acupuncture medicine has been used with the aim of maintenance or promotion of health as well as improvement and/or cure of disease, scientific evidences regarding the effect of the therapy on health maintenance or health promotion so far are limited. We evaluated the effect of electroacupuncture on oxidative stress, antioxidative activity, autonomic nerve functions and anxiety to investigate the usefulness of the therapy in terms of health maintenance and health promotion. Methods; Subjects of the present study were nine healthy volunteers (six males and three females, mean age 29.3years). These subjects participated in two experimental conditions (with and without electroacupuncture) at random order with an interval of at least one week. Oxidative stress and antioxidative activity were determined with an automatic free radical analyzer (FRAS-4). Autonomic nerve functions were evaluated with heart rate variability (HRV) analysis using an ECG monitoring system. Also, psychological statement was evaluated with State-Trait Anxiety Inventory (STAI). These evaluation were carried out immediately before and after electroacupuncture or resting period both of which the duration was set for 15 minutes. Electroacupuncture was carried out at LI4 (Hegu) and LI10 (Shousanli) at a frequency of 1.3Hz with a comfortable intensity for the subject. Comparison of the data between immediately before and after stimulation was performed with paired-t test. Repeated measures ANOVA was applied for comparison between groups. Correlation analysis was performed to estimate relation between outcomes. All the analysis was carried out using commercially available statistical software (SPSS ver. 11). A p-value less than five percents was considered statistical significance.; Results; Antioxidative activity was markedly increased under the condition of that electroacupuncture was carried out ( $p < 0.05$ ), which resulted in a statistically significant difference when compared with those in the control condition, while no statistically significant difference was found between two conditions in the oxidative stress. No significant difference after electroacupuncture was found in any items of HRV analysis and the STAI. There was no significant correlation between changes in the antioxidative activity, items in HRV and STAI.; Discussion & Conclusion; Electroacupuncture was capable of increasing antioxidative activity but had no influence on the autonomic nerve functions and anxiety. We suggested that the mechanism underlying the effect of electroacupuncture to the antioxidative activity may not involve changes in the autonomic nerve functions or psychological factors, but rather depending on the micro injury in the tissue at the needling points or muscle contraction which had been evoked during stimulation.

**Publication Type:** journal article

**Subject Headings:** [Antioxidants](#)  
[Anxiety](#)  
[Autonomic Nervous System](#)  
[Electroacupuncture](#)  
[Health Promotion](#)  
[Oxidative Stress](#)  
[Adult](#)  
[Analysis of Variance](#)  
[Data Analysis Software](#)  
[Descriptive Statistics](#)  
[Electrocardiography](#)  
[Female](#)  
[Heart Rate Variability](#)  
[Human](#)



[Japan](#)  
[Male](#)  
[P-Value](#)  
[Paired T-Tests](#)  
[Pretest-Posttest Design](#)  
[Psychological Tests](#)  
[Range of Motion](#)  
[Repeated Measures](#)  
[State-Trait Anxiety Inventory](#)

**Source:** CINAHL

#### 6. Clinical digest. People with dental anxiety might benefit from acupuncture.

**Citation:** Nursing Standard, 02 June 2010, vol./is. 24/39(17-17), 00296570

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Dental Anxiety](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

#### 7. Acupuncture may ease patient anxiety.

**Citation:** Explorer (08947929), 01 June 2010, vol./is. 36/6(1-2), 08947929

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Dental Anxiety](#)

**Source:** CINAHL

#### 8. Mental health.

**Citation:** Nursing Times, 06 April 2010, vol./is. 106/13(4-4), 09547762

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Mental Health](#)  
[Acupuncture](#)  
[Dental Anxiety](#)  
[Motion Pictures](#)  
[Nursing Homes](#)  
[Restraint, Physical](#)

**Source:** CINAHL

**Full Text:** Available in *print* at [Bolton PCT](#)

#### 9. A randomized trial of acupuncture for vasomotor symptoms in post-menopausal women.

**Citation:** Complementary Therapies in Medicine, 01 April 2010, vol./is. 18/2(59-66), 09652299

**Author(s):** Venzke L; Calvert JF Jr; Gilbertson B

**Language:** English

**Abstract:** OBJECTIVE: The goal of this study was to determine whether acupuncture would relieve the vasomotor symptoms of post-menopausal women. DESIGN: A randomized, single-blind trial. SETTING: A small city in a rural area of Eastern Oregon.

**INTERVENTIONS:** Women were recruited into the study from the community by advertising or physician referral. All study subjects were in non-surgical menopause and medically stable. Study subjects were randomly assigned to receive 12 weeks of treatment with either Chinese Traditional Medicine (TCM) acupuncture (n=27) or shallow needle (sham) acupuncture (n=24). **OUTCOME MEASURES:** Study participants kept a diary recording their hot flashes each day. At baseline, study participants filled out Greene Climacteric Scales and the Beck Depression and Anxiety Inventories. These same outcomes were also measured at week 4 of treatment and at 1 week and 12 weeks after treatment. The number of hot flashes and the numeric scores on the Climacteric Scales and the Beck inventories were compared between the verum and shallow needling groups using two-way repeated measures. **RESULTS:** Both groups of women showed statistically significant improvement on all study parameters. However, there was no difference between the improvement in the shallow needle and verum acupuncture groups. Study subjects were not able to guess which group they had been assigned to. **CONCLUSIONS:** This study showed that both shallow needling and verum acupuncture were effective treatments of post-menopausal vasomotor symptoms. Study subjects were not able to distinguish shallow needling from real TCM acupuncture. Shallow needling may have therapeutic effects in itself reducing its utility as a "placebo" control for verum acupuncture. This result is consistent with other published studies.; Copyright © 2010 by Elsevier Inc.

**Publication Type:** journal article  
**Subject Headings:** [Acupuncture](#)  
[Hot Flashes](#)  
[Menopause](#)  
[Anxiety](#)  
[Depression](#)  
[Female](#)  
[Human](#)  
[Single-Blind Studies](#)  
**Source:** CINAHL

#### 10. Second opinion.

**Citation:** Mayo Clinic Health Letter, 01 April 2010, vol./is. 28/4(8-8), 07416245  
**Language:** English  
**Publication Type:** journal article  
**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Digital Rectal Examination](#)  
[Ear](#)  
[Infection](#)  
[Prostate](#)  
[Prostate-Specific Antigen](#)  
[Stress](#)  
[Urinalysis](#)  
**Source:** CINAHL

#### 11. Effects of acupressure on menstrual distress in adolescent girls: A comparison between Hegu Sanyinjiao matched points and Hegu, Zusanli single point.

**Citation:** Journal of Clinical Nursing, April 2010, vol./is. 19/7-8(998-1007), 0962-1067;1365-2702 (Apr 2010)  
**Author(s):** Chen, Huei-Mein; Chen, Chung-Hey  
**Correspondence Address:** Chen, Chung-Hey: Institute of Allied Health Sciences, National Cheng Kung University, 1 University Road, Tainan, Taiwan, 70101, chunghey@mail.ncku.edu.tw  
**Language:** English

**Abstract:** Aim and objectives: To examine a comparison between Hegu and Sanyinjiao matched points and Hegu, Zusanli single point on adolescent girls' menstrual distress, pain and anxiety perception. Background: Primary dysmenorrhoea is a major cause of temporary disability, with a prevalence ranging from 60-93%, depending upon the population and study. No one has yet compared the effects of single point and multiple point acupressures. Design: A single blind randomised experimental study was used. Methods: Adolescents (n = 134) randomly assigned to experimental groups Zusanli (n = 30), Hegu (n = 33) and Hegu-Sanyinjiao Matched Points (n = 36) received acupressure intervention protocol for 20 minutes, while the control group (n = 35) did not receive any acupressure intervention. Four instruments were used to collect data: (1) the Visual Analog Scale for Pain; (2) the Menstrual Distress Questionnaire Short Form; (3) the Short-Form McGill Pain Questionnaire and (4) the Visual Analog Scale for Anxiety. Results: During the six-month follow-up, acupressure at matched points Hegu and Sanyinjiao reduced the pain, distress and anxiety typical of dysmenorrhoea. Acupressure at single point Hegu was found, effectively, to reduce menstrual pain during the follow-up period, but no significant difference for reducing menstrual distress and anxiety perception was found. Zusanli acupressure had no significant effects of reducing menstrual pain, distress and anxiety perception. Conclusion: This controlled trial provides preliminary evidence that six-month acupressure therapy provides female adolescents with dysmenorrhoea benefits. Relevance to clinical practice: Acupressure is an effective and safe non-pharmacologic strategy for the treatment of primary dysmenorrhoea. We recommend the use of acupressure for self-care of primary dysmenorrhoea at Hegu and Sanyinjiao matched points and single point Hegu, as pressure placement at these points is easy for adolescent girls to learn and practice. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Country of Publication:** HOLDER: The Authors. Journal compilation--Blackwell Publishing Ltd.; YEAR: 2010

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Distress](#)  
[\\*Menstruation](#)  
[\\*Pain Perception](#)  
[Anxiety](#)  
[Human Females](#)

**Source:** PsycINFO

## 12. Acupuncture in the management of anxiety related to dental treatment: a case series.

**Citation:** Acupuncture in Medicine, 01 March 2010, vol./is. 28/1(3-5), 09645284

**Author(s):** Rosted P; Bundgaard M; Gordon S; Pedersen AML

**Language:** English

**Abstract:** Background Anxiety related to dental treatment is a common phenomenon that has a significant impact on the provision of appropriate dental care. The aim of this case series was to examine the effect of acupuncture given prior to dental treatment on the level of anxiety. Methods Eight dentists submitted 21 case reports regarding the treatment of dental anxiety. The level of anxiety was assessed by the Beck Anxiety Inventory (BAI). Only patients with moderate to severe anxiety (BAI score  $\geq 16$ ) were included. The remaining 20 patients, 16 women and 4 men, with a mean age of 40.3 years, had a median BAI score of 26.5 at baseline. The BAI score was assessed before and after the acupuncture treatment. All patients received acupuncture treatment for 5 min prior to the planned dental treatment using the points GV20 and EX6. Results There was a significant reduction in median value of BAI scores after treatment with acupuncture (26.5 reduced to 11.5;  $p < 0.01$ ), and it was possible to carry out the planned dental treatment in all 20 cases after acupuncture treatment. Previously this had only been possible in six cases. Conclusion Acupuncture prior to dental treatment has a beneficial effect on the level of anxiety in patients with dental anxiety and may offer a simple and inexpensive method of treatment. However, the present results need to be tested in a larger randomised clinical

trial in order to evaluate the effectiveness of the acupuncture treatment in patients with dental anxiety.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Dental Anxiety](#)  
[Adult](#)  
[Aged](#)  
[Criterion-Related Validity](#)  
[Descriptive Statistics](#)  
[Discriminant Validity](#)  
[Female](#)  
[Human](#)  
[Male](#)  
[Middle Age](#)  
[Pretest-Posttest Design](#)  
[Psychological Tests](#)  
[Spearman's Rank Correlation Coefficient](#)  
[Statistical Significance](#)  
[Wilcoxon Signed Rank Test](#)  
[Young Adult](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

### 13. The initial consultation: getting to the heart of the matter, part 9.

**Citation:** Acupuncture Today, 01 March 2010, vol./is. 11/3(0-4), 15267784

**Author(s):** Gumenick N

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncturists](#)  
[Patient History Taking](#)  
[Professional-Patient Relations](#)  
[Acupuncture Points](#)  
[Anxiety](#)  
[Communication](#)  
[Diagnosis](#)  
[Human](#)  
[Male](#)

**Source:** CINAHL

### 14. Predictors of complementary and alternative medicine use in chronic pain patients.

**Citation:** Pain Medicine, 01 January 2010, vol./is. 11/1(16-24), 15262375

**Author(s):** Ndao-Brumblay SK; Green CR

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Alternative Therapies](#)  
[Chronic Disease](#)  
[Patient Care](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Biofeedback](#)  
[Blacks](#)  
[Chiropractic](#)

[Data Analysis Software](#)  
[Databases](#)  
[Descriptive Statistics](#)  
[Disability Evaluation](#)  
[Female](#)  
[Health Services](#)  
[Logistic Regression](#)  
[Male](#)  
[Middle Age](#)  
[Pain](#)  
[Psychological Tests](#)  
[Relaxation](#)  
[Scales](#)  
[Whites](#)

**Source:** CINAHL

#### 15. Acupuncture 'a proven technique' for anxiety.

**Citation:** Physiotherapy Frontline, 04 November 2009, vol./is. 15/19(16-17), 13569791

**Author(s):** Ogden J

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Anxiety](#)

**Source:** CINAHL

#### 16. Effects of music on anxiety and pain in children with cerebral palsy receiving acupuncture: a randomized controlled trial.

**Citation:** International Journal of Nursing Studies, November 2009, vol./is. 46/11(1423-30), 0020-7489;1873-491X (2009 Nov)

**Author(s):** Yu H; Liu Y; Li S; Ma X

**Institution:** Department of Acupuncture and Moxibustion, Traditional Chinese Medicine Hospital of Shenzhen, No. 1, Fu-hua Road, Fu-tian District, Shenzhen 518000, Guangdong Province, China.

**Language:** English

**Abstract:** OBJECTIVES: To study the effects of music on anxiety and pain in children with cerebral palsy receiving acupuncture daily in a clinical setting. DESIGN: A randomized controlled trial. SETTING: Acupuncture Unit at Shenzhen Hospital of Traditional Chinese Medicine in Shenzhen City of China. PARTICIPANTS: Sixty children with cerebral palsy undergoing acupuncture. METHODS: Intervention: Children listened to their favorite music or a blank disc for 30 min. Measurements: (1) the modified Yale preoperative anxiety scale for children's anxiety (mYPAS); (2) children's hospital of eastern Ontario pain scale (CHEOPS) and Wong-Baker faces pain rating scale (FACES) for pain intensity; (3) vital signs including mean arterial blood pressure (MAP), heart rate (HR) and respiratory rate (RR). RESULTS: An independent sample t-test showed significantly lower mYPAS scores in the music group 30 min after the intervention compared with the control group ( $t=4.72$ ,  $P=0.00$ ). Significant differences between groups were found in mYPAS scores ( $F=4.270$ ,  $d.f.=1$ ,  $P=0.043$ , Partial  $\eta^2=0.069$ ) and over treatment duration ( $F=143.421$ ,  $d.f.=1.521$ ,  $P=0.000$ , Partial  $\eta^2=0.712$ ). A significant interaction was also found ( $F=4.298$ ,  $d.f.=1.521$ ,  $P=0.025$ , Partial  $\eta^2=0.069$ ). LSD's post hoc testing confirmed that the mYPAS scores significantly increased from the baseline to 1 min ( $P=0.000$ , 95% CI 14.913, 20.257) and then gradually decreased from 1 to 30min ( $P=0.000$ , 95% CI -18.952, -13.714). For pain intensity scores, a highly significant time effect was found in both the CHEOPS ( $F=87.347$ ,  $d.f.=2$ ,  $P=0.000$ , Partial  $\eta^2=0.601$ )

and FACES ( $F=225.871$ ,  $d.f.=1.822$ ,  $P=0.000$ ,  $\text{Partial } \eta^2(2)=0.796$ ), and a significant interaction effect was found as well ( $F=4.369$ ,  $d.f.=2$ ,  $P=0.015$ ,  $\text{Partial } \eta^2(2)=0.070$ ;  $F=5.859$ ,  $d.f.=1.822$ ,  $P=0.005$ ,  $\text{Partial } \eta^2(2)=0.092$ ). However, no significant difference between groups was present ( $F=2.343$ ,  $d.f.=1$ ,  $P=0.131$ ,  $\text{Partial } \eta^2(2)=0.039$ ;  $F=3.738$ ,  $d.f.=1$ ,  $P=0.058$ ,  $\text{Partial } \eta^2(2)=0.061$ ). Significant differences between groups were found in MAP and HR ( $P<0.05$ ) and over time ( $P<0.05$ ), but no significant effects in RR were apparent ( $P>0.05$ ). A significant interaction effect was found in HR ( $P<0.05$ ), but not in MAP or RR ( $P>0.05$ ). **CONCLUSIONS:** This study demonstrates that listening to music while receiving acupuncture can relieve anxiety among children with cerebral palsy; however, no effect was observed in terms of pain reduction. Further research is needed to explore the types of music which best impact an individual's treatment. Whether music results in fewer accidents and side effects of acupuncture should be investigated. Music can be considered as adjunctive therapy in clinical situations that may be anxiety-provoking for children.

**Country of Publication:** England

**Publication Type:** Journal Article; Randomized Controlled Trial; Research Support, Non-U.S. Gov't

**Subject Headings:** [\\*Acupuncture](#)  
[Anxiety/pp \[Physiopathology\]](#)  
[\\*Anxiety/th \[Therapy\]](#)  
[Blood Pressure](#)  
[Cerebral Palsy/px \[Psychology\]](#)  
[\\*Cerebral Palsy/th \[Therapy\]](#)  
[Child](#)  
[Child, Preschool](#)  
[China](#)  
[Female](#)  
[Heart Rate](#)  
[Humans](#)  
[Male](#)  
[\\*Music Therapy](#)  
[Pain/pp \[Physiopathology\]](#)  
[\\*Pain/th \[Therapy\]](#)  
[Pain Measurement](#)

**Source:** MEDLINE

#### 17. Laser acupuncture for chronic non-specific low back pain: a controlled clinical trial.

**Citation:** Acupuncture in Medicine, 01 September 2009, vol./is. 27/3(94-100), 09645284

**Author(s):** Glazov G; Schattner P; Lopez D; Shandley K

**Language:** English

**Abstract:** **OBJECTIVE:** The primary aim was to determine if laser acupuncture (LA) is more effective than sham laser in reducing pain and disability in adults with chronic non-specific low back pain. **METHODS:** The design was a double blind, two-group parallel randomised controlled trial. The active intervention was an 830 nm (infrared), 10 mW, Ga-Al-As laser diode laser for acupuncture and a sham control. The primary outcome measures were changes in pain (visual analogue scale) and disability (Oswestry Disability Index) at the end of 5-10 treatment sessions. Secondary outcomes were patient global assessment, psychological distress (Depression Anxiety Stress Scale) and subjective wellbeing (Personal Wellbeing Index). Follow up was performed at 6 weeks and 6 months after completion of treatment. **RESULTS:** 100 participants were enrolled and treated in a general practice setting. Per protocol analysis of the primary outcome measures using ANOVA suggested that although there was a significant overall improvement in pain and disability after the course of treatments ( $p<0.01$ ), there was no significant difference between the intervention and control group in both the primary and most secondary outcome measures. **CONCLUSION:** This study did not show a specific effect for LA using infrared laser at 0.2 Joules per point for chronic low back pain. The overall intervention appeared effective because of placebo and other factors. As there was

some concern about baseline inequality between the groups further research using tighter inclusion criteria should attempt to replicate the result and examine if a dose response may exist.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Chronic Pain](#)  
[Functional Status](#)  
[Lasers](#)  
[Low Back Pain](#)  
[Simulations](#)  
[Treatment Outcomes](#)  
[Adult](#)  
[Aged](#)  
[Alternative Therapies](#)  
[Analgesics](#)  
[Analysis of Variance](#)  
[Anxiety](#)  
[Body Mass Index](#)  
[Clinical Assessment Tools](#)  
[Data Analysis Software](#)  
[Depression](#)  
[Descriptive Statistics](#)  
[Double-Blind Studies](#)  
[Exercise](#)  
[Female](#)  
[Fisher's Exact Test](#)  
[Functional Assessment](#)  
[Funding Source](#)  
[Health Behavior](#)  
[Low Back Pain](#)  
[Male](#)  
[Middle Age](#)  
[Pain Measurement](#)  
[Power Analysis](#)  
[Prospective Studies](#)  
[Psychological Tests](#)  
[Random Assignment](#)  
[Repeated Measures](#)  
[Structured Interview](#)  
[Victoria](#)  
[Visual Analog Scaling](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

#### 18. Anxiety as a factor influencing physiological effects of acupuncture.

**Citation:** Complementary Therapies in Clinical Practice, 01 August 2009, vol./is. 15/3(124-128), 17443881

**Author(s):** Vickland V; Rogers C; Craig A; Tran Y

**Language:** English

**Abstract:** PURPOSE: This study investigated the influence of manual acupuncture on heart rate variability and the role which anxiety can play in modifying physiological outcomes. METHOD: Analysis of heart rate variability (HRV) was used as a sensitive and a reliable indicator of the balance between sympathetic and parasympathetic regulation of the heartbeat. Two groups of healthy female subjects were recruited into the study. The

control group (n=30) attended one experimental session where no acupuncture treatment was used. The experimental group (n=30) attended three sessions in which unilateral manual stimulation of acupuncture points LU7 and KD6 was performed. RESULTS: The stimulation of the acupuncture points LU7 and KD6 was not associated with significant changes in HRV. Previous familiarity with acupuncture did not influence the outcomes but level of anxiety had a strong impact on physiological outcomes. Stimulation of LU7 acupuncture point counterbalanced naturally occurring sympathetic increase over time and had relaxing and harmonizing effect on the heart rhythm without influencing subjective perception of increased anxiety. Stimulation of KD6 acupuncture point had sympathetic influence on HRV in subjects with low "trait" anxiety and this influence was nullified by simultaneous stimulation of LU7 acupuncture point. CONCLUSIONS: It seems likely that the level of anxiety can modify HRV during acupuncture treatment and up to 40 min after the treatment. Psychological factors such as anxiety level should be considered as having important influence on physiological response to acupuncture.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Heart Rate Variability](#)  
[Adult](#)  
[Control Group](#)  
[Convenience Sample](#)  
[Electrocardiography](#)  
[Experimental Studies](#)  
[Factor Analysis](#)  
[Female](#)  
[Heart Rate](#)  
[Multivariate Analysis of Variance](#)  
[New South Wales](#)  
[Parasympathetic Nervous System](#)  
[Questionnaires](#)  
[Repeated Measures](#)  
[Spectrum Analysis](#)  
[State-Trait Anxiety Inventory](#)  
[Stress, Psychological](#)  
[Sympathetic Nervous System](#)  
[Human](#)

**Source:** CINAHL

#### 19. Musculoskeletal citations.

**Citation:** Journal of Musculoskeletal Medicine, 01 July 2009, vol./is. 26/7(244-246), 08992517

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Activities of Daily Living](#)  
[Acupuncture](#)  
[Anterior Cruciate Ligament Injuries](#)  
[Anxiety](#)  
[Arthritis, Rheumatoid](#)  
[Depression](#)  
[Drug Therapy, Combination](#)  
[Functional Status](#)  
[Hydroxychloroquine](#)  
[Low Back Pain](#)  
[Methotrexate](#)  
[Musculoskeletal Diseases](#)  
[Osteoarthritis](#)  
[Outcomes \(Health Care\)](#)  
[Pain](#)



[Patient Attitudes](#)  
[Prednisolone](#)  
[Quality of Life](#)  
[Recovery](#)  
[Sleep Disorders](#)  
[Somatoform Disorders](#)  
[Spine](#)  
[Sulfasalazine](#)  
[Trauma](#)  
[Whiplash Injuries](#)

**Source:** CINAHL

## 20. Acupuncture or counselling: outcomes and predictors of treatment choice in a non-statutory addiction service.

**Citation:** Journal of Substance Use, 01 June 2009, vol./is. 14/3-4(151-160), 14659891

**Author(s):** Ashton H; Nodiyal A; Green D; Moore B; Heather N

**Language:** English

**Abstract:** Aims: To describe the characteristics of clients choosing auricular acupuncture or counselling to treat dependence at a UK self-referral centre and the short-term outcome for each group. Methods: Assessments made at entry, and at 2 months and 6 months included a range of psychometric variables (anxiety, depression, dependence severity, readiness to change), and alcohol and drug consumption. These variables were used to predict treatment choice in logistic regression analyses and to describe treatment outcome. Results: Of 162 clients, 36 chose acupuncture and 126 chose counselling. Alcohol was the main preferred drug in both groups but preference for heroin was the only independent variable determining choice for acupuncture vs. counselling. Six-month follow-up rate was 44% in the counselling group and 25% in the acupuncture group. There were significant improvements in psychological variables which correlated with a decrease in alcohol consumption at 2 and 6 months. Improvements were greatest in those who attended for 6 months. Conclusions: Acupuncture was preferred by clients whose main drug of choice was heroin. Across both treatments clients with alcohol problems who attended the 2 and 6 months follow-up assessments showed a significant decrease in psychological distress and reduction of alcohol consumption.

**Publication Type:** journal article

**Subject Headings:**
[Acupuncture](#)  
[Counseling](#)  
[Substance Dependence](#)  
[Substance Use Rehabilitation Programs](#)  
[Adolescence](#)  
[Adult](#)  
[Aged](#)  
[Ethanol](#)  
[Anxiety](#)  
[Clinical Assessment Tools](#)  
[Cognitive Therapy](#)  
[Comparative Studies](#)  
[Depression](#)  
[Descriptive Statistics](#)  
[Educational Status](#)  
[Employment Status](#)  
[Female](#)  
[Fisher's Exact Test](#)  
[Funding Source](#)  
[Heroin](#)  
[Logistic Regression](#)  
[Male](#)  
[Marital Status](#)  
[Middle Age](#)

[P-Value](#)  
[Patient Dropouts](#)  
[Prospective Studies](#)  
[Psychological Tests](#)  
[Questionnaires](#)  
[Scales](#)  
[Severity of Illness Indices](#)  
[Substance Abusers](#)  
[Summated Rating Scaling](#)  
[Treatment Outcomes](#)  
[Two-Tailed Test](#)  
[United Kingdom](#)  
[Unpaired T-Tests](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**21. Pilot study to assess the credibility of acupuncture in acute exacerbations of chronic obstructive pulmonary disease.**

**Citation:** Acupuncture in Medicine, 01 March 2009, vol./is. 27/1(13-15), 09645284

**Author(s):** Whale CA; Maclaran SJA; Whale CI; Barnett M

**Language:** English

**Abstract:** BACKGROUND: Exacerbation of chronic obstructive pulmonary disease (COPD) is a common reason for hospital admission, and adjunctive non-pharmacological treatments would be welcomed. A pilot study was undertaken to assess the feasibility of conducting a study of acupuncture during an acute exacerbation of COPD. We also examined the credibility of a sham device in this setting and assessed the effect of acupuncture on breathlessness and anxiety. METHODS: A prospective, randomised, patient- and assessor-blinded, sham controlled study was conducted on three consecutive days in a district general hospital. Credibility of both acupuncture and the Park sham device were assessed using the Borkovec and Nau questionnaire. Dyspnoea was measured on the modified Borg score and a 10 cm visual analogue scale, while anxiety was measured on a 10 cm visual analogue scale. RESULTS: 11 patients were recruited and nine completed the study. There were no adverse events with either intervention. Acupuncture was well tolerated and credibility scores were similar before and after real and sham acupuncture. Symptoms improved after both treatments, with no significant difference between groups. CONCLUSION: In this pilot study acupuncture was well tolerated by subjects experiencing an acute exacerbation of COPD. Acupuncture treatment and the Park sham device were both credible. Although recruitment was slow, a further trial with a larger sample size is feasible and recommended.

**Publication Type:** journal article

**Subject Headings:**
[Acupuncture](#)  
[Disease Exacerbation](#)  
[Pulmonary Disease, Chronic Obstructive](#)  
[Acupuncture Points](#)  
[Aged](#)  
[Anxiety](#)  
[Clinical Assessment Tools](#)  
[Clinical Trials](#)  
[Descriptive Statistics](#)  
[Dyspnea](#)  
[Female](#)  
[Male](#)  
[Middle Age](#)  
[Pilot Studies](#)  
[Prospective Studies](#)

Repeated Measures  
Scales  
Treatment Outcomes  
Visual Analog Scaling  
Human

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
Available in *fulltext* at [ProQuest](#)

## 22. Reviews of effectiveness.

---

**Citation:** Clinical Governance: An International Journal, 01 March 2009, vol./is. 14/1(70-73), 14777274  
**Language:** English  
**Publication Type:** journal article  
**Subject Headings:** [Quality of Health Care](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Aspirin](#)  
[Cardiovascular Risk Factors](#)  
[Case Management](#)  
[Developed Countries](#)  
[Female](#)  
[Fertilization in Vitro](#)  
[Kidney Diseases](#)  
[Mental Disorders](#)  
[Music](#)  
[Outcomes \(Health Care\)](#)  
[Patient Safety](#)  
[Performance Measurement Systems](#)  
[Physicians](#)  
[Pregnancy](#)  
[Private Sector](#)  
[Profits](#)  
[Quality Improvement](#)  
[Rural Areas](#)  
**Source:** CINAHL

## 23. Treatment of anxiety with non-needle electro-acupuncture.

---

**Citation:** Journal of Chiropractic Education, 01 March 2009, vol./is. 23/1(104-104), 10425055  
**Author(s):** Beavers D; Giggey K; Tepe R  
**Language:** English  
**Publication Type:** journal article  
**Subject Headings:** [Anxiety](#)  
[Electroacupuncture](#)  
[Academic Medical Centers](#)  
[Chiropractic](#)  
[Pretest-Posttest Design](#)  
[Psychological Tests](#)  
[State-Trait Anxiety Inventory](#)  
[Human](#)  
**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [National Library of Medicine](#)

**24. Can non-invasive acupuncture reduce patient's needle-anxiety?... 2009 Southern Nursing Research Society Conference.**

**Citation:** Southern Online Journal of Nursing Research, 01 March 2009, vol./is. 9/2(0-0), 15380696

**Author(s):** An K

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Noninvasive Procedures](#)  
[Pain](#)  
[Treatment Outcomes](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**25. Acupuncture for menopausal hot flashes: a qualitative study about patient experiences.**

**Citation:** Journal of Alternative & Complementary Medicine, 01 February 2009, vol./is. 15/2(153-158), 10755535

**Author(s):** Alraek T; Malterud K

**Language:** English

**Abstract:** Objective: The aim of this study was to describe any changes in health experienced by postmenopausal women after having acupuncture treatment for hot flashes. Materials and methods: Our sample was drawn from women participating in a randomized controlled trial (ACUFLASH) investigating the effect of acupuncture on menopausal hot flashes. One hundred and twentyseven (127) women from the intervention group who had received a course of 10 acupuncture treatments were asked to make a written statement about any kind of change they had perceived that they considered could be related to the acupuncture treatment. Qualitative data were analyzed using systematic text condensation. Results: Many women reported a substantial impact from the treatment with respect to a reduction in frequency and intensity of hot flashes both by night and by day. Changes related to improved sleep pattern were also reported, and a variety of different bodily and mental changes were described (i.e., feeling in a good mood, not so run down, and calmer). Several women were uncertain whether any changes had occurred. A few reported feeling worse. Conclusions: Our results describe a variety of health changes that may not be revealed by limited outcome measures in acupuncture studies. Further analysis of the relationship between such bodily experiences could lead to the development of hypotheses or models for how the acupuncture effect is mediated in complex bodily systems, and also contribute to development of outcome measures relevant for acupuncture studies.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Hot Flashes](#)  
[Patient Attitudes](#)  
[Alternative Therapies](#)  
[Anxiety](#)  
[Coding](#)  
[Descriptive Statistics](#)  
[Fatigue](#)  
[Female](#)  
[Funding Source](#)  
[Hot Flashes](#)  
[Intervention Trials](#)  
[Psychological Well-Being](#)  
[Qualitative Studies](#)

Sleep  
 Triangulation  
 Uncertainty  
 Women's Health  
 Human

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**26. Anxiety and depression profile of 188 consecutive new patients presenting to a neuro-emotional technique practitioner.**

**Citation:** The Journal of Alternative and Complementary Medicine, February 2009, vol./is. 15/2(121-127), 1075-5535;1557-7708 (Feb 2009)

**Author(s):** Bablis, Peter; Pollard, Henry

**Correspondence Address:** Pollard, Henry, P.O. Box 448, Cronulla, NSW, Australia, 2230, hpollard@optushome.com.au

**Language:** English

**Abstract:** Objective: The objective of this study was to describe the profile of a cohort of patients who presented to a Neuro-Emotional Technique (NET) clinic. This study investigated the change in the Distress and Risk Assessment Method (DRAM) outcome measure score after a 3-month course of NET was administered to participants. Design and setting: This was an uncontrolled cohort study in private practice. Subjects: One hundred and eighty-eight (188) consecutive new patients presented to a NET clinic. Intervention: The intervention was a 3-month course of NET, which incorporates elements of muscle testing, general semantics, Traditional Chinese Medicine, acupuncture, and chiropractic principles to manage patients' conditions. Outcome measures: Scoring on the DRAM questionnaire was the outcome measure. Results: Of the participants, 55.9% had musculoskeletal complaints, 34.6% had nonmusculoskeletal complaints, and 9.6% reported no presenting complaint. Strongly significant differences in the mean DRAM scores and the mean individual component scores were found between pre- and post-treatment. There was strong evidence to suggest that the Modified Somatic Perceptions Questionnaire and the Modified Zung Depression Index scores were correlated ( $p < 0.001$ ), and that the allocation of subjects in any pretest category to categories on the basis of post-test scores changed from category to category. Conclusions: NET is different from traditionally described chiropractic practice, and appears, based on this one clinic, to have far more nonmusculoskeletal presentations. This profile, if consistent with other practices, has strong implications for scope of practice for this form of chiropractic practitioners. Many participant presentations were "at risk" of, or were clinically depressed, according to the DRAM. The DRAM status of the patient cohort significantly and clinically improved with the NET treatment. As this study was nonrandomized and uncontrolled, the results should be viewed with caution. We recommend that larger-scale randomized controlled trials be commenced to investigate the preliminary findings of this report. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Country of Publication:** HOLDER: Mary Ann Liebert, Inc.; YEAR: 2009

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Alternative Medicine](#)  
[\\*Chronic Pain](#)  
[\\*Health Complaints](#)  
[\\*Musculoskeletal Disorders](#)  
 Acupuncture  
 Anxiety  
 Distress  
 Major Depression  
 Psychosocial Factors  
 Risk Assessment

**Source:** PsycINFO  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**27. The impact of psychological factors on placebo responses in a randomized controlled trial comparing sham device to dummy pill.**

**Citation:** Journal of Evaluation in Clinical Practice, February 2009, vol./is. 15/1(14-19), 1356-1294;1365-2753 (Feb 2009)

**Author(s):** Bertisch, Suzanne M; Legedza, Anna R. T; Phillips, Russell S; Davis, Roger B; Stason, William B; Goldman, Rose H; Kaptchuk, Ted J

**Correspondence Address:** Bertisch, Suzanne M.: Beth Israel Deaconess Medical Center, Palmer-Baker Span, 2nd Floor, 33 Brookline Avenue, Boston, MA, US, 02215, sbertisc@caregroup.harvard.edu

**Language:** English

**Abstract:** Objectives: To explore to what extent psychological factors such as expectation, depression, anxiety and belief in alternative medicine impact placebo response and differential responses to separate placebo interventions. Methods: We analyzed data from a randomized controlled trial designed to compare the clinical response of two distinct placebo treatments (sham acupuncture device and placebo pill) in 119 participants with persistent distal upper arm pain due to repetitive stress injury. We used a multivariable linear regression model to identify potential correlates of self reported upper extremity pain at the end of treatment in both placebo arms of the study combined. We also performed stratified analyses by placebo treatment. Results: We did not find any of the psychological factors of interest to be associated with pain at the end of treatment in our combined analysis. We found higher baseline pain score and pain for longer than 1 year's duration to be significantly associated with higher pain scores at the end of treatment for the placebo treatments combined. In stratified analyses, for the sham acupuncture group, we found higher baseline depression score, higher baseline pain score and younger age to be independently correlated with higher pain score at the end of treatment. For the placebo pill group, only baseline pain was significantly correlated to pain score at the end of treatment. Conclusion: In this trial, neither expectancy nor psychological states were associated with response to placebo, with the exception of baseline depression score for the sham acupuncture arm. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Country of Publication:** HOLDER: The Authors; YEAR: 2009

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Anxiety](#)  
[\\*Major Depression](#)  
[\\*Placebo](#)  
[\\*Psychosocial Factors](#)  
[Clinical Trials](#)  
[Expectations](#)

**Source:** PsycINFO

**28. The Tong Ren healing method: a survey study.**

**Citation:** Complementary Health Practice Review, 01 January 2009, vol./is. 14/1(19-35), 15332101

**Author(s):** Sullivan AM; Bauer-Wu S; Miovic M

**Language:** English

**Abstract:** Tong Ren (TR) is an untested energy healing modality with anecdotally-reported effectiveness for a variety of disorders. Study objective: To describe participant reports of effectiveness and safety. Design: Cross-sectional, anonymous survey. Setting: Weekly group sessions in the Northeast US. Participants: Adults attending group sessions. Measures: Changes in conditions attributed to TR. Results: Response rate 89% (n = 265). Cancer (30.6%), endocrine/autoimmune (17.5%) and musculoskeletal disorders (17.2%)

were the most commonly reported conditions. Among respondents who had attended more than one session (n = 216), 30% used superlatives (e.g., ``amazing'') to describe TR's impact, and one-third noted improved quality of life. No adverse effects were described. Anxiety, depression, cancer, and autoimmune disorders appeared to have the greatest treatment responses, with 63.8%, 61.0%, 60.3%, and 58.1% of participants with these conditions reporting substantial improvements. Conclusion: This first study documenting self-reported effects of TR shows subjective benefits and no adverse effects. Further research on this approach is warranted.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture Points](#)  
[Adult](#)  
[Anxiety](#)  
[Autoimmune Diseases](#)  
[Connecticut](#)  
[Cross Sectional Studies](#)  
[Depression](#)  
[Descriptive Research](#)  
[Female](#)  
[Logistic Regression](#)  
[Male](#)  
[Massachusetts](#)  
[Middle Age](#)  
[Neoplasms](#)  
[Nonexperimental Studies](#)  
[Patient Satisfaction](#)  
[Pilot Studies](#)  
[Qualitative Studies](#)  
[Quality of Life](#)  
[Quantitative Studies](#)  
[Questionnaires](#)  
[Self Report](#)  
[Treatment Outcomes](#)  
[Human](#)

**Source:** CINAHL

## 29. Developing research strategies in complementary and alternative medicine.

**Citation:** Complementary Therapies in Medicine, 01 December 2008, vol./is. 16/6(359-362), 09652299

**Author(s):** MacPherson H; Thomas K; Armstrong B; de Valois B; Relton C; Mullinger B; White A; Flower A; Scheid V

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Research, Alternative Therapies](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Clinical Trials](#)  
[Congresses and Conferences](#)  
[Depression](#)  
[Endometriosis](#)  
[Homeopathy](#)  
[Hot Flashes](#)  
[Infant](#)  
[Infant Colic](#)  
[Lymphedema](#)  
[Manipulation, Osteopathic](#)  
[Medicine, Chinese Traditional](#)

[Plants, Medicinal](#)  
[Stress](#)  
[United Kingdom](#)

**Source:** CINAHL

### 30. Complementary medicine can benefit palliative care -- part 2.

**Citation:** European Journal of Palliative Care, 01 November 2008, vol./is. 15/6(288-293), 13522779

**Author(s):** Frenkel M; Shah V

**Language:** English

**Abstract:** In the second part of their article looking at the effects of complementary and integrative medicine on palliative care patients with cancer, Moshe Frenkel and Vaishali Shah review their role in helping to alleviate nausea, anxiety, depression and insomnia.

**Publication Type:** journal article

**Subject Headings:** [Alternative Therapies](#)  
[Palliative Care](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Depression](#)  
[Hypnosis](#)  
[Insomnia](#)  
[Massage](#)  
[Music Therapy](#)  
[Nausea and Vomiting](#)  
[Relaxation](#)  
[Yoga](#)

**Source:** CINAHL

### 31. Pregnancy and labor alternative therapy research.

**Citation:** Alternative Therapies in Health & Medicine, 01 September 2008, vol./is. 14/5(28-34), 10786791

**Author(s):** Field T

**Language:** English

**Abstract:** This review covers research from the last 5 years on the most popular complementary and alternative therapies used during pregnancy and labor and potential underlying biological bases for their effects. MEDLINE was searched and papers were reviewed for the most popular complementary and alternative therapies used during pregnancy and labor, including massage therapy, acupuncture, relaxation, yoga, and exercise. The pregnancy research generally suggests that alternative therapies have been effective for reducing pregnancy-related back and leg pain and nausea and for reducing depression and cortisol levels and the associated prematurity rate. The labor research generally shows that alternative therapies reduce pain and thereby the need for medication. Although the literature suggests positive effects of alternative therapies for pregnancy and labor and some potential biological mechanisms, the research has several methodological limitations.

**Publication Type:** journal article

**Subject Headings:** [Alternative Therapies](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Aromatherapy](#)  
[Childbirth, Premature](#)  
[Clinical Trials](#)  
[Cochrane Library](#)



[Exercise](#)  
[Female](#)  
[Funding Source](#)  
[Hydrocortisone](#)  
[Hypnosis](#)  
[Labor Pain](#)  
[Massage](#)  
[Medline](#)  
[Music Therapy](#)  
[Pelvic Pain](#)  
[Pregnancy](#)  
[Pregnancy Discomforts](#)  
[Pregnancy Outcomes](#)  
[Relaxation Techniques](#)  
[Research Methodology](#)  
[Research, Alternative Therapies](#)  
[Transcutaneous Electric Nerve Stimulation](#)  
[Treatment Outcomes](#)  
[Vagal Stimulation](#)  
[Yoga](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [ProQuest](#)

### 32. Separation anxiety disorder in a 13-year-old boy managed by the Neuro Emotional Technique as a biopsychosocial intervention.

**Citation:** Journal of Chiropractic Medicine, 01 September 2008, vol./is. 7/3(101-106), 15563707

**Author(s):** Karpouzis F; Pollard H; Bonello R

**Language:** English

**Abstract:** OBJECTIVE: To describe a case of an adolescent with separation anxiety disorder (SAD) presenting to a chiropractor for treatment. Clinical features: The patient was a 13-year-old boy who had consulted with a clinical psychologist and had been diagnosed with SAD using the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition criteria. The patient was unable to attend school camps or sleep at friends' homes because of anxiety. INTERVENTION/OUTCOME: The patient underwent 8 sessions with a chiropractor certified in the Neuro Emotional Technique (NET). Two days after his last NET treatment, he attended his first school camp without incident. He also slept away from home at a friend's home for the first time without incident. Six months postintervention, he returned to his clinical psychologist, where she independently reevaluated him stating that he no longer met the criteria for SAD according to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. CONCLUSION: This single case report cannot provide a causal relationship between the clinical outcome and NET without further investigations. Neuro Emotional Technique is a unique therapy that does not take the place of psychotherapy; however, it may be used as an adjunct to it. It is possible that, with valid and reliable follow-up research, the biopsychosocial principles that NET addresses may be of value to children and adolescents with SAD.

**Publication Type:** journal article

**Subject Headings:** [Chiropractic](#)  
[Separation Anxiety](#)  
[Adolescence](#)  
[Camping](#)  
[Deltoid Muscles](#)  
[Funding Source](#)  
[Male](#)  
[Meridians](#)

Parent-Child Relations  
Treatment Outcomes

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [National Library of Medicine](#)

### 33. The value of acupuncture in cancer care.

**Citation:** Hematology/Oncology Clinics of North America, 01 August 2008, vol./is. 22/4(631-648), 08898588

**Author(s):** Lu W; Dean-Clower E; Doherty-Gilman A; Rosenthal DS

**Language:** English

**Abstract:** Clinical research on acupuncture in cancer care is a new and challenging field in oncology. The evidence currently available has suggested that acupuncture is a safe and effective therapy to manage cancer and treatment related symptoms, while giving patients the ability to actively participate in their own care plan. This article explains the potential benefits of acupuncture and describes the difficulties in studying its effectiveness. Copyright © 2008 by Elsevier Inc.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Oncologic Care](#)  
[Anxiety](#)  
[Depression](#)  
[Dyspnea](#)  
[Fatigue](#)  
[Hot Flashes](#)  
[Insomnia](#)  
[Leukopenia](#)  
[Nausea](#)  
[Palliative Care](#)  
[Research](#)  
[Safety](#)  
[Vomiting](#)  
[Xerostomia](#)

**Source:** CINAHL

### 34. Effect of acupuncture on pain, sleep and quality of life improvement in fibromyalgia patients: preliminary study [Portuguese].

**Citation:** Fisioterapia e Pesquisa, 01 July 2008, vol./is. 15/3(280-284), 18092950

**Author(s):** Takiguchi RS; Fukuhara VS; Sauer JF; Assumpção A; Marques AP

**Language:** English

**Abstract:** Fibromyalgia is a syndrome defined by chronic widespread pain and sensitivity to pressure at at least 11 of 18 tender points. The aim of this random blind clinical trial was to assess the effectiveness of acupuncture on pain relief, on quality of sleep and life in fibromyalgia patients. From 20 female fibromyalgic patients (diagnosed according to the American College of Rheumatology), mean aged 44 years, 12 completed the study, randomly assigned into two groups: group A (GA, n=5) received acupuncture according to the traditional Chinese medicine; and group B (GB, n=7) received acupuncture at eight tender points: at the occiput, trapezius muscle, supraspinatus muscle, and lateral epicondyle. Pain was assessed by a visual analogue scale and by dolorimetry; quality of life, by the Fibromyalgia Impact Questionnaire (FIQ); and sleep, by the Post Sleep Inventory. Both groups received acupuncture once a week for eight weeks, with insertion of eight needles for 25 minutes. Data were statistically analysed and significance level set at  $\alpha=0.05$ . Results show significant sleep improvement in GA; and, in GB, lesser pain as detected by VAS, higher pain threshold on tender points, better sleep and improvement in FIQ items pain, morning tiredness, anxiety, and depression ( $p<0.05$ ). These data suggest

that acupuncture, especially that with tender point needle insertion, provides pain relief, better quality of life and of sleep in fibromyalgic patients.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Chronic Pain](#)  
[Fibromyalgia](#)  
[Quality of Life](#)  
[Sleep](#)  
[Academic Medical Centers](#)  
[Acupuncture Points](#)  
[Adult](#)  
[Algometry](#)  
[Anxiety](#)  
[Brazil](#)  
[Clinical Assessment Tools](#)  
[Clinical Trials](#)  
[Coefficient Alpha](#)  
[Depression](#)  
[Descriptive Statistics](#)  
[Educational Status](#)  
[Fatigue](#)  
[Female](#)  
[Middle Age](#)  
[Muscle, Skeletal](#)  
[Outpatients](#)  
[Pain Measurement](#)  
[Pain Threshold](#)  
[Pilot Studies](#)  
[Prospective Studies](#)  
[Questionnaires](#)  
[Random Assignment](#)  
[Rehabilitation Patients](#)  
[T-Tests](#)  
[Treatment Outcomes](#)  
[Visual Analog Scaling](#)  
[Human](#)

**Source:** CINAHL

### 35. Does periosteal or intramuscular acupuncture help anxiety in patients with chronic neck and back pain?

**Citation:** Focus on Alternative & Complementary Therapies, 01 June 2008, vol./is. 13/2(113-115), 14653753

**Author(s):** Foster NE; Hansson Y; Carlsson C; Olsson E

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Back Pain](#)  
[Chronic Pain](#)  
[Neck Pain](#)  
[Adult](#)  
[Aged](#)  
[Clinical Trials](#)  
[Counseling](#)  
[Middle Age](#)  
[Periosteum](#)

[Sweden](#)  
[Treatment Outcomes](#)

**Source:** CINAHL

### 36. Manual medicine and TCM. A gentle approach to dealing with the anxious patient.

---

**Citation:** Acupuncture Today, 01 May 2008, vol./is. 9/5(36-36), 15267784

**Author(s):** Razo D

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Massage](#)  
[Professional-Patient Relations](#)  
[Alternative Therapies](#)

**Source:** CINAHL

### 37. Musings from a senior practitioner. A bridge between us.

---

**Citation:** Acupuncture Today, 01 March 2008, vol./is. 9/3(6-7), 15267784

**Author(s):** Dunas F

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Communication](#)  
[Hypnotics and Sedatives](#)  
[Problem Patients](#)  
[Professional-Patient Relations](#)  
[Stress](#)  
[Adult](#)  
[Alternative Therapies](#)  
[Male](#)

**Source:** CINAHL

### 38. Vibrational medicine. Color light acupuncture techniques for treatment of pain associated with depression, anxiety & trauma.

---

**Citation:** Acupuncture Today, 01 January 2008, vol./is. 9/1(8-10), 15267784

**Author(s):** Starwynn D

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Color Therapy](#)  
[Depression](#)  
[Pain](#)  
[Phototherapy](#)  
[Trauma](#)  
[Alternative Therapies](#)

**Source:** CINAHL

### 39. Energy tapping: How to rapidly eliminate anxiety, depression, cravings, and more using energy psychology (2nd ed.).

---

**Citation:** Energy tapping: How to rapidly eliminate anxiety, depression, cravings, and more using energy psychology (2nd ed.)., 2008 (2008)

**Author(s):** Gallo, Fred P; Vincenzi, Harry

**Language:** English

**Abstract:** (from the cover) Your body's energy system is a powerful force. When out of balance or disrupted, stress, anxiety, depression, and other negative emotions can take hold. Energy tapping, a revolutionary therapy based on energy psychology and acupuncture, balances the body's energy for renewed physical and mental vitality. Use the simple techniques outlined in this guide to tap into your inherent potential for health, happiness, and confidence. This book shows you how to create customized energy-tapping programs to reduce the impact of negative thoughts and feelings, improve your performance at work, lose weight, eliminate addictions and unproductive patterns of behavior, develop a satisfying romantic relationship, and more. Because each energy tapping exercise takes less than a minute to complete, you can use these techniques anytime to instantly balance your energy and boost your confidence. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Book; Authored Book

**Subject Headings:** [\\*Energy Expenditure](#)  
[\\*Health Behavior](#)  
[\\*Self Help Techniques](#)  
[\\*Well Being](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Craving](#)  
[Depression \(Emotion\)](#)

**Source:** PsycINFO

#### 40. Acupuncture for psychiatric illness: A literature review.

**Citation:** Behavioral Medicine, 2008, vol./is. 34/2(55-62), 0896-4289 (Sum, 2008)

**Author(s):** Samuels, Noah; Gropp, Cornelius; Singer, Shepherd Roe; Oberbaum, Menachem

**Correspondence Address:** Samuels, Noah: Center for Integrative Complementary Medicine, Shaare Zedek Medical Center, P.O.B. 3235, Jerusalem, Israel, 91031, refplus@netvision.net.il

**Language:** English

**Abstract:** The use of complementary and alternative medicine (CAM) is on the rise, especially among psychiatric patients. Acupuncture is considered a safe and effective treatment modality, and traditional Chinese medicine teaches that acupuncture harmonizes the body's energies. Scientific research has found that acupuncture increases a number of central nervous system hormones (ACTH, beta-endorphins, serotonin, and noradrenaline) and urinary levels of MHPG-sulfate, an adrenergic metabolite inversely related to the severity of illness in schizophrenics. Acupuncture can have positive effects on depression and anxiety, although evidence is still lacking as to its true efficacy for these conditions. To the authors' knowledge, no trials have been conducted for schizophrenia, and researchers evaluating acupuncture in cases of substance abuse have found conflicting results. Further research is warranted. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Alternative Medicine](#)  
[\\*Anxiety Disorders](#)  
[\\*Drug Abuse](#)  
[\\*Major Depression](#)  
[\\*Schizophrenia](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Psychiatric Patients](#)

**Source:** PsycINFO

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
Available in *fulltext* at [ProQuest](#)

#### 41. Effect of acupuncture on anxiety-like behavior during nicotine withdrawal and relevant mechanisms.

**Citation:** Neuroscience Letters, January 2008, vol./is. 430/2(98-102), 0304-3940;0304-3940 (2008 Jan 10)

**Author(s):** Chae Y; Yeom M; Han JH; Park HJ; Hahm DH; Shim I; Lee HS; Lee H

**Institution:** Acupuncture and Meridian Science Research Center, Kyung Hee University, 1 Hoegi-dong, Dongdaemun-gu, Seoul 130-701, Republic of Korea.

**Language:** English

**Abstract:** Acupuncture, likely the most well-known 'alternative' medical treatment, has been shown to have effects in several types of animal model of drug dependence, including nicotine addiction. We investigated the effect of acupuncture on anxiety-like behavior and corticotrophin-releasing factor (CRF) and neuropeptide Y (NPY) mRNA expression in the amygdala during nicotine withdrawal. Rats were given repeated nicotine injections (0.1mg/kg s.c., once daily for 7 days) or saline. Acupuncture groups were treated with acupuncture at acupoint HT7 or ST36 during withdrawal. The anxiogenic response was measured at 72h after the termination of nicotine injection using an elevated plus maze. CRF and NPY mRNA levels were also evaluated using reverse transcription polymerase chain reaction (RT-PCR) analysis at this time. Rats undergoing nicotine withdrawal (NW) were less likely to explore the open arms of the plus maze compared with the saline-treated controls. The percentage of open arm entries in the HT7 acupuncture group, but not in the ST36 acupuncture group, was significantly increased compared with the NW group. Consistent with this behavior, CRF mRNA levels in the NW group were increased compared with the control group. CRF mRNA levels in the HT7 acupuncture group were significantly decreased compared with the NW group. However, NPY mRNA levels were not different among the groups. These findings indicate that increases in CRF may be involved in the negative affect state associated with nicotine withdrawal and that acupuncture may attenuate anxiety-like behavior following nicotine withdrawal by modulating CRF in the amygdala.

**Country of Publication:** Ireland

**CAS Registry Number:** 0 (Neuropeptide Y); 54-11-5 (Nicotine); 9015-71-8 (Corticotropin-Releasing Hormone)

**Publication Type:** Journal Article; Research Support, Non-U.S. Gov't

**Subject Headings:** [\\*Acupuncture/mt \[Methods\]](#)  
[Amygdala/me \[Metabolism\]](#)  
[Analysis of Variance](#)  
[Animals](#)  
[\\*Anxiety/et \[Etiology\]](#)  
[Anxiety/me \[Metabolism\]](#)  
[Anxiety/pa \[Pathology\]](#)  
[\\*Anxiety/th \[Therapy\]](#)  
[Behavior, Animal/de \[Drug Effects\]](#)  
[Corticotropin-Releasing Hormone/ge \[Genetics\]](#)  
[Corticotropin-Releasing Hormone/me \[Metabolism\]](#)  
[Disease Models, Animal](#)  
[Male](#)  
[Maze Learning/de \[Drug Effects\]](#)  
[Motor Activity/ph \[Physiology\]](#)  
[Neuropeptide Y/ge \[Genetics\]](#)  
[Neuropeptide Y/me \[Metabolism\]](#)  
[\\*Nicotine/ae \[Adverse Effects\]](#)  
[Rats](#)  
[Rats, Sprague-Dawley](#)  
[\\*Substance Withdrawal Syndrome/co \[Complications\]](#)

**Source:** MEDLINE

**42. Intramuscular and periosteal acupuncture for anxiety and sleep quality in patients with chronic musculoskeletal pain - an evaluator blind, controlled study.**

**Citation:** Acupuncture in Medicine, 01 December 2007, vol./is. 25/4(148-157), 09645284

**Author(s):** Hansson Y; Carlsson C; Olsson E

**Language:** English

**Abstract:** OBJECTIVES: Periosteal acupuncture seems clinically to have a stronger effect on pain than standard intramuscular acupuncture. The aim of the present study was to compare their relative effectiveness on promoting psychological functioning and quality of sleep. METHODS: Consecutive patients (n=144) referred to a physiotherapist for treatment of chronic nociceptive pain in the neck or low back for more than three months, aged 18-70, were alternately allocated to an intramuscular acupuncture group (n=59), to a periosteal acupuncture group (n=55), and, for the latter part of the study, to an information control group (n=30). Eight treatments were administered during a five week period with two optional treatments after one month. All patients were encouraged to stay active. Psychological functioning was estimated with the Hospital Anxiety and Depression Scale (HAD) and quality of sleep with a visual analogue scale. All estimations were performed prior to treatment, one week after the end of treatment, and one, three and six months after end of treatment. Non-parametric statistics were used. RESULTS: There were no significant differences between the acupuncture groups, nor between the acupuncture and control groups during the treatment period. One month after treatment, the level of anxiety was lower in both acupuncture groups compared with the control group. The proportions of non-cases (HAD score 0-7) increased in the intramuscular acupuncture group from 39 to 47 (not significant), in the periosteal acupuncture group from 37 to 49 ( $P<0.001$ ), and in the control group from 15 to 16. CONCLUSION: No differences between periosteal and intramuscular acupuncture were found. One month after treatment both acupuncture interventions reduced anxiety in patients suffering from chronic nociceptive musculoskeletal pain in the neck or low back when compared with a control intervention.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture Points](#)  
[Anxiety](#)  
[Low Back Pain](#)  
[Neck Pain](#)  
[Quality of Life](#)  
[Sleep Disorders](#)  
[Sleep](#)  
[Adult](#)  
[Aged](#)  
[Anxiety](#)  
[Chronic Disease](#)  
[Female](#)  
[Low Back Pain](#)  
[Middle Age](#)  
[Neck Pain](#)  
[Pain Measurement](#)  
[Psychological Tests](#)  
[Single-Blind Studies](#)  
[Sleep Disorders](#)  
[Treatment Outcomes](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

**43. Short reports. Acupuncture.**

**Citation:** Focus on Alternative & Complementary Therapies, 01 December 2007, vol./is. 12/4(294-295), 14653753

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Insomnia](#)  
[Knee Joint](#)  
[Lasers](#)  
[Musculoskeletal Diseases](#)  
[Osteoarthritis](#)  
[Pain](#)

**Source:** CINAHL

**44. Integrative medicine in cancer care.**

**Citation:** American Journal of Hematology/Oncology, 01 October 2007, vol./is. 6/10(552-554), 19396163

**Author(s):** Prenguber M

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Integrative Medicine](#)  
[Oncologic Care](#)  
[Acupuncture](#)  
[Alternative Therapies](#)  
[Anxiety](#)  
[Chemotherapy, Cancer](#)  
[Communication](#)  
[Fear](#)  
[Health Beliefs](#)  
[Multidisciplinary Care Team](#)  
[Naturopathy](#)  
[Oncologic Care](#)  
[Physician Attitudes](#)

**Source:** CINAHL

**45. Acupuncture for mild to moderate emotional complaints in pregnancy -- a prospective, quasi-randomised, controlled study.**

**Citation:** Acupuncture in Medicine, 01 September 2007, vol./is. 25/3(65-71), 09645284

**Author(s):** da Silva JB

**Language:** English

**Abstract:** **BACKGROUND:** The aim of this study was to describe the effects of acupuncture under real life conditions, in the treatment of emotional complaints during pregnancy. **METHODS:** A group of 51 conventionally treated pregnant women (with counselling by their physicians and nurses) was allocated by chance into two groups to be either treated or not by acupuncture. Both groups (28 in the study group and 23 in the control group) presented emotional complaints such as anxiety, depression and irritability. They reported the severity of symptoms using a Numerical Rating Scale (NRS) from 0 to 10; and they rated how much the symptoms disturbed five aspects of their lives: mood, sleep, relationships, social activities, sexual life and joy of living. Traditional acupuncture was used. In order to facilitate protocols we used pre-programmed points. Up to four points were permitted as optional points. **RESULTS:** Three women from the acupuncture group



and four from the control group dropped out of the study. Over the study period, the NRS scores of intensity of emotional distress decreased by at least half in 15/25 (60%) of patients in the study group and in 5/19 (26%) of those in the control group ( $P=0.013$ ). The impact of the distress on three out of the five aspects of life was significantly less in the acupuncture group when compared with the control group ( $P<0.05$ ). CONCLUSIONS: Emotional complaints are very common in pregnancy and medication is always a risk. In this study, acupuncture seems to be an efficacious means of reducing symptoms and improving the quality of life of women with emotional complaints during pregnancy. Large randomised studies are recommended to confirm these results.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Pregnancy Complications, Psychiatric](#)  
[Treatment Outcomes](#)  
[Alternative Therapies](#)  
[Anger](#)  
[Anxiety](#)  
[Brazil](#)  
[Counseling](#)  
[Depression](#)  
[Descriptive Statistics](#)  
[Female](#)  
[Fetus](#)  
[Fisher's Exact Test](#)  
[Intervention Trials](#)  
[Interviews](#)  
[Kruskal-Wallis Test](#)  
[Patient Attitudes](#)  
[Pregnancy](#)  
[Prospective Studies](#)  
[Quality of Life](#)  
[Questionnaires](#)  
[Scales](#)  
[Statistical Significance](#)  
[T-Tests](#)  
[Women's Health](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

#### 46. Acupuncture.

**Citation:** Focus on Alternative & Complementary Therapies, 01 September 2007, vol./is. 12/3(213-216), 14653753

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Acupressure](#)  
[Acupuncture Points](#)  
[Bronchiectasis](#)  
[Dementia](#)  
[Dental Anxiety](#)  
[Electroacupuncture](#)  
[Female](#)  
[Heart Rate Variability](#)  
[Labor Pain](#)  
[Lasers](#)

[Low Back Pain](#)  
[Migraine](#)  
[Muscle Spasticity](#)  
[Peripheral Nervous System Diseases](#)  
[Pregnancy](#)  
[Quality of Life](#)  
[Substance Withdrawal Syndrome](#)  
[Tooth Extraction](#)  
[Treatment Related Pain](#)  
[Urinary Tract Infections](#)

**Source:** CINAHL

#### 47. Acupuncture for anxiety and anxiety disorders -- a systematic literature review.

**Citation:** Acupuncture in Medicine, 01 June 2007, vol./is. 25/1-2(1-10), 09645284

**Author(s):** Pilkington K; Kirkwood G; Rampes H; Cummings M; Richardson J

**Language:** English

**Abstract:** Introduction The aim of this study was to evaluate the evidence for the efficacy of acupuncture in the treatment of anxiety and anxiety disorders by systematic review of the relevant research. Methods Searches of the major biomedical databases (MEDLINE, EMBASE, CINAHL, PsycINFO, Cochrane Library) were conducted between February and July 2004. Specialist complementary medicine databases were also searched and efforts made to identify unpublished research. No language restrictions were imposed and translations were obtained where necessary. Study methodology was appraised and clinical commentaries obtained for studies reporting clinical outcomes. Results Twelve controlled trials were located, of which 10 were randomised controlled trials (RCTs). Four RCTs focused on acupuncture in generalised anxiety disorder or anxiety neurosis, while six focused on anxiety in the perioperative period. No studies were located on the use of acupuncture specifically for panic disorder, phobias or obsessive-compulsive disorder. In generalised anxiety disorder or anxiety neurosis, it is difficult to interpret the findings of the studies of acupuncture because of the range of interventions against which acupuncture was compared. All trials reported positive findings but the reports lacked many basic methodological details. Reporting of the studies of perioperative anxiety was generally better and the initial indications are that acupuncture, specifically auricular acupuncture, is more effective than acupuncture at sham points and may be as effective as drug therapy in this situation. The results were, however, based on subjective measures and blinding could not be guaranteed. Conclusions Positive findings are reported for acupuncture in the treatment of generalised anxiety disorder or anxiety neurosis but there is currently insufficient research evidence for firm conclusions to be drawn. No trials of acupuncture for other anxiety disorders were located. There is some limited evidence in favour of auricular acupuncture in perioperative anxiety. Overall, the promising findings indicate that further research is warranted in the form of well designed, adequately powered studies.

**Publication Type:** journal article

**Subject Headings:**
[Acupuncture](#)  
[Anxiety Disorders](#)  
[Anxiety](#)  
[Alternative Therapies](#)  
[CINAHL Database](#)  
[Cochrane Library](#)  
[Descriptive Statistics](#)  
[Embase](#)  
[Funding Source](#)  
[Medline](#)  
[Professional Practice, Evidence-Based](#)  
[Psycinfo](#)  
[PubMed](#)  
[Research Methodology](#)

[Treatment Outcomes](#)  
[Human](#)

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

#### 48. Does acupuncture reduce anxiety in patients undergoing cataract surgery?

**Citation:** Focus on Alternative & Complementary Therapies, 01 June 2007, vol./is. 12/2(103-104), 14653753  
**Author(s):** Brinkhaus B; Cabrini L  
**Language:** English  
**Publication Type:** journal article  
**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Cataract Extraction](#)  
[Anesthesia, Local](#)  
[Double-Blind Studies](#)  
[Inpatients](#)  
[Italy](#)  
[Pilot Studies](#)  
[Postoperative Period](#)  
[Preoperative Period](#)  
[Prospective Studies](#)  
[Sample Size](#)  
[Treatment Outcomes](#)  
[Visual Analog Scaling](#)  
**Source:** CINAHL

#### 49. The challenges faced by an acupuncturist in psychiatry: a case study examination of the potential for acupuncture in mental health care.

**Citation:** Mental Health Nursing, 01 May 2007, vol./is. 27/3(10-13), 13530283  
**Author(s):** Quinton N; Ronan P; Harbinson D  
**Language:** English  
**Abstract:** This paper presents case studies which illustrate the use of acupuncture in mainstream mental health services in Walsall. A case of bipolar affective disorder referred for acupuncture through services for severe and enduring illness. These case highlights the potential benefits of acupuncture treatment, as well as the challenges and opportunities faced by acupuncturists in giving treatment within a mainstream mental health setting. The progress made with the case suggests that acupuncture could play an important role in the management of mental health problems and highlight the need for more research.  
**Publication Type:** journal article  
**Subject Headings:** [Acupuncture](#)  
[Acupuncturists](#)  
[Bipolar Disorder](#)  
[Psychiatric Care](#)  
[Anxiety](#)  
[Depression](#)  
[Female](#)  
[Grief](#)  
[Patient Assessment](#)  
[Treatment Outcomes](#)  
**Source:** CINAHL

**50. Acupuncture treatment for women with concurrent substance use and anxiety/depression: an effective alternative therapy?**

<b>Citation:</b>	Family & Community Health, 01 April 2007, vol./is. 30/2(112-120), 01606379
<b>Author(s):</b>	Courbasson CMA; de Sorkin AA; Dullerud B; Van Wyk L
<b>Language:</b>	English
<b>Abstract:</b>	This exploratory study evaluated the benefits of adding auricular acupuncture to a 21-day outpatient structured psychoeducational treatment program for women with concurrent substance use problems, anxiety, and depression. Women receiving acupuncture (n = 185) reported having reduced physiological cravings for substances, felt significantly less depressed, less anxious, and were better able to reflect on and resolve difficulties than women in the control group (n = 101). It was found that auricular acupuncture, as an adjunct therapy to a comprehensive psychoeducational treatment program for women with addictions, shows promise in being an effective, more viable treatment alternative to anxiolytics.
<b>Publication Type:</b>	journal article
<b>Subject Headings:</b>	<a href="#">Acupuncture</a> <a href="#">Anxiety</a> <a href="#">Depression</a> <a href="#">Substance Abuse</a> <a href="#">Adolescence</a> <a href="#">Adult</a> <a href="#">Aged</a> <a href="#">Analysis of Variance</a> <a href="#">Chi Square Test</a> <a href="#">Descriptive Statistics</a> <a href="#">Exploratory Research</a> <a href="#">Female</a> <a href="#">Middle Age</a> <a href="#">Ontario</a> <a href="#">Psychological Tests</a> <a href="#">Questionnaires</a> <a href="#">Repeated Measures</a> <a href="#">Scales</a> <a href="#">Self Report</a> <a href="#">Self-Efficacy</a> <a href="#">Substance Use Rehabilitation Programs</a> <a href="#">Human</a>
<b>Source:</b>	CINAHL
<b>Full Text:</b>	Available in <i>fulltext</i> at <a href="#">EBSCO Host</a>

**51. Research update: Oriental medicine research abstracts [corrected] [published erratum appears in CALIF J ORIENT MED 2007 fall-winter;18(2):3].**

<b>Citation:</b>	California Journal of Oriental Medicine (CJOM), 01 March 2007, vol./is. 18/1(30-31), 10901965
<b>Author(s):</b>	Peterson D
<b>Language:</b>	English
<b>Publication Type:</b>	journal article
<b>Subject Headings:</b>	<a href="#">Medicine, Oriental Traditional</a> <a href="#">Acupuncture</a> <a href="#">Aromatherapy</a> <a href="#">Arteriosclerosis</a> <a href="#">Dental Anxiety</a> <a href="#">Fruit</a>

Medicine, Herbal  
Neoplasms  
Nuts  
Plants, Medicinal  
Vegetables

**Source:** CINAHL

## 52. Acupuncture as an adjunct for sedation during lithotripsy.

**Citation:** Journal of Alternative & Complementary Medicine, 01 March 2007, vol./is. 13/2(241-246), 10755535

**Author(s):** Wang S; Punjala M; Weiss D; Anderson K; Kain ZN

**Language:** English

**Abstract:** Objective: To determine whether a combination of auricular and body acupuncture is effective as an adjunct for the preprocedural anxiety and pain management in patients undergoing lithotripsy procedures. Design: Randomized controlled study. Setting and Location: Lithotripsy suite located at the Yale New Haven Hospital, New Haven CT. Subjects: Adult patients who were scheduled to receive elective lithotripsy procedures. Interventions: Acupuncture group: Preprocedural auricular acupuncture intervention combined with intraprocedural electroacupuncture stimulation ( n = 29); Sham control group: Preprocedural sham auricular acupuncture intervention combined with intraprocedural sham electroacupuncture stimulation ( n = 27). Outcomes measurement: Preprocedural anxiety, intraprocedural alfentanil consumption, visual analogue scale for pain. Results: Patients in the acupuncture group were less anxious preprocedure than those in the Sham Control Group 32 (29-34) versus 40 (35-45) ( p = 0.029). Similarly, patients in the Acupuncture Group used a lesser amount of alfentanil than those in the sham control group ( p = 0.040). The adjustable alfentanil consumption as expressed by median rate of alfentanil consumption of 1 (0.6-1.6) [ $\mu$ g kg<sup>-1</sup> minute<sup>-1</sup>] in the acupuncture group was lower than that of 1.5 (0.9-2.3) [ $\mu$ g kg<sup>-1</sup> minute<sup>-1</sup>] in the sham control group. Patients in the Acupuncture group also reported lower pain scores on admission to the recovery room ( p = 0.014). Conclusions: A combination of auricular and body acupuncture can be used as an adjunct treatment to decrease preprocedural anxiety and intraprocedural analgesia in patients undergoing lithotripsy.

**Publication Type:** journal article

**Subject Headings:** Acupuncture  
Anxiety  
Lithotripsy  
Pain  
Adult  
Alfentanil  
Alternative Therapies  
Chi Square Test  
Confidence Intervals  
Connecticut  
Data Analysis Software  
Descriptive Statistics  
Double-Blind Studies  
Ear  
Electroacupuncture  
Mann-Whitney U Test  
McGill Pain Questionnaire  
Middle Age  
Pain Measurement  
Power Analysis  
Psychological Tests  
Questionnaires  
Random Assignment  
Repeated Measures

[Self Report](#)  
[Simulations](#)  
[State-Trait Anxiety Inventory](#)  
[T-Tests](#)  
[Two-Tailed Test](#)  
[Two-Way Analysis of Variance](#)  
[Visual Analog Scaling](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

### 53. Effect of acupuncture treatment on the immune function impairment found in anxious women.

**Citation:** American Journal of Chinese Medicine, 01 January 2007, vol./is. 35/1(35-51), 0192415X

**Author(s):** Arranz L; Guayerbas N; Siboni L; Fuente M

**Language:** English

**Abstract:** It is presently accepted that emotional disturbances lead to immune system impairment, and that therefore their treatment could restore the immune response. Thus, the aim of the present work was to study the effect of an acupuncture treatment, designed specifically to relieve the emotional symptoms stemming from anxiety, on several functions (adherence, chemotaxis, phagocytosis, basal and stimulated superoxide anion levels, lymphocyte proliferation in response to phytohemagglutinin A (PHA) and natural killer (NK) activity) of leukocytes (neutrophils and lymphocytes) from anxious women. The acupuncture protocol consisted of manual needle stimulation of 19 acupoints, with each session lasting 30 min. It was performed on 34 female 30-60 year old patients, suffering from anxiety, as determined by the Beck Anxiety Inventory (BAI). Before and 72 hours after receiving the first acupuncture session, peripheral blood samples were drawn. In 12 patients, samples were also collected immediately after the first single acupuncture session and one month after the end of the whole acupuncture treatment, which consisted of 10 sessions during a year, until the complete remission of anxiety. Twenty healthy non-anxious women in the same age range were used as controls. The results showed that the most favorable effects of acupuncture on the immune functions appear 72 hours after the single session and persist one month after the end of the complete treatment. Impaired immune functions in anxious women (chemotaxis, phagocytosis, lymphoproliferation and NK activity) were significantly improved by acupuncture, and augmented immune parameters (superoxide anion levels and lymphoproliferation of the patient subgroup whose values had been too high) were significantly diminished. Acupuncture brought the above mentioned parameters to values closer to those of healthy controls, exerting a modulatory effect on the immune system.

**Publication Type:** journal article

**Subject Headings:**
[Acupuncture](#)  
[Anxiety](#)  
[Acupuncture Points](#)  
[Adult](#)  
[Coefficient Alpha](#)  
[Experimental Studies](#)  
[Female](#)  
[Immune System](#)  
[Immune System](#)  
[Interviews](#)  
[Lymphocyte Count](#)  
[Middle Age](#)  
[Phagocytes](#)  
[Psychological Tests](#)  
[T-Tests](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

#### 54. Prevention and intervention strategies to alleviate preoperative anxiety in children: a critical review.

**Citation:** Behavior Modification, 01 January 2007, vol./is. 31/1(52-79), 01454455

**Author(s):** Wright KD; Stewart SH; Finley GA; Buffett-Jerrott SE

**Language:** English

**Abstract:** Preoperative anxiety (anxiety regarding impending surgical experience) in children is a common phenomenon that has been associated with a number of negative behaviors during the surgery experience (e.g., agitation, crying, spontaneous urination, and the need for physical restraint during anesthetic induction). Preoperative anxiety has also been associated with the display of a number of maladaptive behaviors postsurgery, including postoperative pain, sleeping disturbances, parent-child conflict, and separation anxiety. For these reasons, researchers have sought out interventions to treat or prevent childhood preoperative anxiety and possibly decrease the development of negative behaviors postsurgery. Such interventions include sedative premedication, parental presence during anesthetic induction, behavioral preparation programs, music therapy, and acupuncture. The present article reviews the existing research on the various modes of intervention for preoperative anxiety in children. Clinical implications and future directions are discussed.

**Publication Type:** journal article

**Subject Headings:** [Anxiety](#)  
[Preoperative Care](#)  
[Acupuncture](#)  
[Adult](#)  
[Antianxiety Agents](#)  
[Anxiety](#)  
[Child](#)  
[Midazolam](#)  
[Music Therapy](#)  
[Parent-Child Relations](#)  
[Parenting](#)  
[Surgery, Operative](#)

**Source:** CINAHL

#### 55. Effects of acupuncture as a treatment for hyperventilation syndrome: a pilot, randomized crossover trial.

**Citation:** Journal of Alternative & Complementary Medicine, 01 January 2007, vol./is. 13/1(39-46), 10755535

**Author(s):** Gibson D; Bruton A; Lewith GT; Mullee M

**Language:** English

**Abstract:** BACKGROUND: Sustained and subtle hyperventilation can result in a wide variety of symptoms, leading to a chronic condition that has been termed hyperventilation syndrome (HVS). Treatment options include physiotherapy, in the form of breathing retraining (BR), but additional approaches aim to reduce the anxiety that is recognized as being a frequent component of this condition. OBJECTIVES: The aim of this study was to evaluate whether acupuncture is an appropriate treatment for HVS to reduce anxiety, and whether a crossover trial is an appropriate study design to evaluate acupuncture in this condition. DESIGN: A single-blind crossover trial was carried out comparing the effects of 4 weeks (30 minutes twice weekly) acupuncture and BR on patients with HVS. SUBJECTS: Ten (10) patients diagnosed with HVS were recruited to the trial and randomized into two groups. Both groups received acupuncture and BR with a washout period of 1 week. OUTCOME MEASURES: The primary outcome measure used was the Hospital Anxiety and Depression (HAD) Scale. Other outcome measures used were the Nijmegen questionnaire and Medical Research Council Dyspnea scale. RESULTS: The results showed statistically significant treatment differences between acupuncture and breathing retraining, in favor of acupuncture. Reductions were found in the HAD A

(anxiety) ( $p = 0.02$ ) and Nijmegen (symptoms) ( $p = 0.03$ ) scores. There was no statistical evidence of any carryover effects. However, when graphically examining individual anxiety scores, in those who received acupuncture first, there was a reduction in anxiety levels which persisted through the washout period, suggesting that there may have been some carryover effect from this treatment. **CONCLUSIONS:** This study suggests that acupuncture may be beneficial in the management of HVS in terms of reducing anxiety levels and symptom severity. However, there may be some carryover effect, after acupuncture treatment, which went undetected because the small sample size. This preliminary study provides the basis for a larger, sufficiently powered and methodologically sound trial.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Hyperventilation](#)  
[Study Design](#)  
[Acupuncture](#)  
[Alternative Therapies](#)  
[Analysis of Variance](#)  
[Breathing Exercises](#)  
[Confidence Intervals](#)  
[Crossover Design](#)  
[Data Analysis Software](#)  
[Descriptive Statistics](#)  
[Pilot Studies](#)  
[Psychological Tests](#)  
[Questionnaires](#)  
[Random Assignment](#)  
[Scales](#)  
[Single-Blind Studies](#)  
[Statistical Significance](#)  
[Syndrome](#)  
[T-Tests](#)  
[Validity](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

#### 56. Anxiety control of dental patients by clinical combination of acupuncture, Bi-Digital O-Ring Test, and eye movement desensitization with sedation via submucosal route.

**Citation:** Acupuncture & Electro-Therapeutics Research, 2007, vol./is. 32/1-2(15-30), 0360-1293;0360-1293 (2007)

**Author(s):** Lu DP; Lu GP; Lu WI

**Institution:** University of Pennsylvania, USA.

**Language:** English

**Abstract:** The data presented in this article was collected after reviewing clinical findings gathered from using various anxiety control methods on apprehensive patients. We examined clinical applications of the eye movement (EM) component of Eye Movement Desensitization (EMD) on fearful dental patients who have histories of traumatic dental experiences. We also used Bi-Digital O-Ring Test (BDORT) to select the proper dosage of sedative to minimize the adverse side effects. For patients who did not respond well to EM, we used BDORT to select the proper sedative medication and its dosage. In certain difficult cases, we supplemented these techniques with acupuncture to augment the sedative effects. Findings were based on the clinical impressions and assessments of both the patients and the operating team. Results showed that EM, although effective in enabling patients to undergo non-invasive dental procedures such as clinical examination and simple prophylaxis, had only limited beneficial effect with invasive procedures such



as extraction, drilling, and injections, etc. We also found that BDORT greatly reduced adverse side effects of sedatives such as hypertension, hypotension, hypoxia, tachycardia, bradycardia, nausea, and vomiting. For most apprehensive patients, we found that EMD and acupuncture combined with BDORT predetermined dosage for the submucosal sedation enabled these patients to undergo the complete dental treatment. The authors try to explain the mechanism of BDORT and EM in terms of visual awareness (or consciousness) and preferred patterns, where neurons in the brain respond to the actions and/or direction of movement. The authors believe that BDORT and EM could have better results if the persons performing BDORT have visual awareness and are focused on the task; whereas in EM, the patient's eye on the therapist's hand movements. A more focused approach via visual pathway will result in more favorable results in EM. Likewise, performing BDORT absentmindedly could lead to false results if visual awareness (or consciousness) is absent. "Preferred pattern" will arouse neurons in the brain to cause conscientiousness, and performing BDORT with 'open eyes' arouse the necessary visual awareness that is necessary for the successful performance of BDORT tasks.

**Country of Publication:** United States

**CAS Registry Number:** 0 (Hypnotics and Sedatives)

**Publication Type:** Journal Article

**Subject Headings:** [\\*Acupuncture](#)  
[Acupuncture Points](#)  
[Adolescent](#)  
[Adult](#)  
[Anesthesia, General](#)  
[Anxiety/di \[Diagnosis\]](#)  
[\\*Anxiety/pc \[Prevention & Control\]](#)  
[Child](#)  
[Conscious Sedation](#)  
[\\*Dentistry](#)  
[\\*Desensitization, Psychologic](#)  
[Eye Movements/ph \[Physiology\]](#)  
[Female](#)  
[Humans](#)  
[Hypnotics and Sedatives/ad \[Administration & Dosage\]](#)  
[\\*Hypnotics and Sedatives/tu \[Therapeutic Use\]](#)  
[Infusions, Parenteral](#)  
[Male](#)  
[Middle Aged](#)  
[Patients](#)  
[Visual Pathways/ph \[Physiology\]](#)

**Source:** MEDLINE

#### 57. Effects of acupuncture as a treatment for hyperventilation syndrome: A pilot, randomized crossover trial.

**Citation:** The Journal of Alternative and Complementary Medicine, January 2007, vol./is. 13/1(39-46), 1075-5535;1557-7708 (Jan 2007)

**Author(s):** Gibson, Denise; Bruton, Anne; Lewith, George T; Mullee, Mark

**Correspondence Address:** Gibson, Denise: Physiotherapy Department, Southampton University Hospitals, National Health Service Trust, Tremona Road, Southampton, United Kingdom, S016 6YD, deniseg902@aol.com

**Language:** English

**Abstract:** Background: Sustained and subtle hyperventilation can result in a wide variety of symptoms, leading to a chronic condition that has been termed hyperventilation syndrome (HVS). Treatment options include physiotherapy, in the form of breathing retraining (BR), but additional approaches aim to reduce the anxiety that is recognized as being a frequent component of this condition. Objectives: The aim of this study was to evaluate whether acupuncture is an appropriate treatment for HVS to reduce anxiety, and whether

a crossover trial is an appropriate study design to evaluate acupuncture in this condition. Design: A single-blind crossover trial was carried out comparing the effects of 4 weeks (30 minutes twice weekly) acupuncture and BR on patients with HVS. Subjects: Ten (10) patients diagnosed with HVS were recruited to the trial and randomized into two groups. Both groups received acupuncture and BR with a washout period of 1 week. Outcome measures: The primary outcome measure used was the Hospital Anxiety and Depression (HAD) Scale. Other outcome measures used were the Nijmegen questionnaire and Medical Research Council Dyspnea scale. Results: The results showed statistically significant treatment differences between acupuncture and breathing retraining, in favor of acupuncture. Reductions were found in the HAD A (anxiety) ( $p = 0.02$ ) and Nijmegen (symptoms) ( $p = 0.03$ ) scores. There was no statistical evidence of any carryover effects. However, when graphically examining individual anxiety scores, in those who received acupuncture first, there was a reduction in anxiety levels which persisted through the washout period, suggesting that there may have been some carryover effect from this treatment. Conclusions: This study suggests that acupuncture may be beneficial in the management of HVS in terms of reducing anxiety levels and symptom severity. However, there may be some carryover effect, after acupuncture treatment, which went undetected because the small sample size. This preliminary study provides the basis for a larger, sufficiently powered and methodologically sound trial. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Anxiety](#)  
[\\*Hyperventilation](#)  
[Dyspnea](#)  
[Major Depression](#)

**Source:** PsycINFO

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

## 58. Prevention and intervention strategies to alleviate preoperative anxiety in children: A critical review.

**Citation:** Behavior Modification, January 2007, vol./is. 31/1(52-79), 0145-4455 (Jan 2007)

**Author(s):** Wright, Kristi D; Stewart, Sherry H; Finley, G. Allen; Buffett-Jerrott, Susan E

**Correspondence Address:** Stewart, Sherry H.: Department of Psychiatry, Dalhousie University, Halifax, NS, Canada, sstewart@dal.ca

**Language:** English

**Abstract:** Preoperative anxiety (anxiety regarding impending surgical experience) in children is a common phenomenon that has been associated with a number of negative behaviors during the surgery experience (e.g., agitation, crying, spontaneous urination, and the need for physical restraint during anesthetic induction). Preoperative anxiety has also been associated with the display of a number of maladaptive behaviors postsurgery, including postoperative pain, sleeping disturbances, parent-child conflict, and separation anxiety. For these reasons, researchers have sought out interventions to treat or prevent childhood preoperative anxiety and possibly decrease the development of negative behaviors postsurgery. Such interventions include sedative premedication, parental presence during anesthetic induction, behavioral preparation programs, music therapy, and acupuncture. The present article reviews the existing research on the various modes of intervention for preoperative anxiety in children. Clinical implications and future directions are discussed. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Anxiety](#)  
[\\*Intervention](#)  
[\\*Prevention](#)  
[\\*Surgery](#)  
[Acupuncture](#)  
[Anesthetic Drugs](#)

[Music Therapy](#)  
[Sedatives](#)

**Source:** PsycINFO

#### 59. Improvement in fibromyalgia symptoms with acupuncture: results of a randomized controlled trial.

**Citation:** Mayo Clinic Proceedings, 01 June 2006, vol./is. 81/6(749-757), 00256196

**Author(s):** Martin DP; Sletten CD; Williams BA; Berger IH

**Language:** English

**Abstract:** OBJECTIVE: To test the hypothesis that acupuncture improves symptoms of fibromyalgia. PATIENTS AND METHODS: We conducted a prospective, partially blinded, controlled, randomized clinical trial of patients receiving true acupuncture compared with a control group of patients who received simulated acupuncture. All patients met American College of Rheumatology criteria for fibromyalgia and had tried conservative symptomatic treatments other than acupuncture. We measured symptoms with the Fibromyalgia Impact Questionnaire (FIQ) and the Multidimensional Pain Inventory at baseline, immediately after treatment, and at 1 month and 7 months after treatment. The trial was conducted from May 28, 2002, to August 18, 2003. RESULTS: Fifty patients participated in the study: 25 in the acupuncture group and 25 in the control group. Total fibromyalgia symptoms, as measured by the FIQ, were significantly improved in the acupuncture group compared with the control group during the study period ( $P = .01$ ). The largest difference in mean FIQ total scores was observed at 1 month (42.2 vs 34.8 in the control and acupuncture groups, respectively;  $P = .007$ ). Fatigue and anxiety were the most significantly improved symptoms during the follow-up period. However, activity and physical function levels did not change. Acupuncture was well tolerated, with minimal adverse effects. CONCLUSION: This study paradigm allows for controlled and blinded clinical trials of acupuncture. We found that acupuncture significantly improved symptoms of fibromyalgia. Symptomatic improvement was not restricted to pain relief and was most significant for fatigue and anxiety.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Fibromyalgia](#)  
[Acupuncture Points](#)  
[Anxiety](#)  
[Clinical Assessment Tools](#)  
[Clinical Trials](#)  
[Double-Blind Studies](#)  
[Fatigue](#)  
[Female](#)  
[Funding Source](#)  
[Male](#)  
[Middle Age](#)  
[Pain](#)  
[Prospective Studies](#)  
[Random Assignment](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [ProQuest](#)

#### 60. Integrative care in the perioperative period.

**Citation:** Dissector, 01 February 2006, vol./is. 33/4(22-25), 11747579

**Author(s):** Maddocks-Jennings W

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Anxiety](#)  
[Health Care Delivery, Integrated](#)  
[Perioperative Care](#)  
[Acupressure](#)  
[Acupuncture](#)  
[Homeopathy](#)  
[Music Therapy](#)  
[Pain](#)  
[Plants, Medicinal](#)  
[Therapeutic Touch](#)

**Source:** CINAHL

#### 61. Out-of-hospital auricular acupressure in elder patients with hip fracture: a randomized double-blinded trial.

**Citation:** Academic Emergency Medicine, 01 January 2006, vol./is. 13/1(19-23), 10696563

**Author(s):** Barker R; Kober A; Hoerauf K; Latzke D; Adel S; Kain ZN; Wang S

**Language:** English

**Abstract:** OBJECTIVES: Auricular acupressure is known to decrease the level of anxiety in patients during ambulance transport. The purpose of this randomized, double-blind, sham control study was to determine whether auricular acupressure can decrease not only the level of anxiety but also the level of pain in a group of elder patients with acute hip fracture. METHODS: With the assistance of the Vienna Red Cross, 38 patients with acute hip fracture were enrolled into this study. Patients were randomized into two study groups: the true intervention group and the sham control group. Subjects in the true intervention group (n = 18) received bilateral auricular acupressure at three auricular acupressure points for hip pain. Patients in the sham group (n = 20) received bilateral auricular acupressure at sham points. Baseline demographic information, anxiety level, pain level, blood pressure, and heart rate were obtained before the administration of the appropriate acupressure intervention. The level of anxiety, level of pain, hemodynamic profiles, and level of satisfaction were reassessed once the patients arrived at the hospital. RESULTS: Patients in the true intervention groups had less pain (F = 28, p = 0.0001) and anxiety (F = 4.3, p = 0.018) and lower heart rate (F = 18, p = 0.0001) on arrival at the hospital than did patients in the sham control group. As a result, the patients in the true intervention group reported higher satisfaction in the care they received during the ride to the hospital. CONCLUSIONS: The authors encourage physicians, health care providers, and emergency rescuers to learn this easy, noninvasive, and inexpensive technique for its effects in decreasing anxiety and pain during emergency transportation.

**Publication Type:** journal article

**Subject Headings:** [Acupressure](#)  
[Anxiety](#)  
[Hip Fractures](#)  
[Pain](#)  
[Prehospital Care](#)  
[Acupuncture Points](#)  
[Aged, 80 and Over](#)  
[Austria](#)  
[Blood Pressure](#)  
[Chi Square Test](#)  
[Coefficient Alpha](#)  
[Data Analysis Software](#)  
[Descriptive Statistics](#)  
[Double-Blind Studies](#)  
[Ear, External](#)  
[Emergency Patients](#)  
[Female](#)  
[Heart Rate](#)  
[Male](#)

[Pain Measurement](#)  
[Patient Satisfaction](#)  
[Prospective Studies](#)  
[Random Assignment](#)  
[Repeated Measures](#)  
[Self Report](#)  
[T-Tests](#)  
[Two-Way Analysis of Variance](#)  
[Visual Analog Scaling](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [ProQuest](#)

## 62. Developing a traditional Chinese medicine diagnostic structure for post-traumatic stress disorder.

**Citation:** Journal of Alternative & Complementary Medicine, 01 January 2006, vol./is. 12/1(45-57), 10755535

**Author(s):** Sinclair-Lian NA; Hollifield M; Menache M; Warner T; Viscaya J; Hammerschlag R

**Language:** English

**Abstract:** Background: Post-traumatic stress disorder (PTSD) is a common, disabling condition with many diverse symptoms including anxiety, depression, insomnia, and body pain. These symptoms are likely to be helped by treatment with Traditional Chinese Medicine (TCM); however, PTSD is not yet a recognized disorder (bing ming) in Chinese medicine. In preparation for a phase II clinical trial comparing TCM and cognitive behavioral therapy (CBT) treatment of PTSD symptoms, a TCM diagnostic pattern framework for persons who meet the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) definition of PTSD was sought. Methods: Three approaches were used to identify the most likely TCM pattern differentiations for PTSD: an English-language TCM textbook review on the conditions "depression," "anxiety," and "insomnia"; a survey of 20 experienced practitioners of TCM; and TCM assessments of 21 individuals affected by PTSD. Two TCM practitioners synthesized the information into a list of pattern differentiations. Results: The most likely pattern differentiations for PTSD were Heart Shen disturbance caused by Heat, Fire, or a constitutional deficiency; Liver Qi stagnation; and Kidney deficiency. Secondary patterns identified were outcomes of long-term Liver Qi stagnation-Liver overacting on Spleen/Stomach, Liver Fire, Phlegm Fire, Phlegm-Damp, and Heart Fire-and constitutional deficiencies in the Heart, Kidney, and Spleen organ systems. Conclusions: The use of extant literature, expert knowledge, and clinical TCM diagnoses contributed to the development of a TCM diagnostic structure for PTSD. The results can inform the clinical practice of TCM. The method can be used to guide research design involving different diagnostic systems.

**Publication Type:** journal article

**Subject Headings:** [Stress Disorders, Post-Traumatic](#)  
[Medicine, Chinese Traditional](#)  
[Diagnosis, Psychosocial](#)  
[Stress Disorders, Post-Traumatic](#)  
[Alternative Therapies](#)  
[DSM](#)  
[Depression](#)  
[Anxiety](#)  
[Insomnia](#)  
[Expert Clinicians](#)  
[Faculty](#)  
[Colleges and Universities](#)  
[United States](#)  
[Acupuncture](#)  
[Medicine, Oriental Traditional](#)

[Descriptive Statistics](#)  
[New Mexico](#)  
[Stress Disorders, Post-Traumatic](#)  
[Textbooks](#)  
[Reference Databases, Health](#)  
[Heart](#)  
[Liver](#)  
[Kidney](#)  
[Stomach](#)  
[Spleen](#)  
[Questionnaires](#)  
[Psychological Tests](#)  
[Funding Source](#)  
[Human](#)

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

### 63. Acupuncture for diagnostic fiberoptic bronchoscopy: a prospective, randomized, placebo-controlled study.

**Citation:** American Journal of Chinese Medicine, 2006, vol./is. 34/3(409-15), 0192-415X;0192-415X (2006)  
**Author(s):** Cabrini L; Gioia L; Gemma M; Melloni G; Carretta A; Ciriaco P; Puglisi A  
**Institution:** Servizio di Anestesia e Rianimazione, Ospedale San Raffaele, Milano, Italy. cabrini.luca@hsr.it  
**Language:** English  
**Abstract:** Patients usually fear fiberoptic bronchoscopy (FBS) and they report a low level of satisfaction after this examination. We evaluated the efficacy of acupuncture in decreasing patient anxiety before diagnostic FBS and in improving tolerance to the examination. In a prospective double-blind study, we enrolled 48 patients scheduled to undergo diagnostic FBS. Patients were randomly assigned to one of three groups. Group A (16 patients): standard FBS, with airway topic anesthesia; Group B (16 patients): standard FBS, with airway topic anesthesia and acupuncture treatment; Group C (16 patients): standard FBS, with airway topic anesthesia and sham acupuncture. EKG, non-invasive arterial pressure, and pulse oximetry were monitored on a routine basis. We evaluated patient anxiety before and after acupuncture and, at the end of FBS, the discomfort suffered during the examination by a 100-mm Visual Analog Scale (VAS). Patient satisfaction in Group A was 50% worse than in Group B ( $p = 0.04$ ). We observed a strong, even if not statistically significant, tendency toward a lower pre-FBS anxiety in Group B. Patients in group C had values very close to those recorded in group A. We observed no adverse event and no differences in cardio-respiratory parameters in these three groups; in particular, we did not observe a respiratory depression in Group B. Acupuncture seems an effective resource for a Thoracic Endoscopic Room to improve patient tolerance to FBS.  
**Country of Publication:** Singapore  
**CAS Registry Number:** 0 (Placebos)  
**Publication Type:** Journal Article; Randomized Controlled Trial  
**Subject Headings:** [\\*Acupuncture](#)  
[Aged](#)  
[Anxiety](#)  
[\\*Bronchoscopy/mt \[Methods\]](#)  
[Female](#)  
[\\*Fiber Optic Technology](#)  
[Humans](#)  
[\\*Lung Diseases/di \[Diagnosis\]](#)  
[Male](#)  
[Middle Aged](#)  
[Pain Measurement](#)

[Patient Satisfaction](#)  
[Placebos](#)  
[Prospective Studies](#)

**Source:** MEDLINE  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

#### 64. Preoperative psychological preparation of the child for surgery: an update.

**Citation:** Anesthesiology Clinics of North America, December 2005, vol./is. 23/4(597-614, vii), 0889-8537;0889-8537 (2005 Dec)

**Author(s):** Kain ZN; Caldwell-Andrews AA

**Institution:** Center for the Advancement of Perioperative Health, Department of Anesthesiology, Yale University School of Medicine, New Haven, CT 06510, USA. kain@email.med.yale.edu

**Language:** English

**Abstract:** Preoperative anxiety is associated with a number of poor postoperative outcomes and with significant parental and child distress before surgery. Preparing children for surgery can prevent many behavioral and physiologic manifestations of anxiety. Psychologic and behavioral interventions and pharmacologic interventions are available to treat preoperative anxiety in children. This article discusses the psychologic preparation of children for surgery.

**Country of Publication:** United States

**Publication Type:** Journal Article; Research Support, N.I.H., Extramural; Review

**Subject Headings:** [Acupuncture](#)  
[Anesthesia](#)  
[Anxiety/pc \[Prevention & Control\]](#)  
[Anxiety/px \[Psychology\]](#)  
[Behavior Therapy](#)  
[\\*Child](#)  
[Humans](#)  
[Music](#)  
[Parents](#)  
[\\*Preoperative Care/px \[Psychology\]](#)  
[Risk Factors](#)  
[\\*Surgical Procedures, Operative](#)

**Source:** MEDLINE

#### 65. Acupuncture and spirituality-focused group therapy for the treatment of HIV-positive drug users: A preliminary study.

**Citation:** Journal of Psychoactive Drugs, December 2005, vol./is. 37/4(385-390), 0279-1072 (Dec 2005)

**Author(s):** Margolin, Arthur; Avants, S. Kelly; Arnold, Ruth

**Correspondence Address:** Margolin, Arthur: Yale University School of Medicine, Welch Center, 495 Congress Avenue, New Haven, CT, US, 06519, arthur.margolin@yale.edu

**Language:** English

**Abstract:** In this study, 40 HIV-seropositive, cocaine abusing, methadone maintained drug users were randomized to either the standard five-needle National Acupuncture Detoxification Association (NADA) protocol or to a reduced, escalating dose (one to three needle) protocol. In addition to receiving their assigned acupuncture treatments, the last 15 patients also received a spirituality-focused group therapy intervention. Acupuncture treatments were offered five days per week for eight weeks. Urine samples were collected twice weekly and were analyzed for the presence of cocaine and heroin. Depression and anxiety were assessed pre- and post-treatment. Results showed no difference between the two acupuncture conditions on the number of weeks in which urine samples tested negative for illicit opiate and cocaine use. However, patients who received the



spirituality-focused group therapy in addition to their assigned acupuncture treatment were abstinent from heroin and cocaine for significantly longer, and had greater reductions in depression and anxiety than did those patients not receiving spirituality-focused psychotherapy. These preliminary findings suggest that acupuncture and a spirituality-focused psychotherapy may be a synergistic combination worthwhile investigating in larger scale, controlled studies. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Drug Rehabilitation](#)  
[\\*Group Psychotherapy](#)  
[\\*HIV](#)  
[\\*Spirituality](#)  
[Anxiety](#)  
[Cocaine](#)  
[Major Depression](#)  
[Methadone](#)

**Source:** PsycINFO

**Full Text:** Available in *fulltext* at [ProQuest](#)

#### 66. RESEARCH database: international updates.

**Citation:** Positive Health, 01 September 2005, vol./is. /115(38-41), 13563963

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Coronary Disease](#)  
[Hypnosis](#)  
[Meditation](#)  
[Neoplasms](#)  
[Nutritional Status](#)  
[Psychoneuroimmunology](#)  
[Women's Health](#)  
[Yoga](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

#### 67. Non-pharmacological pain-relieving therapies in individuals with spinal cord injury: a patient perspective.

**Citation:** Complementary Therapies in Medicine, 01 December 2004, vol./is. 12/4(189-197), 09652299

**Author(s):** Budh CN; Lundeberg T

**Language:** English

**Abstract:** OBJECTIVE: To assess the non-pharmacological treatments used and preferred by patients with spinal cord injury and pain. DESIGN: A cross-sectional descriptive study. INTERVENTIONS: One hundred and twenty three patients with spinal cord injury, matched for gender, age, level of lesion and completeness of injury were assessed in 1999 at the Spinalis SCI unit, Stockholm, Sweden and followed-up in a mailed survey 3 years later. In total, 82.1% of the questionnaires (n=101) were returned. Ninety of these patients still suffered pain and were thus included in the study. MAIN OUTCOME MEASURES: Pain questionnaires, visual analogue scale (VAS), Hospital Anxiety and Depression Scale and Life Satisfaction instrument. RESULTS: 63.3% of the patients had tried non-pharmacological treatments, where acupuncture, massage and transcutaneous electrical nerve stimulation (TENS) were the most commonly tried. Predictive for having



tried non-pharmacological treatment were high ratings of pain intensity, presence of aching pain, and cutting/stabbing pain. CONCLUSION: Massage, and heat were the non-pharmacological treatments reported to result in the best pain alleviation. Results from our study suggest that we need to (re)evaluate the treatments offered to patients with spinal cord injury and pain and combine non-pharmacological and pharmacological treatments. Copyright © 2004 by Elsevier Science (USA).

<b>Publication Type:</b>	journal article
<b>Subject Headings:</b>	<a href="#">Alternative Therapies</a> <a href="#">Back Pain</a> <a href="#">Spinal Cord Injuries</a> <a href="#">Spinal Cord Injuries</a> <a href="#">Acupuncture</a> <a href="#">Adult</a> <a href="#">Aged</a> <a href="#">Aged, 80 and Over</a> <a href="#">Anxiety</a> <a href="#">Back Pain</a> <a href="#">Back Pain</a> <a href="#">Chi Square Test</a> <a href="#">Comparative Studies</a> <a href="#">Cross Sectional Studies</a> <a href="#">Depression</a> <a href="#">Descriptive Statistics</a> <a href="#">Disability Evaluation</a> <a href="#">Female</a> <a href="#">Fisher's Exact Test</a> <a href="#">Logistic Regression</a> <a href="#">Mail</a> <a href="#">Male</a> <a href="#">Mann-Whitney U Test</a> <a href="#">Massage</a> <a href="#">Middle Age</a> <a href="#">Pain Measurement</a> <a href="#">Prospective Studies</a> <a href="#">Psychological Tests</a> <a href="#">Quality of Life</a> <a href="#">Questionnaires</a> <a href="#">Sample Size</a> <a href="#">Scales</a> <a href="#">Severity of Illness Indices</a> <a href="#">Surveys</a> <a href="#">Sweden</a> <a href="#">T-Tests</a> <a href="#">Time Factors</a> <a href="#">Transcutaneous Electric Nerve Stimulation</a> <a href="#">Treatment Outcomes</a> <a href="#">Human</a>
<b>Source:</b>	CINAHL

#### 68. Acupuncture for depression: first steps toward a clinical evaluation.

<b>Citation:</b>	Journal of Alternative & Complementary Medicine, 01 December 2004, vol./is. 10/6(1083-1091), 10755535
<b>Author(s):</b>	MacPherson H; Thorpe L; Thomas K; Geddes D
<b>Language:</b>	English
<b>Abstract:</b>	AIM OF STUDY: To explore issues that need to be addressed in the design of a clinical trial of acupuncture for people with depression. METHODS: In this study we conducted a focus group with 6 volunteer participants with experiences of depression, and a

prospective case series of 10 patients who received acupuncture treatment for their depression. In the case series study, 10 patients were referred by their general practitioner, and received up to 10 individualized acupuncture treatments from one of two acupuncturists. Acupuncturists recorded traditional acupuncture diagnoses and details of the treatment provided. Measures of depression (Beck Depression Inventory and the Hospital Anxiety and Depression Scale) and health status (SF-36) were taken at baseline and 10 weeks later. Changes in mean before and after scores were analyzed using the Wilcoxon signed ranks test. Adverse events were also monitored. RESULTS: The focus group and the case series both identified considerable heterogeneity among people with depression. In the case series, only 6 patients both received treatment and completed 10-week questionnaires; however, significant improvements between before and after were found in their levels of depression ( $p < 0.05$ ). Many factors, as well as the acupuncture, may have contributed to these improvements. No serious adverse events occurred. In the context of designing a clinical trial of acupuncture for depression, a series of methodological challenges is explored. CONCLUSION: This study highlighted the complexities of evaluating acupuncture for patients with depression. Successfully addressing the identified methodological challenges in the design of a trial will increase its relevance and impact.

**Publication Type:** journal article

**Subject Headings:** [Depression](#)  
[Depression](#)  
[Acupuncture](#)  
[Focus Groups](#)  
[Prospective Studies](#)  
[Alternative Therapies](#)  
[Psychological Tests](#)  
[Anxiety](#)  
[Short Form-36 Health Survey \(SF-36\)](#)  
[Clinical Assessment Tools](#)  
[Health Status](#)  
[Pretest-Posttest Design](#)  
[Wilcoxon Signed Rank Test](#)  
[DSM](#)  
[Reliability and Validity](#)  
[Thematic Analysis](#)  
[Patient Attitudes](#)  
[Psychosocial Aspects of Illness](#)  
[Male](#)  
[Female](#)  
[Adult](#)  
[Middle Age](#)  
[Aged](#)  
[Descriptive Statistics](#)  
[Whites](#)  
[United Kingdom](#)  
[Affect](#)  
[Acupuncture](#)  
[Exploratory Research](#)  
[Depression](#)  
[Coding](#)  
[Depression](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

## 69. Acupuncture for GI endoscopy: a systematic review.

**Citation:** Gastrointestinal Endoscopy, 01 November 2004, vol./is. 60/5(784-789), 00165107

**Author(s):** Lee H; Ernst E

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Pain](#)  
[Anxiety](#)  
[Acupuncture](#)  
[Endoscopy, Gastrointestinal](#)  
[Premedication](#)  
[Electroacupuncture](#)  
[Medline](#)  
[CINAHL Database](#)  
[Embase](#)  
[Psycinfo](#)  
[Cochrane Library](#)  
[Systematic Review](#)  
[Clinical Trials](#)  
[Funding Source](#)  
[Human](#)

**Source:** CINAHL

#### 70. Needling of the extra 1 point decreases BIS values and preoperative anxiety.

**Citation:** American Journal of Chinese Medicine, 01 October 2004, vol./is. 32/5(789-794), 0192415X

**Author(s):** Paraskeva A; Melemenis A; Petropoulos G; Siafaka I; Fassoulaki A

**Language:** English

**Abstract:** Acupuncture has anxiolytic effects. We investigated the effect of acupuncture on the Bispectral Index (BIS) values and anxiety. Fifty patients were randomly assigned to group A to receive acupuncture for 15 minutes on the extra 1 point (yintang) or to group C, where they received the same treatment on a control point located 2 cm lateral to the end of the right eyebrow. BIS values were recorded before acupuncture; during acupuncture every 30 seconds for 15 minutes and every 30 seconds for 90 seconds when the acupuncture treatment was accomplished. Anxiety level was assessed before and after acupuncture by a verbal score scale (VSS) (0 = no anxiety, 10 = worst anxiety). BIS values were significantly decreased during acupuncture when applied on the extra 1 point ( $p = 0.0001$ ) but not on the control point. Acupuncture application significantly decreased the VSS values within the A group ( $p = 0.027$ ) and in the C group ( $p = 0.0001$ ), when compared to the baseline (pre-acupuncture) VSS values. However, no differences were found between the two groups regarding BIS or VSS values. In conclusion, needling the extra 1 point preoperatively significantly decreases the BIS values and the VSS for anxiety but needling of a control point decrease only VSS values.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Preoperative Care](#)  
[Adult](#)  
[Analysis of Variance](#)  
[Electroencephalography](#)  
[Experimental Studies](#)  
[Female](#)  
[Friedman Test](#)  
[Male](#)  
[Mann-Whitney U Test](#)  
[Middle Age](#)  
[Random Assignment](#)  
[Repeated Measures](#)

Wilcoxon Rank Sum Test  
Human

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

#### 71. The effects of meridian exercise on anxiety, depression, and self-esteem of female college students in Korea.

**Citation:** Holistic Nursing Practice, 01 September 2004, vol./is. 18/5(230-234), 08879311  
**Author(s):** Kim KB; Cohen SM; Oh HK; Sok SR  
**Language:** English  
**Abstract:** This study examined the effects of meridian exercise on anxiety, depression, and self-esteem of female college students in Korea. The effects of meridian exercise on anxiety, depression, and self-esteem were statistically significant ( $t = -7.982$ ,  $P = .000$ ;  $t = -8.814$ ,  $P = .000$ ;  $t = 9.649$ ,  $P = .000$ ) between the experimental and control group.  
**Publication Type:** journal article  
**Subject Headings:** [Anxiety](#)  
[Depression](#)  
[Medicine, Oriental Traditional](#)  
[Meridians](#)  
[Self Concept](#)  
[Adult](#)  
[Chi Square Test](#)  
[Coefficient Alpha](#)  
[Data Analysis Software](#)  
[Descriptive Statistics](#)  
[Experimental Studies](#)  
[Female](#)  
[Korea](#)  
[Male](#)  
[Personal Satisfaction](#)  
[Psychological Tests](#)  
[Random Assignment](#)  
[Self-Esteem Inventory](#)  
[State-Trait Anxiety Inventory](#)  
[Students, College](#)  
[Summated Rating Scaling](#)  
[T-Tests](#)  
[Human](#)

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

#### 72. Parental auricular acupuncture as an adjunct for parental presence during induction of anesthesia.

**Citation:** Anesthesiology, 01 June 2004, vol./is. 100/6(1399-1404), 00033022  
**Author(s):** Wang S; Maranets I; Weinberg ME; Caldwell-Andrews AA; Kain ZN  
**Language:** English  
**Abstract:** BACKGROUND: The purpose of this study was to determine whether parental auricular acupuncture reduces parental preoperative anxiety and thus allows children to benefit from parental presence during induction of anesthesia. METHODS: Mothers of children who were scheduled to undergo surgery were randomly assigned to an acupuncture intervention group (auricular press needles at relaxation, tranquilizer point, and master cerebral point) or a sham acupuncture control group (auricular press needles at the shoulder, wrist, and extraneous auricular point). The intervention was performed at least 30 min before the child's induction of anesthesia. All mothers were present during induction of anesthesia. The behavioral and physiologic anxiety of mothers and children

were rated during the perioperative process. RESULTS:: Multivariable analysis examining maternal anxiety as a function of group found a group-by-time interaction ( $F_{1,65} = 4.1$ ,  $P = 0.04$ ). That is, after induction, maternal anxiety in the acupuncture group was significantly lower ( $42.9 \pm 10$  vs.  $49.5 \pm 11$ ;  $P = 0.014$ ). A multivariate model ( $F_{1,65} = 4.8$ ,  $P = 0.031$ ) also showed that children whose mothers received the acupuncture intervention were significantly less anxious on entrance to the operating room ( $34.9 \pm 20$  vs.  $47.4 \pm 26$ ;  $P = 0.03$ ) and during introduction of the anesthesia mask ( $38.6 \pm 25$  vs.  $55.6 \pm 31$ ;  $P = 0.016$ ). There were no significant differences in maternal blood pressure and heart rate between the two groups. CONCLUSIONS:: Auricular acupuncture significantly decreased maternal anxiety during the preoperative period. Children of mothers who underwent acupuncture intervention benefitted from the reduction of maternal anxiety during the induction of anesthesia.

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anesthesia Induction](#)  
[Anxiety](#)  
[Parents](#)  
[Preoperative Care](#)  
[Adult](#)  
[Case Control Studies](#)  
[Child](#)  
[Child, Preschool](#)  
[Connecticut](#)  
[Data Analysis, Statistical](#)  
[Descriptive Statistics](#)  
[State-Trait Anxiety Inventory](#)  
[Psychological Tests](#)  
[Scales](#)  
[Checklists](#)  
[Female](#)  
[Male](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [Ovid](#)

### 73. Acupuncture, herbal medicine and homeopathy in primary care mental health.

**Citation:** Primary Care Psychiatry, June 2004, vol./is. 9/2(37-44), 1355-2570 (Jun 2004)

**Author(s):** Weatherley-Jones, Elaine

**Correspondence Address:** Weatherley-Jones, Elaine: Medical Care Research Unit, School of Health and Related Research, University of Sheffield, Sheffield, United Kingdom, S1 4DA, [e.weatherley-jones@sheffield.ac.uk](mailto:e.weatherley-jones@sheffield.ac.uk)

**Language:** English

**Abstract:** There is considerable use of complementary and alternative medicine (CAM) in the UK. The popularity of CAM suggests that it addresses patients' desires for more than procedurally oriented care. One of the main reasons that people seek CAM therapies is for treatment of chronic conditions for which they have found no satisfactory orthodox treatment. The article intends to present three of the principal CAM therapies and to describe evidence for two of the most frequently seen mental health problems in primary care - anxiety and depression. In addition, the use of CAM for substance misuse will be considered. Currently, the extent of the evidence base about the role of CAM therapies is unlikely to convince sceptics of the value of CAM and is insufficient upon which to base guidelines. However, there is increasing evidence that CAM treatments may have clinically significant benefits. The most compelling evidence that there is, suggests that it is appropriate to support or recommend hypericum for milder forms of depressive illness for short-term use only and to monitor patients appropriately. For the other interventions

discussed here, more evidence is required to establish unequivocally that they are of benefit (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Alternative Medicine](#)  
[\\*Medicinal Herbs and Plants](#)  
[\\*Mental Health](#)  
[\\*Primary Health Care](#)  
[Anxiety](#)  
[Drug Abuse](#)  
[Hypericum Perforatum](#)  
[Major Depression](#)  
[Treatment Outcomes](#)

**Source:** PsycINFO

#### 74. Modulation of cerebellar activities by acupuncture stimulation: evidence from fMRI study.

**Citation:** Neuroimage, June 2004, vol./is. 22/2(932-40), 1053-8119;1053-8119 (2004 Jun)

**Author(s):** Yoo SS; Teh EK; Blinder RA; Jolesz FA

**Institution:** Department of Radiology, Brigham and Women's Hospital, Harvard Medical School, Boston, MA 02115, USA. yoo@bwh.harvard.edu

**Language:** English

**Abstract:** Recent neuroimaging studies have revealed that acupuncture stimulation modulates human central nervous system including cerebral limbic/paralimbic and subcortical structures. Due to the wide and intricate connections with cerebrum, we hypothesized that anatomically specific areas in human cerebellum are also modulated by acupuncture stimulation beyond classical involvement of cerebellum in motor coordination. Functional MRI (fMRI) was used to investigate neural substrates responding to the acupuncture stimulation of Pericardium 6 (PC6, Neiguan), an acupoint relevant for the management of nausea including vestibular-related motion sickness. Sham stimulation near the acupoint and tactile stimulation on the skin of the acupoint were given as separate conditions. Psychophysical scores as well as the heart and respiratory rates were measured during each condition. Acupuncture manipulation on PC6, in comparison to the sham acupuncture and tactile stimulation conditions, selectively activated left superior frontal gyrus, anterior cingulate gyrus, and dorsomedial nucleus of thalamus. Acupuncture-specific neural substrates in cerebellum were also evident in declive, nodulus, and uvula of vermis, quadrangular lobule, cerebellar tonsil, and superior semilunar lobule. Negative MR signal changes, often seen during the acupuncture of analgesic points, were not observed in the present study. Our data suggest that cerebellum serves as important activation loci during the acupuncture stimulation of PC6, and clinical efficacy of PC6 may be mediated by the cerebellar vestibular neuromatrix.

**Country of Publication:** United States

**Publication Type:** Comparative Study; Journal Article; Research Support, Non-U.S. Gov't

**Subject Headings:** [\\*Acupuncture](#)  
[Adult](#)  
[Anxiety](#)  
[\\*Brain Mapping/mt \[Methods\]](#)  
[\\*Cerebellum/ph \[Physiology\]](#)  
[Female](#)  
[Functional Laterality](#)  
[Heart Rate](#)  
[Humans](#)  
[Magnetic Resonance Imaging/mt \[Methods\]](#)  
[Male](#)  
[Neural Pathways/ph \[Physiology\]](#)  
[Pain](#)

Physical Stimulation  
 Reference Values  
 Respiratory Mechanics  
 Touch  
 Vestibule, Labyrinth/ph [Physiology]

**Source:** MEDLINE

**75. Auricular acupuncture soothes parents' nerves: treatment before surgery reduces anxiety in both mother and child.**

**Citation:** Acupuncture Today, 01 April 2004, vol./is. 5/4(1-3), 15267784

**Author(s):** Devitt M

**Language:** English

**Publication Type:** journal article

**Subject Headings:** Surgery, Operative  
 Anxiety  
 Anxiety  
 Parents  
 Ear  
 Acupuncture  
 Alternative Therapies  
 Child  
 Adult

**Source:** CINAHL

**76. Research database.**

**Citation:** Positive Health, 01 April 2004, vol./is. /98(40-45), 13563963

**Language:** English

**Publication Type:** journal article

**Subject Headings:** Research  
 Acupuncture  
 Alternative Therapies  
 Neoplasms  
 Medicine, Herbal  
 Homeopathy  
 Hypnosis  
 Anxiety  
 Nutritional Status  
 Women's Health  
 Female  
 Weight Control

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**77. Sedate the parents first.**

**Citation:** Alternatives for the Health Conscious Individual, 01 February 2004, vol./is. 10/8(58-58), 08935025

**Language:** English

**Publication Type:** journal article

**Subject Headings:** Acupuncture  
 Adult  
 Anxiety  
 Child

Child, Preschool  
Female  
Mothers  
Pediatric Surgery

**Source:** CINAHL

#### 78. News for healthy living. The finer points of parental anxiety.

**Citation:** Alternative Medicine Magazine, 01 January 2004, vol./is. /63(24-24), 10814000

**Author(s):** Asp K; Schmidt S; Wong K

**Language:** English

**Publication Type:** journal article

**Subject Headings:** Parents  
Anxiety  
Acupuncture

**Source:** CINAHL

#### 79. Acupuncture increases nocturnal melatonin secretion and reduces insomnia and anxiety: a preliminary report.

**Citation:** Journal of Neuropsychiatry & Clinical Neurosciences, 2004, vol./is. 16/1(19-28), 0895-0172;0895-0172 (2004)

**Author(s):** Spence DW; Kayumov L; Chen A; Lowe A; Jain U; Katzman MA; Shen J; Perelman B; Shapiro CM

**Institution:** Centre for Addiction and Mental Health, Toronto, Ontario, Canada.

**Language:** English

**Abstract:** The response to acupuncture of 18 anxious adult subjects who complained of insomnia was assessed in an open prepost clinical trial study. Five weeks of acupuncture treatment was associated with a significant ( $p = 0.002$ ) nocturnal increase in endogenous melatonin secretion (as measured in urine) and significant improvements in polysomnographic measures of sleep onset latency ( $p = 0.003$ ), arousal index ( $p = 0.001$ ), total sleep time ( $p = 0.001$ ), and sleep efficiency ( $p = 0.002$ ). Significant reductions in state ( $p = 0.049$ ) and trait ( $p = 0.004$ ) anxiety scores were also found. These objective findings are consistent with clinical reports of acupuncture's relaxant effects. Acupuncture treatment may be of value for some categories of anxious patients with insomnia.

**Country of Publication:** United States

**CAS Registry Number:** 73-31-4 (Melatonin)

**Publication Type:** Clinical Trial; Comparative Study; Journal Article; Research Support, Non-U.S. Gov't

**Subject Headings:** \*Acupuncture/mt [Methods]  
Adolescent  
Adult  
Anxiety/co [Complications]  
Anxiety/me [Metabolism]  
Anxiety/px [Psychology]  
\*Anxiety/th [Therapy]  
\*Circadian Rhythm/ph [Physiology]  
Cross-Over Studies  
Female  
Humans  
Male  
\*Melatonin/ur [Urine]  
Middle Aged  
Polysomnography  
Psychometrics  
Reaction Time



[Sleep/ph \[Physiology\]](#)  
[Sleep Initiation and Maintenance Disorders/px \[Psychology\]](#)  
[\\*Sleep Initiation and Maintenance Disorders/th \[Therapy\]](#)  
[Time Factors](#)  
[Treatment Outcome](#)

**Source:** MEDLINE  
**Full Text:** Available in *fulltext* at [ProQuest](#)

#### 80. Acupuncture Increases Nocturnal Melatonin Secretion and Reduces Insomnia and Anxiety: A Preliminary Report.

**Citation:** The Journal of Neuropsychiatry and Clinical Neurosciences, 2004, vol./is. 16/1(19-28), 0895-0172;1545-7222 (Win, 2004)  
**Author(s):** Spence, D. Warren; Kayumov, Leonid; Chen, Adam; Lowe, Alan; Jain, Umesh; Katzman, Martin A; Shen, Jianhua; Perelman, Boris; Shapiro, Colin M  
**Correspondence Address:** Kayumov, Leonid: Sleep Research Laboratory, University Health Network, ECW 3D-035, 399 Bathurst St., Toronto, ON, Canada, M5T-2S8, lkayumov@uhnres.utoronto.ca  
**Language:** English  
**Abstract:** The response to acupuncture of 18 anxious adult subjects who complained of insomnia was assessed in an open prepost clinical trial study. Five weeks of acupuncture treatment was associated with a significant ( $p=0.002$ ) nocturnal increase in endogenous melatonin secretion (as measured in urine) and significant improvements in polysomnographic measures of sleep onset latency ( $p=0.003$ ), arousal index ( $p=0.001$ ), total sleep time ( $p=0.001$ ), and sleep efficiency ( $p=0.002$ ). Significant reductions in state ( $p=0.049$ ) and trait ( $p=0.004$ ) anxiety scores were also found. These objective findings are consistent with clinical reports of acupuncture's relaxant effects. Acupuncture treatment may be of value for some categories of anxious patients with insomnia. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)  
**Publication Type:** Journal; Peer Reviewed Journal  
**Subject Headings:** [\\*Acupuncture](#)  
[\\*Anxiety](#)  
[\\*Insomnia](#)  
[\\*Melatonin](#)  
**Source:** PsycINFO  
**Full Text:** Available in *fulltext* at [ProQuest](#)

#### 81. Acupuncture, herbal medicine and homeopathy in primary care mental health

**Citation:** Primary Care Psychiatry, 2004, vol./is. 9/2(37-44), 1355-2570 (2004)  
**Author(s):** Weatherley Jones, Elaine  
**Abstract:** Complementary and alternative medicine (CAM) is considered here to have six established therapies, acupuncture, chiropractic, homeopathy, hypnotherapy, medical herbalism and osteopathy. CAM is fairly popular with an estimated 10.6% of the UK population having accessed some form of alternative care. Around half of UK practices can now offer some form of CAM service. Use of CAM in mental health care is considered by this article, which focuses on the use of acupuncture homeopathy and medical herbalism. A description and examples of each of these three treatments is given. In the case of homeopathy the use of highly dilute medicines, diluted to a point where detection of the original therapeutic compound is not possible, has caused controversy. Some research views on the effectiveness of CAM in the treatment of depression and anxiety are shown. CAM raises safety concerns and like conventional medicine may have adverse side effects. Cites 75 references.  
**Publication Type:** Article  
**Subject Headings:** [MENTAL HEALTH](#)

[MENTAL HEALTH SERVICES](#)  
[MEDICAL TREATMENT](#)  
[DISEASE MANAGEMENT](#)  
[HERBAL THERAPY](#)  
[ACUPUNCTURE](#)  
[HOMOEOPATHY](#)  
[PRIMARY CARE](#)  
[SAFETY](#)  
[DEPRESSION](#)  
[ANXIETY](#)  
[SUBSTANCE ABUSE](#)

**Source:** [HMIC](#)

**82. Lifetime physical and sexual abuse in chronic pain patients: psychosocial correlates and treatment outcomes.**

**Citation:** [Disability & Rehabilitation, 08 April 2003, vol./is. 25/7\(331-342\), 09638288](#)

**Author(s):** [Bailey BE; Freeddenfeld RN; Kiser RS; Gatchel RJ](#)

**Language:** [English](#)

**Publication Type:** [journal article](#)

**Subject Headings:** [Chronic Pain](#)  
[Violence](#)  
[Sexual Abuse](#)  
[Comorbidity](#)  
[Stress, Psychological](#)  
[Health Resource Utilization](#)  
[Chronic Pain](#)  
[Treatment Outcomes](#)  
[Semi-Structured Interview](#)  
[Psychological Tests](#)  
[Male](#)  
[Female](#)  
[Descriptive Statistics](#)  
[Outpatients](#)  
[Prospective Studies](#)  
[Comparative Studies](#)  
[Pain Measurement](#)  
[DSM](#)  
[Sex Factors](#)  
[Depression](#)  
[Anxiety](#)  
[Psychotherapy](#)  
[Physical Therapy](#)  
[Biofeedback](#)  
[Hypnosis](#)  
[Acupuncture](#)  
[Family Therapy](#)  
[Pretest-Posttest Design](#)  
[Multidisciplinary Care Team](#)  
[Questionnaires](#)  
[Reliability and Validity](#)  
[Summated Rating Scaling](#)  
[Internal Consistency](#)  
[One-Way Analysis of Variance](#)  
[Analysis of Variance](#)  
[Multivariate Analysis of Variance](#)  
[Chi Square Test](#)  
[Analysis of Covariance](#)  
[Logistic Regression](#)

[Data Analysis Software](#)  
[Two-Way Analysis of Variance](#)  
[Step-Wise Multiple Regression](#)  
[Sensitivity and Specificity](#)  
[Forecasting](#)  
[Funding Source](#)  
[Human](#)

**Source:** CINAHL

**83. SYMPATHETIC RESONANCE TECHNOLOGY: scientific foundation and summary of biologic and clinical studies.**

**Citation:** Journal of Alternative & Complementary Medicine, 01 December 2002, vol./is. 8/6(823-856), 10755535

**Author(s):** Rubik B

**Language:** English

**Abstract:** Sympathetic Resonance Technology (SRT; Clarus Products, International, L.L.C., San Rafael, CA) is a novel technology used in consumer health care products to protect humans from the potentially harmful effects of stress. A summary of the previously unpublished studies on SRT, both basic and clinical, is presented. These studies collectively show that SRT mitigates the stress response for a variety of stressors such as chemical and electromagnetic stress in various biologic systems and multiple levels of organization, ranging from the molecular to the behavioral. A rudimentary model of how SRT may work at the level of the biofield, the endogenous electromagnetic field of the organism, is proposed. By interacting with key component frequencies in the biofield, SRT may stabilize the organism homeodynamically, thereby protecting it from the effects of stressful stimuli.

**Publication Type:** journal article

**Subject Headings:**
[Stress](#)  
[Stress](#)  
[Electromagnetic Fields](#)  
[Biophysical Instruments](#)  
[Alternative Therapies](#)  
[Stress, Physiological](#)  
[Stress, Psychological](#)  
[Environmental Pollutants](#)  
[Conceptual Framework](#)  
[Equipment Design](#)  
[Homeostasis](#)  
[Occupational Exposure](#)  
[Muscle Weakness](#)  
[Biophysics](#)  
[Acupuncture](#)  
[Skin](#)  
[Learning Disorders](#)  
[Child](#)  
[Adult](#)  
[Anxiety](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**84. A phase I study on the feasibility and acceptability of an acupuncture/hypnosis intervention for chronic pediatric pain.**

**Citation:** Journal of Pain & Symptom Management, 01 October 2002, vol./is. 24/4(437-446), 08853924

**Author(s):** Zeltzer LK; Tsao JCI; Stelling C; Powers M; Levy S; Waterhouse M

<b>Language:</b>	English
<b>Abstract:</b>	<p>The purpose of the present study was to conduct a Phase I investigation examining the feasibility and acceptability of a complementary and alternative medicine (CAM) package combining acupuncture and hypnosis for chronic pediatric pain. Thirty-three sequentially referred children (21 girls) aged 6-18 years were offered 6 weekly sessions consisting of individually tailored acupuncture treatment together with a 20-minute hypnosis session (conducted while the needles were in place). Parent and child ratings of pain and pain-related interferences in functioning, as well as child ratings of anxiety and depression, were obtained at pre- and post-treatment. The treatment was highly acceptable (only 2 patients refused; &gt; or = 90% completed treatment) and there were no adverse effects. Both parents and children reported significant improvements in children's pain and interference following treatment. Children's anticipatory anxiety declined significantly across treatment sessions. Our results support the feasibility and acceptability of a combined acupuncture/hypnosis intervention for chronic pediatric pain.</p> <p>© 2002 by the United States Cancer Pain Relief Committee.</p>
<b>Publication Type:</b>	journal article
<b>Subject Headings:</b>	<a href="#">Acupuncture</a> <a href="#">Chronic Pain</a> <a href="#">Hypnosis</a> <a href="#">Adolescence</a> <a href="#">Analysis of Variance</a> <a href="#">Anxiety</a> <a href="#">Child</a> <a href="#">Depression</a> <a href="#">State-Trait Anxiety Inventory</a> <a href="#">Descriptive Statistics</a> <a href="#">Female</a> <a href="#">Male</a> <a href="#">Multiple Regression</a> <a href="#">Patient Attitudes</a> <a href="#">Pearson's Correlation Coefficient</a> <a href="#">Pilot Studies</a> <a href="#">Post Hoc Analysis</a> <a href="#">Questionnaires</a> <a href="#">Repeated Measures</a> <a href="#">T-Tests</a> <a href="#">Human</a>
<b>Source:</b>	CINAHL

#### **85. Eighth Oxford Conference organised by the Oxford International Biomedical Centre (OIBC) 8th-12th April 2002.**

<b>Citation:</b>	Acta Tropica, October 2002, vol./is. 84/1(59-67), 0001-706X;0001-706X (2002 Oct)
<b>Author(s):</b>	Endriga JN; Festin MR
<b>Institution:</b>	University of Philippines, Diliman, Quezon city, Philippines. jose.endriga@up.edu.ph
<b>Language:</b>	English
<b>Country of Publication:</b>	Netherlands
<b>Publication Type:</b>	Congresses
<b>Subject Headings:</b>	<a href="#">Acupuncture</a> <a href="#">Anxiety</a> <a href="#">Biopharmaceutics</a> <a href="#">Biotechnology</a> <a href="#">Brain/pp [Physiopathology]</a> <a href="#">Depression/dt [Drug Therapy]</a> <a href="#">Depression/px [Psychology]</a> <a href="#">*Holistic Health</a> <a href="#">Humans</a>

Medicine, Chinese Traditional  
 Meditation  
 Pain/px [Psychology]  
 Phytotherapy  
 Skin Neoplasms/ge [Genetics]

**Source:** MEDLINE

**86. A phase I study on the feasibility and acceptability of an acupuncture/ hypnosis intervention for chronic pediatric pain.**

**Citation:** Journal of Pain and Symptom Management, October 2002, vol./is. 24/4(437-446), 0885-3924 (Oct 2002)

**Author(s):** Zeltzer, Lonnie R; Tsao, Jennie C. I; Stelling, Carla; Powers, Mark; Levy, Samantha; Waterhouse, Michael

**Correspondence Address:** Zeltzer, Lonnie R.: UCLA Pediatric Pain Program, Dept of Pediatrics, #22-464 MDCC, 10833 Le Conte Avenue, Los Angeles, CA, US, 90095-1752

**Language:** English

**Abstract:** Conducted a Phase I investigation examining the feasibility and acceptability of a complementary and alternative medicine package combining acupuncture and hypnosis for chronic pediatric pain. 33 sequentially referred children (21 girls) aged 6-18 yrs were offered 6 weekly sessions consisting of individually tailored acupuncture treatment together with a 20-minute hypnosis session (conducted while the needles were in place). Parent and child ratings of pain and pain-related interferences in functioning, as well as child ratings of anxiety and depression, were obtained at pre- and post-treatment. The treatment was highly acceptable (only 2 patients refused; 90% completed treatment) and there were no adverse effects. Both parents and children reported significant improvements in children's pain and interference following treatment. Children's anticipatory anxiety declined significantly across treatment sessions. These data support the feasibility and acceptability of a combined acupuncture/hypnosis intervention for chronic pediatric pain. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** \*Acupuncture  
 \*Hypnosis  
 \*Inference  
 \*Pain  
 \*Pediatrics  
 Anxiety  
 Depression (Emotion)

**Source:** PsycINFO

**87. Auricular acupuncture, education, and smoking cessation: A randomized, sham-controlled trial.**

**Citation:** American Journal of Public Health, October 2002, vol./is. 92/10(1642-1647), 0090-0036;1541-0048 (Oct 2002)

**Author(s):** Bier, Ian D; Wilson, Jeffrey; Studt, Pat; Shakleton, Mary

**Correspondence Address:** Bier, Ian D.: I. B. Scientific, LLC, 1 Griffith Dr, Durham, NH, US, 03824, drbier@ibscientific.com

**Language:** English

**Abstract:** Examined the effects of acupuncture alone and in combination with education on smoking cessation and cigarette consumption. 141 adults (aged 26-81 yrs) who had attempted unsuccessfully to stop smoking at least once received acupuncture treatment with or without 5 wks of an educational smoking cessation program. Subjects (Ss) were assessed regarding smoking cessation, number of cigarettes smoked, cigarette craving, depression, anxiety, and dropout rate at baseline and at 1-, 3-, 6-, 12-, 15-, and 18-mo follow-ups. Results show significant reductions in smoking and posttreatment cigarette consumption

in all treatment Ss and in control Ss undergoing sham acupuncture treatment and 5 wks of education. Those Ss undergoing the combined acupuncture and education treatment exhibited the greatest reduction. These trends continued at follow-ups; however, significant differences were not maintained. History of increased cigarette consumption negatively correlated with treatment effects. It is concluded that acupuncture and education significantly reduce smoking, particularly when combined. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Health Education](#)  
[\\*Smoking Cessation](#)  
[\\*Tobacco Smoking](#)  
 Anxiety  
 Craving  
 Major Depression  
 Treatment Dropouts

**Source:** PsycINFO

**Full Text:** Available in *fulltext* at [EBSCO Host](#)  
 Available in *fulltext* at [ProQuest](#)

#### 88. Auricular acupuncture for pre-operative anxiety I (n=55).

**Citation:** Acupuncture in Medicine, 01 August 2002, vol./is. 20/2-3(130-130), 09645284

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)

**Source:** CINAHL

#### 89. Auricular acupuncture for pre-operative anxiety II (n=91).

**Citation:** Acupuncture in Medicine, 01 August 2002, vol./is. 20/2-3(130-131), 09645284

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Preoperative Period](#)

**Source:** CINAHL

#### 90. Ear acupuncture reduces preoperative anxiety.

**Citation:** Focus on Alternative & Complementary Therapies, 01 June 2002, vol./is. 7/2(130-131), 14653753

**Author(s):** Linde K

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anticipatory Anxiety](#)  
 Ear  
 Clinical Trials  
 Connecticut  
 Adult  
 Middle Age  
 Aged

[Ambulatory Surgery](#)  
[Surgery, Elective](#)  
[Treatment Outcomes](#)  
[Preoperative Period](#)

**Source:** CINAHL

### 91. Attitudes of patients undergoing surgery toward alternative medical treatment.

**Citation:** Journal of Alternative & Complementary Medicine, 01 June 2002, vol./is. 8/3(351-356), 10755535

**Author(s):** Wang S; Peloquin C; Kain ZN

**Language:** English

**Abstract:** BACKGROUND/OBJECTIVES: There has been an increased interest in complementary and alternative medical (CAM) therapies in the scientific literature and the popular press for the last decade. We undertook a survey study to assess the prevalence of CAM therapies in a surgical patient population as well as their interests toward CAM therapies during the preoperative period. METHODS: A total of 1000 questionnaires were administered to the patients in the presurgical holding area of Yale-New Haven Hospital. A total of 857 surveys were returned (85.7%). RESULTS: Two hundred and seventy-five (275) patients undergoing surgery (32%) reported having used CAM therapies. The most common CAM therapies in patients undergoing surgery were reported to be massage therapy (15.2%), followed by herb therapy (9.7%), relaxation (8.3%), and acupuncture (6.6%). A significant proportion of patients (42%) indicated their willingness to use acupuncture as a treatment modality for anxiety during the preoperative period. Those surgical patients who expressed an interest in using acupuncture as a preoperative anxiety treatment modality are younger than those who have no interest (47 +/- 16 vs. 53 +/- 19,  $p = 0.0001$ ). In addition, those patients who used CAM therapies had a significant interest in using acupuncture as a preoperative anxiety treatment modality as compared to individuals who had no experience in CAM therapies (66.3% vs. 29.9%,  $p = 0.0001$ ). A logistic regression model that included various demographics as predictors demonstrated that age and education level were significant factors that determined the use of CAM therapies in our surgical patients population. In our survey, however, gender does not play a significant role in the usage of CAM therapies. CONCLUSIONS: Alternative medicine use is reported to be a common phenomenon prior to surgery. A significant number of patients are willing to accept acupuncture as treatment for anxiety during the preoperative period.

**Publication Type:** journal article

**Subject Headings:** [Alternative Therapies](#)  
[Surgical Patients](#)  
[Patient Attitudes](#)  
[Acupuncture](#)  
[Survey Research](#)  
[Questionnaires](#)  
[Descriptive Statistics](#)  
[Connecticut](#)  
[Age Factors](#)  
[Logistic Regression](#)  
[Educational Status](#)  
[Pilot Studies](#)  
[Data Analysis Software](#)  
[Paired T-Tests](#)  
[One-Way Analysis of Variance](#)  
[Chi Square Test](#)  
[Step-Wise Multiple Regression](#)  
[Male](#)  
[Female](#)  
[Adult](#)  
[Middle Age](#)

Aged  
Health Beliefs  
Anxiety  
Preoperative Period  
Human

**Source:** CINAHL  
**Full Text:** Available in *fulltext* at [EBSCO Host](#)

## 92. Anxiety, depression, and insomnia.

**Citation:** Primary Care; Clinics in Office Practice, June 2002, vol./is. 29/2(339-60, vii), 0095-4543;0095-4543 (2002 Jun)

**Author(s):** Larzelere MM; Wiseman P

**Institution:** Department of Family Medicine, Louisiana State University Health Sciences Center, School of Medicine, 200 West Esplanade Avenue, Suite 510, Kenner, LA 70065, USA. mlarze@lsuhsc.edu

**Language:** English

**Abstract:** Evidence for alternative treatments for depression, anxiety, and insomnia are reviewed in this article. Treatment of depression with St. John's wort, L-tryptophan, 5-hydroxytryptophan, S-adenosylmethionine, dehydroepiandrosterone, folate, exercise, acupuncture, and meditation are examined. Evidence for the efficacy of kava kava, exercise, relaxation therapies, and acupuncture in treatment anxiety is reviewed. The use of valerian, melatonin, chamomile, passionflower, exercise, acupuncture, and behavioral therapies (i.e., sleep restriction, stimulus control, relaxation, and sleep hygiene) for insomnia is discussed.

**Country of Publication:** United States

**Publication Type:** Journal Article; Review

**Subject Headings:** [Acupuncture](#)  
[Anxiety/pc \[Prevention & Control\]](#)  
[\\*Anxiety/th \[Therapy\]](#)  
[\\*Complementary Therapies/mt \[Methods\]](#)  
[Depression/pc \[Prevention & Control\]](#)  
[\\*Depression/th \[Therapy\]](#)  
[Exercise](#)  
[Humans](#)  
[Life Style](#)  
[Meditation](#)  
[Phytotherapy/mt \[Methods\]](#)  
[Sleep Initiation and Maintenance Disorders/pc \[Prevention & Control\]](#)  
[\\*Sleep Initiation and Maintenance Disorders/th \[Therapy\]](#)  
[United States](#)

**Source:** MEDLINE

## 93. A large randomized placebo controlled study of auricular acupuncture for alcohol dependence.

**Citation:** Journal of Substance Abuse Treatment, March 2002, vol./is. 22/2(71-77), 0740-5472 (Mar 2002)

**Author(s):** Bullock, Milton L; Kiresuk, Thomas J; Sherman, Robert E; Lenz, Scott K; Culliton, Patricia D; Boucher, Tacey A; Nolan, Christopher J

**Language:** English

**Abstract:** Examined the effects of acupuncture therapy on alcohol dependence. 503 inpatients (aged 18-66 yrs) whose primary substance of abuse was alcohol were administered either specific acupuncture, nonspecific acupuncture, symptom-based acupuncture, or conventional treatment. Ss were assessed at baseline and at 3-, 6-, and 12-mo follow-ups concerning alcohol use, depression, anxiety, functional status, and preference for therapy.



Results show significant improvement concerning nearly all examined measures. There were few differences associated with treatment assignment, and no treatment differences concerning alcohol use, although 49% of Ss reported acupuncture reduced their desire for alcohol. Acupuncture did not significantly contribute over and above results achieved by conventional treatment alone in reduction of alcohol use. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Alcohol Rehabilitation](#)  
[\\*Anxiety](#)  
[\\*Client Satisfaction](#)  
[\\*Major Depression](#)  
[Ability Level](#)

**Source:** PsycINFO

#### 94. Needle techniques. Gentle treatment for general anxiety disorder, post-traumatic stress and episodic anxiety.

**Citation:** Acupuncture Today, 01 March 2002, vol./is. 3/3(20-21), 15267784

**Author(s):** Gardner-Abbate S

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Anxiety Disorders](#)  
[Stress Disorders, Post-Traumatic](#)  
[Acupuncture](#)  
[Alternative Therapies](#)  
[Anxiety](#)

**Source:** CINAHL

#### 95. A study on hypnotic acupuncture therapy for angina pectoris and its effects on plasma ET and NO.

**Citation:** Chinese Journal of Clinical Psychology, February 2002, vol./is. 10/1(63-64, 67), 1005-3611 (Feb 2002)

**Author(s):** Li, Xian; Zheng, Qiangsun; Song, Shengyun; Gao, Junjun; Ni, Zhen; Yuan, Xioulan; Zhang, Luxing

**Language:** Chinese

**Abstract:** Evaluated the treatment effects of hypnotic acupuncture therapy on angina pectoris (AP). 40 patients with AP (aged 43-68 yrs) (course of illness: 6-23 mo) received hypnotic acupuncture therapy (i.e., receiving acupuncture after being verbally induced to hypnotic state) and 31 patients with AP (aged 45-69 yrs) (20 males and 11 females) received pure acupuncture therapy for 4 wks (6 sessions/wk) in Tibet General Hospital and Tangdu Hospital, China. The treatment effects were evaluated in the examination of AP symptom relief and EKG data, in the assessment using the Self-Rating Anxiety Scale and the Self-Rating Depression Scale, and in the measurement of the levels of endothelin (ET) and nitric oxide (NO) in blood. The results show that the AP symptom relief rate and the changes of EKG were found more desirable in the hypnotic acupuncture therapy group than in the pure acupuncture group; and that the pre-post treatment comparisons showed hypnotic acupuncture therapy was superior to pure acupuncture therapy in reducing anxiety levels and depression and adjusting the ET and NO levels in blood. The study provides strong support for hypnotic acupuncture therapy in the treatment of AP thus affecting both mental and physical improvement. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Angina Pectoris](#)  
[\\*Hypnosis](#)

\*Symptoms  
 Anxiety  
 Electrocardiography  
 Major Depression

**Source:** PsycINFO

**96. Acupuncture as treatment for anxiety and depression in persons with dementia: results of a feasibility and effectiveness study.**

**Citation:** Alzheimer's Care Quarterly, 01 September 2001, vol./is. 2/4(28-41), 15253279

**Author(s):** Lombardo NBE; Dresser MVB; Malivert M; McManus CA; Vehvilainen L; Ooi WL; Xu G; Rosowsky E; Drebing C; Sheridan PL; Lewis S; Imada T; Hohnstein JK; Perry K

**Language:** English

**Abstract:** The Acupuncture Pilot Study for Persons with Dementia is the first study in the United States to examine acupuncture as a treatment for Alzheimer's disease (AD) and vascular dementia (VD). Funded by the Helen Bader Foundation, the study was conducted from 1997 to 1999 at Wellesley College's Center for Research on Women. The study, which included 11 treatment participants and no controls, demonstrated that acupuncture may be a feasible and effective treatment for depression and anxiety in Americans with AD or VD. All enrolled participants completed at least 22 acupuncture needling treatments and every required evaluation. Using paired sample t-tests, statistically significant improvements were found in three of the four scales used to assess the effect of acupuncture on mood.

**Publication Type:** journal article

**Subject Headings:** [Alzheimer's Disease](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Depression](#)  
[Pilot Studies](#)  
[Research Instruments](#)  
[Interviews](#)  
[Geriatric Depression Scale](#)  
[State-Trait Anxiety Inventory](#)  
[Acupuncture](#)  
[Female](#)  
[Male](#)  
[Middle Age](#)  
[Aged](#)  
[Aged, 80 and Over](#)  
[Descriptive Statistics](#)  
[Paired T-Tests](#)  
[P-Value](#)  
[One-Tailed Test](#)  
[Two-Tailed Test](#)  
[Funding Source](#)  
[Human](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [EBSCO Host](#)

**97. Some evidence that auricular acupuncture points are specific for anxiety.**

**Citation:** Focus on Alternative & Complementary Therapies, 01 September 2001, vol./is. 6/3(188-189), 14653753

**Author(s):** White AR

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Single-Blind Studies](#)  
[Connecticut](#)  
[Repeated Measures](#)  
[Anxiety](#)  
[Analysis of Variance](#)  
[Treatment Outcomes](#)

**Source:** CINAHL

**98. Auricular acupuncture effective in treating anxiety: technique could reduce pain and stress in postsurgical patients.**

**Citation:** [Acupuncture Today](#), 01 May 2001, vol./is. 2/5(1-2), 15267784

**Author(s):** Devitt M

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Anxiety](#)  
[Acupuncture](#)  
[Stress, Psychological](#)  
[Clinical Trials](#)  
[Acupuncture Points](#)  
[Operating Room Personnel](#)  
[State-Trait Anxiety Inventory](#)  
[Scales](#)  
[Questionnaires](#)  
[Stress, Occupational](#)  
[Human](#)

**Source:** CINAHL

**99. Surgery and complementary therapies: a review.**

**Citation:** [Alternative Therapies in Health & Medicine](#), 01 September 2000, vol./is. 6/5(64-73), 10786791

**Author(s):** Petry JJ

**Language:** English

**Publication Type:** journal article

**Subject Headings:** [Alternative Therapies](#)  
[Surgery, Operative](#)  
[Stress, Psychological](#)  
[Anxiety](#)  
[Coping](#)  
[Locus of Control](#)  
[Relaxation Techniques](#)  
[Hypnosis](#)  
[Guided Imagery](#)  
[Acupuncture](#)  
[Dietary Supplementation](#)

**Source:** CINAHL

**Full Text:** Available in *fulltext* at [ProQuest](#)

**100. Traditional Chinese medicine, acupuncture, and other alternative medicines for prostate cancer: an introduction and the need for more research.**

**Citation:** [Seminars in Urologic Oncology](#), 01 May 1999, vol./is. 17/2(103-110), 10810943

**Author(s):** Moyad MA; Hathaway S; Ni H

**Language:** English

**Abstract:** There are several other alternative medicines apart from vitamins and minerals that the clinician should be aware of because they have grown in popularity in other fields of medicine. In time, these therapies should impact the arena of urologic oncology. Traditional Chinese Medicine, which includes acupuncture, is an area that has received some attention. The theory behind it can be quite daunting because it is so different from the theory behind Western Medical Science. In addition, exactly how acupuncture can be applied to a patient and its potential use in prostate cancer need to be addressed. Other herbal therapies for the patient experiencing symptoms related to a localized cancer diagnosis also need to be evaluated. St John's Wort for depression and Kava for anxiety are two examples of herbal alternatives that some prostate patients are inquiring about. Finally, Ginkgo biloba has received a great deal of attention in the media for erectile dysfunction, but there is a dearth of evidence in this area and the information that already exists can be misleading until further studies are conducted. Also, it is imperative that additional studies be performed in all of the above subjects as they relate to prostate cancer, but a general survey on alternative medicine use in urologic diseases is needed first before an adequate review of the most popular therapies can be published. Copyright (c) 1999 by W.B. Saunders Company

**Publication Type:** journal article

**Subject Headings:** [Acupuncture](#)  
[Medicine, Chinese Traditional](#)  
[Prostatic Neoplasms](#)  
[Prostatic Neoplasms](#)  
[Prostatic Neoplasms](#)  
[Alternative Therapies](#)  
[Animal Studies](#)  
[Anxiety](#)  
[Clinical Trials](#)  
[Depression](#)  
[Ginkgo Biloba](#)  
[Impotence](#)  
[Male](#)  
[St. John's Wort](#)  
[Stress, Psychological](#)

**Source:** CINAHL

#### 101. Clinical management of needle-phobia patients requiring acupuncture therapy

**Citation:** Acupuncture and Electrotherapeutics Research, 1999, vol./is. 24/3-4(189-201), 0360-1293 (1999)

**Author(s):** Lu DP; Lu GP

**Language:** English

**Abstract:** Both acupuncture and hypnosis have their distinct applications in the health profession, but combining acupuncture therapy with hypnosis has rarely been done for the purpose of therapeutic treatment, perhaps because few clinicians have proper training in both disciplines. For needle phobic patients, acupuncture treatment can be a dreadful experience, as multiple needles are usually used. It is stressful for both clinicians and patients when the patients are put in an extremely apprehensive state. Our research for combining both acupuncture and hypnosis has revealed that synergy does exist in both, and that hypnosis does augment the effect of acupuncture, resulting in better treatment outcomes. Since many acupuncture patients who are needle phobic do not return for further treatment even though acupuncture has rendered good therapeutic results for them, stress reduction with hypnosis is, therefore, a welcome complimentary adjunct that would enable them to return for further needed acupuncture treatment if and when the factor of fear of the needle is removed.

**Publication Type:** Journal Article

**Subject Headings:** [Anxiety](#)  
[Acupuncture](#)  
[Hypnosis](#)  
[Treatment outcome](#)  
[Needling](#)

**Source:** AMED

## 102. Treatment effects of acupuncture on anxiety and depression in working women.

**Citation:** Dissertation Abstracts International: Section B: The Sciences and Engineering, May 1998, vol./is. 58/11-B(5886), 0419-4217 (May 1998)

**Author(s):** Bennett, Carole Frances

**Language:** English

**Abstract:** This study proposed the theory of Gender Effects asserting that the power differential between men and women creates internalized stress for women, experienced as depression and anxiety, conceptualized as affective dissonance. Auricular acupuncture was tested as a treatment for affective dissonance in working women. A visual analogue scale, Bennett's Affective Dissonance Inventory (BADI), was constructed and validated to measure the concepts and the effectiveness of the intervention. Gender Effects include encounters of sexist events, the roles of mother and caregiver, and the internalized cultural feminine imperatives. The exploitation of women in the home and the workplace were studied in depth. Scales which were used include Beck Depression Inventory, Spielberger State Anxiety Scale, Hassles Frequency Scale, and Schedule of Sexist Events Scale. The auricular acupuncture protocol from Lincoln Hospital, the Bronx, was adapted for the clinical trial. The results (N = 66) showed that the experience of sexist events was correlated to anxiety ( $r = 0.33801$ ,  $p = 0.0059$ ), depression ( $r = 0.37242$ ,  $p = 0.0023$ ), daily stressors ( $r = 0.41483$ ,  $p = 0.0006$ ), and BADI upset ( $r = 0.31321$ ,  $p = 0.0111$ ), sad ( $r = 0.28387$ ,  $p = 0.0219$ ), restless ( $r = 0.45201$ ,  $p = 0.0002$ ), stressed ( $r = 0.33048$ ,  $p = 0.0072$ ), and negatively to peaceful ( $r = -0.2707$ ,  $p = 0.0078$ ), together ( $r = -0.1764$ ,  $p = 0.0105$ ) and relaxed ( $r = -0.19670$ ,  $p = 0.0206$ ). Enacting the role of mother predicted depression ( $F = 5.07$ ,  $p = 0.0279$ ), anxiety ( $F = 6.83$ ,  $p = 0.0141$ ), and daily stressors ( $F = 7.61$ ,  $p = 0.0076$ ); caring for aging parents, predicted anxiety ( $F = 4.03$ ,  $p = 0.0490$ ) and stress ( $F = 5.18$ ,  $p = 0.0263$ ). The mal-distribution of household organizational tasks predicted women's depression ( $F = 13.92$ ,  $p = 0.0005$ ), anxiety ( $F = 13.37$ ,  $p = 0.0006$ ), daily hassles ( $F = 9.77$ ,  $p = 0.0030$ ), and stress ( $F = 6.16$ ,  $p = 0.0167$ ). This research suggests a significant negative impact of Gender Effects on women's mental health. Therapeutic acupuncture was tested as an intervention for affective dissonance. In a randomized, placebo controlled clinical trial (N = 40), therapeutic acupuncture alleviated the symptoms of affective dissonance over control acupuncture by the Beck Depression Inventory ( $t = 1.9320$ ,  $p = 0.0183$ ), Spielberger State Anxiety Scale ( $t = 3.1447$ ,  $p = 0.0034$ ), and BADI: upset ( $t = 2.8435$ ,  $p = 0.0184$ ), restless ( $t = 3.7361$ ,  $p = 0.0012$ ), stressed ( $t = 4.1033$ ,  $p = 0.0005$ ) peaceful ( $t = -0.622$ ,  $p = 0.0303$ ), and relaxed ( $t = 2.7627$ ,  $p = 0.0090$ ). Therefore, the research again strongly suggests that acupuncture alleviates the symptoms of affective dissonance in women. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Dissertation Abstract

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Affective Disorders](#)  
[\\*Anxiety](#)  
[\\*Depression \(Emotion\)](#)  
[\\*Sexism](#)  
[Theory Formulation](#)  
[Working Women](#)

**Source:** PsycINFO

**103. Comparative study on acupuncture combined with behavioral desensitization for treatment of anxiety neuroses**

**Citation:** American Journal of Acupuncture, 1998, vol./is. 26/2-3(117-20) (1998)

**Author(s):** Guizhen L; Yunjun Z; Aizhen L

**Language:** English

**Abstract:** Two hundred and forty patients diagnosed with anxiety neuroses were divided into three equal groups and treated accordingly with acupuncture only (AO), behavioral desensitization only (DO), and combined acupuncture and behavioral desensitization (CAD). The cure rates in the AO, DO and CAD groups were 20.0%, 26.3% and 52.5%, respectively. The difference in effectiveness of CAD was statistically significant (P less than 0.01).

**Publication Type:** Journal Article

**Subject Headings:** [Acupuncture](#)  
[Desensitization](#)  
[Anxiety](#)  
[Neurotic disorders](#)  
[Psychosomatic therapies](#)  
[Methods](#)  
[Treatment outcome](#)  
[Comparative study](#)

**Source:** AMED

**104. Affolement et Fureur: Aphonie (Yu Que Wo Ren)**

**Citation:** Rev Fran Med Tradit Chin, October 1997, vol./is. 176/(186-8) (1997 Oct-Dec)

**Author(s):** Van Nghi N

**Language:** French

**Publisher:** Rev Fran Med Tradit Chin

**Publication Type:** Journal Article

**Subject Headings:** [Anxiety](#)  
[Anger](#)  
[Speech disorders](#)  
[Acupuncture](#)  
[Acupuncture therapy](#)  
[Methods](#)  
[Philosophy](#)

**Source:** AMED

**105. Does electroacupuncture reduce craving for alcohol? A randomized controlled study.**

**Citation:** Complementary Therapies in Medicine, 01 March 1997, vol./is. 5/1(19-26), 09652299

**Author(s):** Rampes H; Pereira S; Mortimer A; Manoharan S; Knowles M

**Language:** English

**Abstract:** We conducted a randomized single-blind controlled study to determine whether auricular electroacupuncture reduces craving for alcohol. Patients who met Diagnostic and Statistical Manual of Mental Disorders IIR criteria for alcohol-dependence or -abuse were randomized to specific electroacupuncture plus treatment as usual (group 1, n = 23), non-specific electroacupuncture plus treatment as usual (group 2, n = 20) or treatment as usual (group 3, n = 16). Electroacupuncture was carried out weekly for six weeks, each treatment lasting 30 min. Our main outcome measure was craving for alcohol, measured by a visual analogue scale. Assessments were done by blind investigators, at baseline, week 8 and week 24. There was a significant change in the craving for alcohol scores in all three groups at week 8. A 59.8% and 54% reduction in mean craving scores was noted

in electroacupuncture groups 1 and 2 respectively. There was a 44.1% increase in craving in the control group at week 8. Craving was low in all three groups by week 24 and not significantly different between them at week 8. Craving was correlated significantly with units of alcohol consumed ( $r = 0.38$ ,  $P = 0.004$ ), breathalyser level ( $r = 0.34$ ,  $P = 0.009$ ) and anxiety ( $r = 0.29$ ,  $P = 0.024$ ) at baseline. We did not find any major advantage in treating auricular acupuncture points regarded as specific for addiction. Copyright (C) Pearson Professional Ltd 1997.

**Publication Type:** journal article

**Subject Headings:** [Electric Stimulation](#)  
[Acupuncture](#)  
[Ear](#)  
[Alcohol Drinking](#)  
[Behavior, Addictive](#)  
[Funding Source](#)  
[Clinical Trials](#)  
[Single-Blind Studies](#)  
[Correlation Coefficient](#)  
[P-Value](#)  
[Prospective Studies](#)  
[Control Group](#)  
[Confidence Intervals](#)  
[Descriptive Statistics](#)  
[Pearson's Correlation Coefficient](#)  
[Chi Square Test](#)  
[One-Way Analysis of Variance](#)  
[Anxiety](#)  
[Statistical Significance](#)  
[Male](#)  
[Female](#)  
[Human](#)

**Source:** CINAHL

#### 106. Treatment effects of acupuncture on anxiety and depression in working women.

**Citation:** , 01 January 1997, vol./is. /(0-186),

**Author(s):** Bennett CF

**Language:** English

**Abstract:** This study proposed the theory of Gender Effects asserting that the power differential between men and women creates internalized stress for women, experienced as depression and anxiety, conceptualized as affective dissonance. Auricular acupuncture was tested as a treatment for affective dissonance in working women. A visual analogue scale, Bennett's Affective Dissonance Inventory (BADI), was constructed and validated to measure the concepts and the effectiveness of the intervention.; Gender Effects include encounters of sexist events, the roles of mother and caregiver, and the internalized cultural feminine imperatives. The exploitation of women in the home and the workplace were studied in depth. Scales which were used include Beck Depression Inventory, Spielberger State Anxiety Scale, Hassles Frequency Scale, and Schedule of Sexist Events Scale. The auricular acupuncture protocol from Lincoln Hospital, the Bronx, was adapted for the clinical trial.; The results ( $N = 66$ ) showed that the experience of sexist events was correlated to anxiety ( $r = 0.33801$ ,  $p = 0.0059$ ), depression ( $r = 0.37242$ ,  $p = 0.0023$ ), daily stressors ( $r = 0.41483$ ,  $p = 0.0006$ ), and BADI upset ( $r = 0.31321$ ,  $p = 0.0111$ ), sad ( $r = 0.28387$ ,  $p = 0.0219$ ), restless ( $r = 0.45201$ ,  $p = 0.0002$ ), stressed ( $r = 0.33048$ ,  $p = 0.0072$ ), and negatively to peaceful ( $r = -0.32707$ ,  $p = 0.0078$ ), together ( $r = -0.31764$ ,  $p = 0.0105$ ) and relaxed ( $r = -0.29670$ ,  $p = 0.0206$ ). Enacting the role of mother predicted depression ( $F = 5.07$ ,  $p = 0.0279$ ), anxiety ( $F = 6.83$ ,  $p = 0.0141$ ), and daily stressors ( $F = 7.61$ ,  $p = 0.0076$ ); caring for aging parents, predicted anxiety ( $F = 4.03$ ,  $p = 0.0490$ ) and stress ( $F = 5.18$ ,  $p = 0.0263$ ). The mal-distribution of household organizational tasks predicted women's depression ( $F = 13.92$ ,  $p = 0.0005$ ), anxiety ( $F = 13.37$ ,  $p = 0.0006$ ),

daily hassles ( $F = 9.77$ ,  $p = 0.0030$ ), and stress ( $F = 6.16$ ,  $p = 0.0167$ ). This research suggests a significant negative impact of Gender Effects on women's mental health.; Therapeutic acupuncture was tested as an intervention for affective dissonance. In a randomized, placebo controlled clinical trial ( $N = 40$ ), therapeutic acupuncture alleviated the symptoms of affective dissonance over control acupuncture by the Beck Depression Inventory ( $t = 1.9320$ ,  $p = 0.0183$ ), Spielberger State Anxiety Scale ( $t = 3.1447$ ,  $p = 0.0034$ ), and BADI: upset ( $t = 2.8435$ ,  $p = 0.0184$ ), restless ( $t = 3.7361$ ,  $p = 0.0012$ ), stressed ( $t = 4.1033$ ,  $p = 0.0005$ ) peaceful ( $t = -2.1622$ ,  $p = 0.0303$ ), and relaxed ( $t = 2.7627$ ,  $p = 0.0090$ ). Therefore, the research again strongly suggests that acupuncture alleviates the symptoms of affective dissonance in women.

**Publication Type:** doctoral dissertation

**Subject Headings:** [Acupuncture](#)  
[Anxiety](#)  
[Depression](#)  
[Instrument Construction](#)  
[Instrument Validation](#)  
[Sex Factors](#)  
[Clinical Assessment Tools](#)  
[Clinical Trials](#)  
[Correlation Coefficient](#)  
[New York](#)  
[Psychological Tests](#)  
[Scales](#)  
[State-Trait Anxiety Inventory](#)  
[Visual Analog Scaling](#)  
[Human](#)

**Source:** CINAHL

#### 107. Cognitive styles and personality traits as predictors of response to therapy in pain patients.

**Citation:** Personality and Individual Differences, 1989, vol./is. 10/3(313-322), 0191-8869 (1989)

**Author(s):** Kreitler, Shulamith; Carasso, Raphael; Kreitler, Hans

**Language:** English

**Abstract:** Tested the hypotheses that therapy-responsive pain patients would be higher in number of different cognitive styles, anxiety, and neuroticism, and lower in extraversion than nonresponsive patients. 38 chronic pain patients were tested on the State-Trait Anxiety Inventory, the Eysenck Personality Inventory (EPI), and a meaning questionnaire. All were then given acupuncture for 4-6 sessions. Improvement was tested by evaluations of patient and physician and by objective criteria, at the end of therapy and in 2 follow-ups. Three groups were defined: highly improved ( $n=11$ ), slightly improved ( $n=16$ ), and not improved ( $n=11$ ). The groups differed only in extraversion and several meaning variables. The therapy-responsive patient is introverted according to the EPI and the meaning questionnaire. Discussion focused on the psychological profile of the therapy-responsive patient and on differences between pain generation and pain maintenance or reduction. (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Chronic Pain](#)  
[\\*Cognitive Style](#)  
[\\*Personality Correlates](#)  
[\\*Treatment Outcomes](#)  
[Acupuncture](#)  
[Anxiety](#)  
[Extraversion](#)  
[Neuroticism](#)

**Source:** PsycINFO



**108. The psychotherapeutic utilization of acupuncture.**

**Citation:** Dissertation Abstracts International, September 1986, vol./is. 47/3-B(1270-1271), 0419-4217 (Sep 1986)

**Author(s):** Ford Geiger, Edwin L

**Language:** English

**Publication Type:** Dissertation Abstract

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Mental Disorders](#)  
[\\*Mental Health](#)  
[\\*Psychotherapeutic Techniques](#)  
[\\*Theories](#)  
[Anxiety](#)

**Source:** PsycINFO

**109. Acupuncture and chronic pain mechanisms: The moderating effects of affect, personality, and stress on response to treatment.**

**Citation:** Pain, April 1977, vol./is. 3/2(137-145), 0304-3959 (Apr 1977)

**Author(s):** Toomey, Timothy C; Ghia, Jawahar N; Mao, Willie; Gregg, John M

**Language:** English

**Abstract:** Compared responders and nonresponders to acupuncture on personality, affect, and stress variables. Ss were 40 patients who had had pain beneath the waist level longer for more than 6 mo. Measures included the MMPI, Rotter's Internal-External Locus of Control Scale, the State-Trait Anxiety Inventory, and a global pain estimate. Responders, defined as 50% or more reduction in pain estimates for greater than 2 wks, were less depressed, less passive, and overly conventional; had shorter duration of pain; endorsed less frequent exposure to stressors; and had less serious non-pain-related illnesses. The findings are viewed as linking the intractability of pain states with psychosocial factors which may directly interfere with response to somatic modes of therapy or which may interfere via alterations of tonic neurohumoral factors. Findings also emphasize the importance of considering psychological variables in evaluating patients for pain treatment strategies and suggest inclusion of such variables in investigating response to other modalities of chronic pain treatment. (18 ref) (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Anxiety](#)  
[\\*Medical Patients](#)  
[\\*Pain](#)  
[\\*Stress](#)  
[Internal External Locus of Control](#)

**Source:** PsycINFO

**110. Hypnotic procedures and surgery: A critical analysis with applications to "acupuncture analgesia."**

**Citation:** American Journal of Clinical Hypnosis, April 1976, vol./is. 18/4(217-236), 0002-9157 (Apr 1976)

**Author(s):** Chaves, John F; Barber, Theodore X

**Language:** English

**Abstract:** Notes that although hypnotic procedures are useful for reducing the anxiety of surgery and helping patients tolerate surgery, they do not consistently eliminate pain. Six factors are cited that are part of or associated with hypnotic procedures to help patients tolerate surgery. These factors pertain to patient selection, the patient-physician relationship, the

preoperative "education" of the patient, the adjunctive use of drugs, and the use of suggestion of analgesia and distraction. It appears that the same factors account for the apparent successes of acupuncture analgesia as well. A frequently overlooked fact, that most internal tissues and organs of the body do not hurt when they are cut by the surgeon's scalpel, is also important in understanding how surgery can be performed with either hypnoanesthesia or acupuncture analgesia. (4 p ref) (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Anxiety](#)  
[\\*Hypnosis](#)  
[\\*Pain](#)  
[\\*Surgery](#)

**Source:** PsycINFO

#### 111. Acupuncture and hypnotism: Preliminary experiments-and a warning.

**Citation:** American Journal of Clinical Hypnosis, January 1974, vol./is. 16/3(156-159), 0002-9157 (Jan 1974)

**Author(s):** Nemerof, Henry; Rothman, Irwin

**Language:** English

**Abstract:** Reports that acupuncture was successfully used to relieve examination anxiety induced by hypnotic techniques in 3 medical students. The procedures were observed by other medical students and physicians who corroborated the physiological concomitants of anxiety. Acupuncture analgesia was also induced in a skeptical onlooking physician without his being aware of the anatomical site expected to become analgesic. A skeptical surgeon was relaxed using acupuncture. Similarities and differences between hypnosis and acupuncture are discussed. (27 ref) (PsycINFO Database Record (c) 2010 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Subject Headings:** [\\*Acupuncture](#)  
[\\*Hypnosis](#)  
[\\*Test Anxiety](#)

**Source:** PsycINFO