

INPLASY PROTOCOL

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**Review Stage at time of this
submission:** Preliminary
searches.

Conflicts of interest:
None declared.

INTRODUCTION

Review question / Objective: The aim of this scoping review is to summarize the evidence from systematic reviews of acupuncture and intervention types for weight loss and to evaluate the breadth and methodological quality of them.

Condition being studied: Acupuncture is one of the traditional therapies of Chinese medicine. As its effectiveness and safety, it has been widely used in clinical practice in

Acupuncture for weight loss: Protocol for a scoping review of systematic reviews and meta-analyses

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Condition being studied: Acupuncture is one of the traditional therapies of Chinese medicine. As its effectiveness and safety, it has been widely used in clinical practice in China. Acupuncture is also used and frequently advocated for the treatment of obesity. A few clinical research, systematic review, or meta-analyses has proved its effectiveness and safety, but there are no comprehensive syntheses among these evidence.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 20 March 2022 and was last updated on 20 March 2022 (registration number INPLASY202230098).

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METHODS

Participant or population: We will include patients diagnosed with overweight or obesity.

Intervention: Treatment group intervention at least includes a kind of acupuncture therapy (acupuncture, electroacupuncture, auricular acupuncture, etc.) or moxibustion therapy.

Comparator: We will include any study that includes comparators.

Study designs to be included: Published primary research, including systematic review or meta-analyses that only included randomized controlled trials (RCTs).

Eligibility criteria: Studies that meet the following criteria will be included: (1) Systematic reviews, and Meta-analysis; (2) Interventions were focused on examining acupuncture or moxibustion for weight loss; (3) Primary outcomes included weight-related outcomes (body weight, body mass index, waistline, etc.). Studies were excluded if: (1) Systematic reviews that not only included RCTs. (2) Publications were not full reports; (3) Protocol of reviews.

Information sources: To answer the research question, we will search Cochrane Database, Web of Science, PubMed, Embase, China National Knowledge Infrastructure (CNKI), China Science and Technology Journal Database (VIP), China Biology Medicine disc (CBMdisc), and Wanfang Database since the establishment of the database.

Main outcome(s): Effectiveness indicators: total effective rate; body weight, body mass index (BMI) ; waist circumference; hip circumference, thigh circumference, waist-hip ratio. Safety index: adverse reaction rate.

Data management: Two researchers will evaluate the quality of included studies by using the AMSTAR2 tool in duplicate.

Strategy of data synthesis: The results will be was briefly organized into a tabular format and analyzed using a narrative description. The results were briefly organized into a tabular format and

analyzed using a narrative description. The data extracted from the study is presented in the form of tables and pictures.

Subgroup analysis: As scoping review research, there will be no plan for analyzing subgroup data.

Sensitivity analysis: As scoping review research, there will be no plan to perform the sensitivity analysis of data.

Country(ies) involved: China.

Keywords: Acupuncture, overweight and obesity, scoping review, protocol.

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