

# INPLASY PROTOCOL

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None declared.

## Acupuncture and related interventions for the treatment of obesity: protocol for a scoping review of randomized controlled trials

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**Review question / Objective:** The purpose of this study is to summarize the characteristics of RCT in the treatment of obesity by acupuncture and other related intervention measures, so as to enhance evidence-based clinical practice about acupuncture for obesity.

**Condition being studied:** Obesity is a chronic metabolic disease that is defined as a body's excessive accumulation or abnormal distribution of total or local fat content. Their complications such as Type II diabetes mellitus, hyperlipidemia, and cardiovascular diseases are strongly related to higher risks of mortality. In recent years, with the changes in diet structure and living habits, 1.9 billion adults were overweight and over 650 million were obese according to the report by the WHO in 2016. Acupuncture is a characteristic therapy of traditional Chinese medicine, which is effective and safe for the treatment of simple obesity. In recent years, many RCTs using acupuncture in simple obesity were carried out within and outside of China. But currently, acupuncture treatment has no uniform standard, and there are a number of problems with this current clinical application of modern Chinese Medicine. Unfortunately, there is an absence of high-quality data supporting their use. This scoping review aims to summarize the characteristics of RCT in the treatment of obesity by acupuncture and other related intervention measures, so as to enhance evidence-based clinical practice about acupuncture and moxibustion for obesity.

**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 INPLASY202230099).

### INTRODUCTION

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intervention measures, so as to enhance evidence-based clinical practice about acupuncture for obesity.

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## METHODS

**Participant or population:** Obesity patients.

**Intervention:** The intervention group used acupuncture intervention measures, such as acupuncture, electroacupuncture, moxibustion, acupoint catgut embedding, and et al.

**Comparator:** We will include any study that includes comparator.

**Study designs to be included:** Randomized controlled trials (RCTs) and quasi-randomized controlled trials (RCTs).

**Eligibility criteria:** 1) Subjects were obesity patients. (2) Interventions included at least a kind of acupuncture therapy, such as acupuncture, moxibustion, cupping, and acupoint catgut embedding. (3)

Outcomes included body weight, BMI, waistline, etc. (4) Qualified literature of randomized controlled trials of all relevant acupuncture interventions in simple obesity at home and abroad.

**Information sources:** We searched PubMed, EMBASE, Cochrane, and four Chinese electronic databases, China National Knowledge Infrastructure (CNKI), China Science and technology journal database (VIP), China biomedical literature service system (sinomed) and Wanfang database. The search time limit is from the establishment of the database to the present, and the search has no language restrictions.

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

**Quality assessment / Risk of bias analysis:** Two researchers will independently evaluate the quality of included studies using the RCT bias risk assessment tool rob 1.0 recommended by Cochrane version 5.1.0 manual. In case of disagreement, discuss and solve with the third researcher.

**Strategy of data synthesis:** We used PRISMA SCR as a reference for the scoping review. Individual quantitative data and key evaluation results will be presented in tabular form. The qualitative data will be analyzed using narrative description, and the results will be briefly organized into a tabular format and further explained where further explanation is needed to further explain the research results. The data extracted from the study is presented visually or graphically so that it can be summarized or conceptualized as needed.

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

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

**Country(ies) involved:** China.

**Keywords:** Acupuncture; Obesity; RCT; Scoping review.

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