INPLASY

Traditional Chinese medicine "Tiaoshen" acupuncture treatment for insomnia: A systematic review and Meta-analysis

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ADMINISTRATIVE INFORMATION

INTRODUCTION

Review question / Objective To explore the effect of "tiaoshen" acupuncture in treating insomnia.

Rationale The "tiaoshen" acupuncture has been applied to the treatment of patients with insomnia, but the clinical efficacy is yet to be demonstrated.

Condition being studied Insomnia has a high prevalence with estimates for chronic insomnia ranging from 10 to 15% and for transient insomnia from 25 to 35% in adults. Long-term insomnia can cause impaired daytime functioning, which affects their quality of life to varying degrees.

METHODS

Search strategy The databases mentioned above were searched for relevant articles from inception until September 15, 2023. The following search terms (or Chinese database equivalent to Chinese) are used: "Sleep disorder OR insomnia", "tiaoshen" and "randomized".

Participant or population All adults who meet the diagnostic criteria of primary or chronic insomnia were enrolled. The following diagnostic methods and criteria were used: diagnostic and statistical manual of mental disorders, international classification of diseases, Chinese classification and diagnostic criteria of mental disorders, or

Chinese guideline for the diagnosis and treatment of insomnia in adults.

Intervention The treatment group was treated with TCM "tiaoshen" acupuncture.

Comparator The control group was treated with superficial acupuncturing non-effective acupoint or conventional acupuncturemanipulation.

Study designs to be included The analysis was limited to RCTs, with or without blinding.

Eligibility criteria Articles had to report on Pittsburgh sleep quality index score as the main observation indicator.

Information sources PubMed, Cochrane Library, and Embase, Web of Science, China Journal Full-text Database, Wanfang Data, Chinese Journal Full-text (VIP) Database, and China Biomedical Literature Databases.

Main outcome(s) Pittsburgh sleep quality index (PSQI) score; hyperarousal (HAS) scale score, fatigue scale-14 (FS-14) score; corticosterone (CORT) index; adverse events.

Quality assessment / Risk of bias analysis The quality of the RCTs was appraised by the Cochrane risk of bias tool.

Strategy of data synthesis Meta-analysis was performed to merge the results of the included articles by using Review Manager 5.3.

Subgroup analysis Unavailable.

Sensitivity analysis The combined result and heterogeneity after removing the included studies one by one.

Language restriction English or Chinese.

Country(ies) involved Chinese.

Keywords acupuncture; Traditional Chinese medicine; TCM; insomnia; randomized controlled trials.

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