

# INPLASY

## Traditional Chinese medicine as an adjunctive therapy to IVF-ET in women with diminished ovarian reserve: A systematic review and meta-analysis

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### ADMINISTRATIVE INFORMATION

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**Review Stage at time of this submission** - The review has not yet started.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202370098

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 24 July 2023 and was last updated on 11 February 2025.

### INTRODUCTION

**Review question / Objective** To evaluate the effects of traditional Chinese medicine (TCM) as an adjunctive therapy to in vitro fertilization-embryo transfer (IVF-ET) in women with diminished ovarian reserve (DOR).

**Condition being studied** Diminished ovarian reserve (DOR) poses a significant clinical challenge in in vitro fertilization-embryo transfer (IVF-ET) cycles. Despite the growing adoption of traditional Chinese medicine (TCM) as an adjunctive intervention for DOR patients undergoing IVF-ET, the clinical evidence remains inconclusive regarding its therapeutic efficacy and safety profile.

### METHODS

**Participant or population** DOR patients undergoing IVF-ET.

**Intervention** TCM as an adjunctive therapy to IVF-ET, including all types of TCM.

**Comparator** IVF-ET with either placebo treatment or no adjunct therapy.

**Study designs to be included** Only randomized controlled trials (RCTs) will be included. Crossover RCTs that do not provide pre-crossover data and that utilized intracytoplasmic sperm injection for male factor infertility will be excluded.

**Eligibility criteria** We will only include RCTs that compare TCM with placebo treatment or no adjuvant treatment during IVF-ET for DOR patients. And the type of TCM treatment includes herb prescription, acupuncture, acupuncture combined with medication, and so on.

**Information sources** We search for RCTs in the following electronic databases, including Cochrane Library, PubMed, Embase, and the Chinese Biomedical database (SinoMed), Chinese National Knowledge Infrastructure (CNKI), and Chinese Technology Periodical Database (VIP), from inception to January 1, 2025. We also search for

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previous systematic reviews on TCM for DOR patients receiving IVF-ET. Additionally, the following databases of ongoing trials are retrieved: Clinicaltrials.gov, the World Health Organization's International Clinical Trials Registry Platform, and Chinese Clinical Trial Register.

**Main outcome(s)** Clinical pregnancy rate (CPR), defined as the presence of at least one gestational sac with fetal heartbeat, which was confirmed by ultrasound 5 weeks after transfer.

**Additional outcome(s)** High-quality embryo rate (HER); oocytes retrieved (OR); antral follicle count (AFC); anti-Müllerian hormone (AMH); basal follicle stimulating hormone (bFSH).

**Quality assessment / Risk of bias analysis** The Cochrane risk of bias assessment tool is used to assess the following factors: random method, allocation concealment, blinding, incomplete outcome data, selective reporting and other bias. Two researchers conduct independent evaluations, with any disagreements discussed and resolved with the third researcher.

**Strategy of data synthesis** The data will be pooled for meta-analysis with Review Manager 5.4 software. The outcome measures are expressed with risk ratio (RR) when acted as dichotomous data, or mean difference (MD) when performed as continuous data, and a 95% confidence interval (CI). And the statistical heterogeneity between included studies is evaluated by using both the I<sup>2</sup> statistic and the P-value of the  $\chi^2$  test. The following guide interpreting I<sup>2</sup> values is suggested by Cochrane Handbook: 0-40% might not be important; 30-60% may represent moderate heterogeneity; 50-90% may represent substantial heterogeneity; and 75-100% may represent considerable heterogeneity. Whether a fixed-effects model or a random-effects model is applied depends on the comprehensive analyses of statistical, clinical and methodological heterogeneity. For our meta-analysis, because the clinical heterogeneity of TCM protocols in included studies is expected, we will use the random-effects model and investigate the sources of heterogeneity through subgroup or sensibility analyses for the primary outcome. When at least ten trials are included, we will construct funnel plots to assess the likelihood of publication bias.

**Subgroup analysis** (1) Type of TCM: Herb prescription, acupuncture, or acupuncture combined with herb. (2) Type of control: Placebo treatment, or no adjuvant treatment. (3) Treatment duration: One, two, three, or four menstrual cycles.

**Sensitivity analysis** Excluding the trials which are potential contributors to heterogeneity, the meta-analysis will be performed again.

**Language restriction** With no restriction.

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

**Keywords** Diminished ovarian reserve (DOR); In vitro fertilization-embryo transfer (IVF-ET); Traditional Chinese medicine (TCM); Adjuvant therapy; Infertility.

#### **Contributions of each author**

Author 1 - Can Zhu.

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