

RESEARCH MENTAL HEALTH

Chinese Medicine

There have been almost 3000 new Pubmed publications in the last 5 years for acupuncture alone as a modality to support mental health.



ACUPUNCTURE FOR ANXIETY

- Amorim, D., Amado, J., Brito, I., Fiuza, S. M., Amorim, N., Costeira, C., & Machado, J. (2018). Acupuncture and electroacupuncture for anxiety disorders: A systematic review of the clinical research. *Complementary therapies in clinical practice*, 31, 31–37. <https://doi.org/10.1016/j.ctcp.2018.01.008> PMID29705474
- Tu, M., Jiang, Y., Yu, J., Hu, H., Liao, B., He, X., & Fang, J. (2021). Acupuncture for treating chronic stable angina pectoris associated anxiety and depression: A systematic review and meta-analysis. *Complementary therapies in clinical practice*, 45, 101484. <https://doi.org/10.1016/j.ctcp.2021.101484> PMID: 34517216
- Hullender Rubin, L. E., Smith, C. A., Schnyer, R. N., Tahir, P., & Pasch, L. A. (2022). Effect of acupuncture on IVF-related anxiety: a systematic review and meta-analysis. *Reproductive biomedicine online*, 45(1), 69–80. <https://doi.org/10.1016/j.rbmo.2022.02.002> PMID35570176
- Amorim, D., Brito, I., Caseiro, A., Figueiredo, J. P., Pinto, A., Macedo, I., & Machado, J. (2022). Electroacupuncture and acupuncture in the treatment of anxiety - A double blinded randomized parallel clinical trial. *Complementary therapies in clinical practice*, 46, 101541. <https://doi.org/10.1016/j.ctcp.2022.101541> PMID: 35124475

FOR DEPRESSION

- Smith, C. A., Armour, M., Lee, M. S., Wang, L. Q., & Hay, P. J. (2018). Acupuncture for depression. *The Cochrane database of systematic reviews*, 3(3), CD004046. <https://doi.org/10.1002/14651858.CD004046.pub4> PMID 29502347
- Yang, N. N., Lin, L. L., Li, Y. J., Li, H. P., Cao, Y., Tan, C. X., Hao, X. W., Ma, S. M., Wang, L., & Liu, C. Z. (2022). Potential Mechanisms and Clinical Effectiveness of Acupuncture in Depression. *Current neuropharmacology*, 20(4), 738–750. <https://doi.org/10.2174/1570159X19666210609162809> PMID: 35168522
- Li, W., Yin, P., Lao, L., & Xu, S. (2019). Effectiveness of Acupuncture Used for the Management of Postpartum Depression: A Systematic Review and Meta-Analysis. *BioMed research international*, 2019, 6597503. <https://doi.org/10.1155/2019/6597503> PMID: 31016194

FOR ADHD SUPPORT

- SPECT IMAGING Amen, D. G., Henderson, T. A., & Newberg, A. (2021). SPECT Functional Neuroimaging Distinguishes Adult Attention Deficit Hyperactivity Disorder From Healthy Controls in Big Data Imaging Cohorts. *Frontiers in psychiatry*, 12, 725788. <https://doi.org/10.3389/fpsy.2021.725788> PMID: 34899414
- Zhuo, L., Zhao, X., Zhai, Y., Zhao, B., Tian, L., Zhang, Y., Wang, X., Zhang, T., Gan, X., Yang, C., Wang, W., Gao, W., Wang, Q., Rohde, L. A., Zhang, J., & Li, Y. (2022). Transcutaneous electrical acupoint stimulation for children with attention-deficit/hyperactivity disorder: a randomized clinical trial. *Translational psychiatry*, 12(1), 165. <https://doi.org/10.1038/s41398-022-01914-0> PMID: 35449191
- Zhang, H. J., Dong, X. L., Zhang, Y. F., Fang, Y. F., & Zhang, H. Y. (2021). Zhongguo zhen jiu = Chinese acupuncture & moxibustion, 41(4), 400–404. <https://doi.org/10.13703/j.0255-2930.20200424-k0004> PMID: 33909361