

Attached list 19a. Effective rate of high frequent treatment of acupuncture and sham

Author	Disease	Acup schedule	Average daily dose of Acup	Total dose of Acup	Effect index	Groups	Number of participants	Before	After	Improvement rate
Alfredo PP (2011)	knee osteoarthritis	3 times a week for 8 weeks	0.43	10.29	WOMAC	Laser	20	5.32	2.58	52%
						Sham laser	20	3.54	2.3	35%
Cheing GLY (2003) Hong Kong	knee osteoarthritis	5 days per week for 2 consecutive weeks	0.71	7.14	VAS	TENS (20 min)	10	4.4	2.2	50%
						TENS (40 min)	10	5.2	2	62%
						TENS (60 min)	10	5.5	3	45%
						TENS (Sham 60 min)	8	4.9	4.5	8%
Cheing GLY (2002) Hong Kong	knee osteoarthritis	5 days a week for 4 weeks	0.71	14.29	VAS after 20 sessions	TENS	16			57.8%
						Sham TENS	16			49.6%
						Exercise	15			36.8%
						TENS + exercise	15			44.4%
Fukuda VO (2011)	knee osteoarthritis	3 times a week for 9 times	0.43	3.86	VNPS	Laser	41	6.1	4.4	28%
						Sham laser	38	6.2	5.3	15%
Foroughipour M. (2014)	migraine	3 sessions a week, total 12 times	0.43	5.14	Frequency of attacks	Sham (Inserted)	50	5	4.4	12.0%
						Acup	50	5.1	3.4	33.3%
Hagstroem S (2009)	Urinary Urge Incontinence	Once a day for 4 weeks	1.00	28.00	VAS	TENS	13	13	5	62%
						Sham TENS	12	10	7.5	25%

Hollisaz, MT (2008)38	Chronic LBP	Retain 20 min, once every other day for one month (15 times)	0.50	7.50	Pain reduction	E-Acup	41			62.1%
						Physiol	38			52.5%
						Sham E-Acup (not inserted)	40			17.5%
Lazovic M (2014)	Carpal Tunnel Syndrome	5 times per week, once a day over 2 weeks, followed by 10 treatments every other day for 3 weeks	0.71	11.90	Mild pain to no pain	Laser	18	38	7	82%
						Sham laser	18	39	36	8%
Mollasadeghi A (2013)	Tinnitus	Once every other day for 20 times	0.50	10.00	VAS	Laser	41	6.07	4.51	26%
						Sham laser	41	6.09	5.97	2%
Warke K (2006)	Lower Back Pain	Twice a day for 6 weeks	2.00	84.00	Weekly LBP	Low-frequency TENS	30			50%
						High-frequency TENS	30			50%
						Sham TENS	30			20%
Molassiotis A (2007)	Cancer-related fatigue	3 times per week, for 2 weeks.	0.43	2.57	VAS	Acup	15	16.4	12.8	22.0%
						Sham Acupressure	16	17.8	16.9	5.1%
						Acupressure	16	16.6	14	15.7%
Yeung WF (2011) Hong Kong	Residual insomnia	3 sessions per week for 3 weeks	0.43	3.86	Insomnia Severity Index	E-Acup	26	19.4	14.2	26.8%
						Sham E-acup (inserted)	26	18.6	14	24.7%
						Sham E-acup (not	26	19.6	17.1	12.8%

						inserted)				
Yeung WF (2009) Hong Kong	primary Insomnia	3 sessions per week for 3 weeks	0.43	3.86	Insomnia Severity Index	E-Acup (4 Hz)+ auricular Acup	30	18.8	12.9	31.4%
						Sham Acup (not inserted)	30	17.4	13.8	20.7%
Zhang ZJ (2013) Hong Kong	Depression	3 sessions per week for 3 weeks	0.43	3.86	17-item Hamilton Rating Scale	Sham Acup (not inserted)	34	23.1	16.83	27.1%
						DCEAS	36	23.9	15.24	36.2%
Zizic TM (1995)	osteoarthritis of the knee	Once a day for 4 weeks	1.00	28.00	VAS	TENS	38			31.30%
						Sham TENS	33			19.01%
China sub-group										
章海凤 (2013)	Migraine	Once a day. 5- session is one course. Have 2 day break before next course. Totally 4 courses.	0.71	14.29	VAS	Sham Acup (not- acupoint-not- meridian points)	29	5.29	4.74	10.4%
						Acup (Shaoyang meridian acupoints)	30	5.6	3.25	42.0%
万明雨 (2013)	Migraine	Once a day. 5- session is one course. Continue for 2 courses. Have 2 days break inbetween.	0.78	10.89	VAS	Sham Acup (not- acupoint-not- meridian points)	14	6.41	4.73	26.2%
						Aup	14	6.31	3.19	49.4%
鲍春龄 (2015)	Menopause	3 times a week,	0.43	10.29	MRS scale	Sham Acup (not	30	18.23	11.5	36.9%

	Syndrome	for 8 weeks				inserted)				
						Acup	30	17.1	6.27	63.3%
Chou Che-yi (2005)	Refractory uraemic pruritus	3 times a week for one month	0.43	5.14	Pruritus Score	Sham acup (inserted)	20	38.5	37.5	2.6%
						Acup	20	38.2	17.3	54.7%
Li Y (2012) (China)	Migraine	once per day for five consecutive days followed by a two-day break. (30 min each) over a four-week period:	0.71	14.29	Intensity scale	Sham (inserted)	118	5.5	4.3	21.8%
						E-Acupuncture	121	5.4	2.8	48.1%
王德军 (2012)	Functional dyspepsia	Once a day for 5 days. Have a 2-day break before next course. Totally 4 weeks.	0.71	20.00	FDI score	Sham (inserted)	41	4.3	3.78	12.1%
						E-Acup	36	4.69	2.11	55.0%
史宁 (2009)	Functional constipation	Twice a day for 2 weeks	2.00	28.00	Total symptom score	Sham (not insertd, not treating points)	19	18.03	18	0.2%
						TENS	20	18.3	9.05	50.5%
姚红 (2012)	obesity	Once every other day for 12 days.	0.50	6.00	Craving score	Sham Acup (not inserted)	42	5.5	4.5	18.2%
						Acup	76	5.9	3.5	40.7%
张维 (2011)	Chronic Gastritis	Once every other day (3 times a	0.43	5.14	GSRS Score	Acup	15	2.87	1.27	55.7%
						Sham (inserted)	17	2.76	2.29	17.0%

		week) for 4 weeks								
徐华芳 (2015)	Functional dyspepsia	5 times per week for 2 weeks, then 3 times per week for 6 weeks	0.71	14.86	CCS	Acup	30	10.87	4.32	60.3%
						Sham (inserted)	30	11.16	7.84	29.7%
杨然 (2012)	Periarthritis of shoulder	3 times a week. 3-week is one course.	0.43	9.00	VAS	Abdomen Acup	24	7.375	1.833	75.1%
						Sham (not inserted)	24	7.292	5.333	26.9%
						Acup	24	7.583	3	60.4%
王聪 (2015)	Depressive state of peri menopausal women	3 times a week for 8 weeks	0.43	10.29	MENQOL	Special Acup	33	60.42	34.94	42.2%
						乌灵胶囊	34	62.76	36.59	41.7%
						Sham (inserted)	33	49.12	42.21	14.1%
郭湘丽 (2014)	Chronic knee pain	3 times a week for 12 weeks	0.43	15.43	VAS	Laser + Acup	30	7.3	2.1	71.2%
						Sham laser	30	7.3	7.1	2.7%
						Acup	30	7.4	2	73.0%
						Waiting list	30	7.2	7	2.8%
金英利 (2013)	Hemifacial Spasm	3 times a week for 4 weeks	0.43	5.14	Spasm intensity scale	E-Acup	20	2.95	1.75	40.7%
						Sham E-acup (inserted, with electric)	20	2.6	1.95	25.0%

Zhu XM [crossover] (2002)204	Chronic neck pain	3 times per week for 3 weeks	0.43	3.86	VAS	E-Acup (15-25HZ)	14	51.8	28.9	44.2%
						Sham E-Acup (with electric stimulation)	15	40.3	21.1	47.6%