

6. Nervous System Diseases

Reference

Hong KE, Park YC, Cho JH et al. Effect of Sa-am acupuncture method for chronic tension-type headache: A randomized controlled trial. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2007; 24(1): 13–28 (in Korean with English abstract).

1. Objectives

To examine the effects of Sa-am acupuncture (舍岩鍼) on chronic tension-type headache.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Dunsan Oriental Hospital), Republic of Korea.

4. Participants

Twenty-six patients with chronic tension-type headache diagnosed according to International Headache Society (IHS) second edition criteria.

5. Intervention

Arm 1: Acupuncture treatment group (n=13).

Arm 2: Control group (acupuncture points not located on the meridian; n=13).

6. Main outcome measures

Primary end point: pain score measured on a visual analogue scale (VAS).

Secondary end point: headache disability inventory (HDI) score and six-point Likert scale (SLS).

7. Main results

The difference in VAS score between the treatment and control groups before the treatment, immediately after the treatment, and 2, 4, and 24 hrs (next day) after treatment was 2.21 ± 8.53 , -9.56 ± 6.47 , -5.48 ± 7.58 , -4.99 ± 8.29 , and -4.57 ± 6.26 , respectively. In both groups, acupuncture treatment tended to improve HDI score and SLS, but there was no statistically significant between-group difference in the effect.

8. Conclusions

The Sa-am acupuncture treatment relieves chronic tension-type headache and improves quality of life.

9. Safety assessment in the article

No adverse events were identified at follow-up, immediately before the end of the clinical trial.

10. Abstractor's comments

This randomized, controlled clinical trial evaluated the effect of Sa-am acupuncture on chronic tension-type headache. This study was objective and the clinical trial method and basic data can be used to investigate the clinical effectiveness of Sa-am acupuncture. Since no statistically significant between-group difference in VAS score was detected, I think it is difficult to conclude that Sa-am acupuncture treatment relieves chronic tension-type headache. Therefore, additional research on various acupuncture treatments with different treatment periods and follow-up periods are needed.

11. Abstractor

Lee EJ, 26 May 2010.