

Effectiveness of Acupuncture Therapy in Patients with Chronic Tension-Type Headache

The clinical effect of acupuncture therapy on patients with chronic tension-type headache (CTTH) remains unknown



Does acupuncture decrease the monthly number of headache days (MHDs) in patients with chronic tension-type headache?

Randomized controlled trial

Patients with CTTH (N = 218)

20 sessions (8 weeks)



Intervention group: True acupuncture achieving *deqi* sensation (TA; n = 110)



Control group: Superficial acupuncture not achieving *deqi* sensation (SA; n = 108)



Primary outcome:

Responder rate at week 16

Responder: Participant reporting at least 50% reduction in MHDs



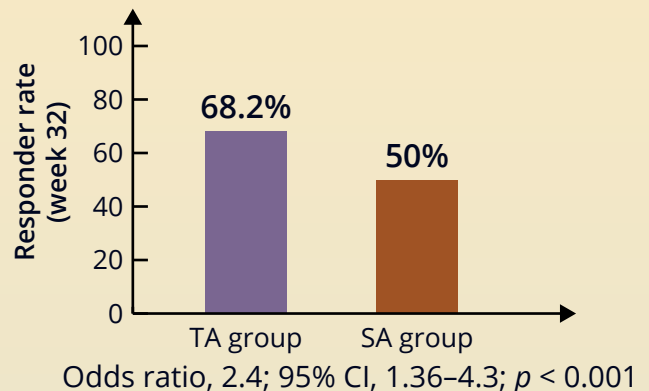
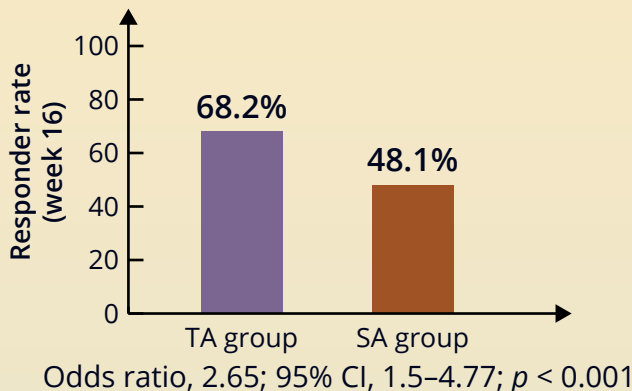
Mean age: 43.1 years



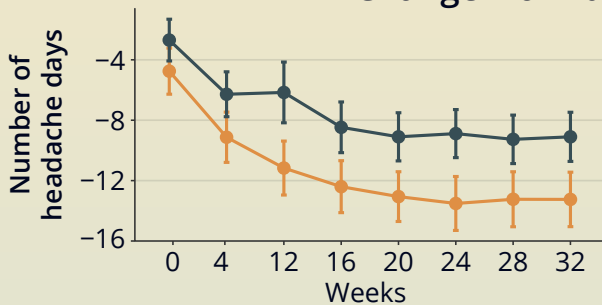
Mean disease duration: 130 months



MHDs: 21.5 days



Change from baseline in the MHDs



Week 16
 TA group: 13.1 ± 9.8 days
 SA group: 8.8 ± 9.6 days

Week 32
 TA group: 14 ± 10.5 days
 SA group: 9.5 ± 9.3 days

An 8-week course of acupuncture (achieving *deqi* sensation) reduces mean headache days per month in patients with chronic tension-type headache