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Acupuncture for treating polycystic ovary syndrome: guidance for future randomized controlled trials

Key words: Acupuncture, Polycystic ovary syndrome, Randomized controlled trial

Research Summary

Literature search

- Databases: MEDLINE, EMBASE, SCISEARCH, CINAHL, CENTRAL, AMED, CNKI, Wanfang
- Search terms: “Polycystic Ovary Syndrome”, “Acupuncture”，and other 21 related words

Summary & Evaluation

- Extracted data: participants, countries, interventions, outcomes, ethical approval, randomization, single/multi-center, concealment of allocation, blinding, sample size calculation, adverse effects, follow-up and so on

Provide guidelines

- About study quality
- About reporting quality

How can future trials be improved?

- To conduct multicenter studies.
- To use diversified outcomes measure to evaluate the effect of acupuncture on PCOS.
- To use more appropriate interventions and controls.
- To try to use blinding.
- To use appropriate placebo controls for PCOS acupuncture treatment.

How can future trials be improved?

- To provide detailed information on randomization.
- To provide detailed information of acupuncture treatment.
- To obtain ethical approval before clinical trial and describe in detail.
- To effectively calculate the adequate sample size before trials.
- To adhere to STRICTA criteria.
- To take expectation of patients with PCOS into account.
- To describe the adverse effects during the period of RCTs.
- To design an adequate follow-up period.
- TEAS may suggest a useful intervention.