

A randomized clinical trial of fibromyalgia treatment with acupuncture compared with fluoxetine.

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Abstract

BACKGROUND:

To evaluate the effectiveness of acupuncture and compare it with fluoxetine in treatment of fibromyalgia syndrome (FMS).

METHODS:

We conducted a prospective, randomized clinical trial. Fifteen patients were treated with acupuncture and compared with a control group (n=15) of patients who received fluoxetine. Visual analogue scale, Fibromyalgia Impact Questionnaire (FIQ) and determined number of tender points were used as outcome measurements.

RESULTS:

After four weeks, the acupuncture group was significantly better than the control group in the number of tender points. Total fibromyalgia symptoms were significantly improved in the acupuncture group compared with the control group during the study period (P= 0.01). The largest difference in mean FIQ total scores was observed at 4 weeks (42.2 VS. 34.8 in the control and acupuncture groups, respectively; P= 0.007). At the end of one year of the follow up, patients who received acupuncture were significantly better than the control group in all measures. Fatigue and anxiety were the most significantly improved symptoms during the follow up period.

DISCUSSION:

Acupuncture significantly improved pain and symptoms of fibromyalgia. Also, we found that acupuncture did not have any side effect and was tolerable.

KEYWORDS:

Acupuncture; Fibromyalgia (FMS); Randomized trial

PMID: 23285415 [PubMed] PMCID: PMC3518980

<http://www.ncbi.nlm.nih.gov/pubmed/23285415>