

## Acupuncture on Yintang point decreases preoperative anxiety.

Acar HV1, Cuvaş O, Ceyhan A, Dikmen B.

### Author information

1Department of Anesthesiology and Intensive Care, Ankara Training and Research Hospital of Ministry of Health, Ankara, Turkey. [hvacar@yahoo.com](mailto:hvacar@yahoo.com)

### Abstract

#### OBJECTIVES:

The aim of this study was to investigate the effect of ear-press needle acupuncture on Yintang point for preoperative anxiety.

#### DESIGN:

This was a prospective, randomized, single-blind, controlled study.

#### SETTINGS/LOCATION:

The study setting was the Department of Anesthesiology in Ankara Training and Research Hospital of Ministry of Health, Ankara, Turkey.

#### SUBJECTS:

The study comprised 52 adult surgical patients.

#### INTERVENTIONS:

A single, 20-minute session of single-point acupuncture was applied on Yintang (acupuncture group) or sham point (sham acupuncture group).

#### OUTCOME MEASURES:

The efficacy of acupuncture was evaluated by means of the changes in bispectral index (BIS) and STAI (State-Trait Anxiety Index).

#### RESULTS:

BIS values in the acupuncture group were significantly lower than in the sham group in all time intervals ( $p < 0.0042$ ). BIS values were lower than baseline in the study group during the entire study period ( $p < 0.0004$ ) while no such effect has been observed in the sham group ( $p > 0.0004$ ). Mean values of state anxiety (STAI-S) decreased after acupuncture in the study group ( $p = 0.018$ ), while no change was observed in trait anxiety (STAI-T) ( $p = 0.156$ ). Patients of the sham group showed no change in both parameters ( $p = 0.387$  and  $p = 0.116$ ).

#### CONCLUSIONS:

Ear-press needle acupuncture on Yintang point reduces preoperative anxiety in adult surgical patients.

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