C048

A Systematic Review of Effectiveness and Safety of Acupuncture on Suicidal Behavior

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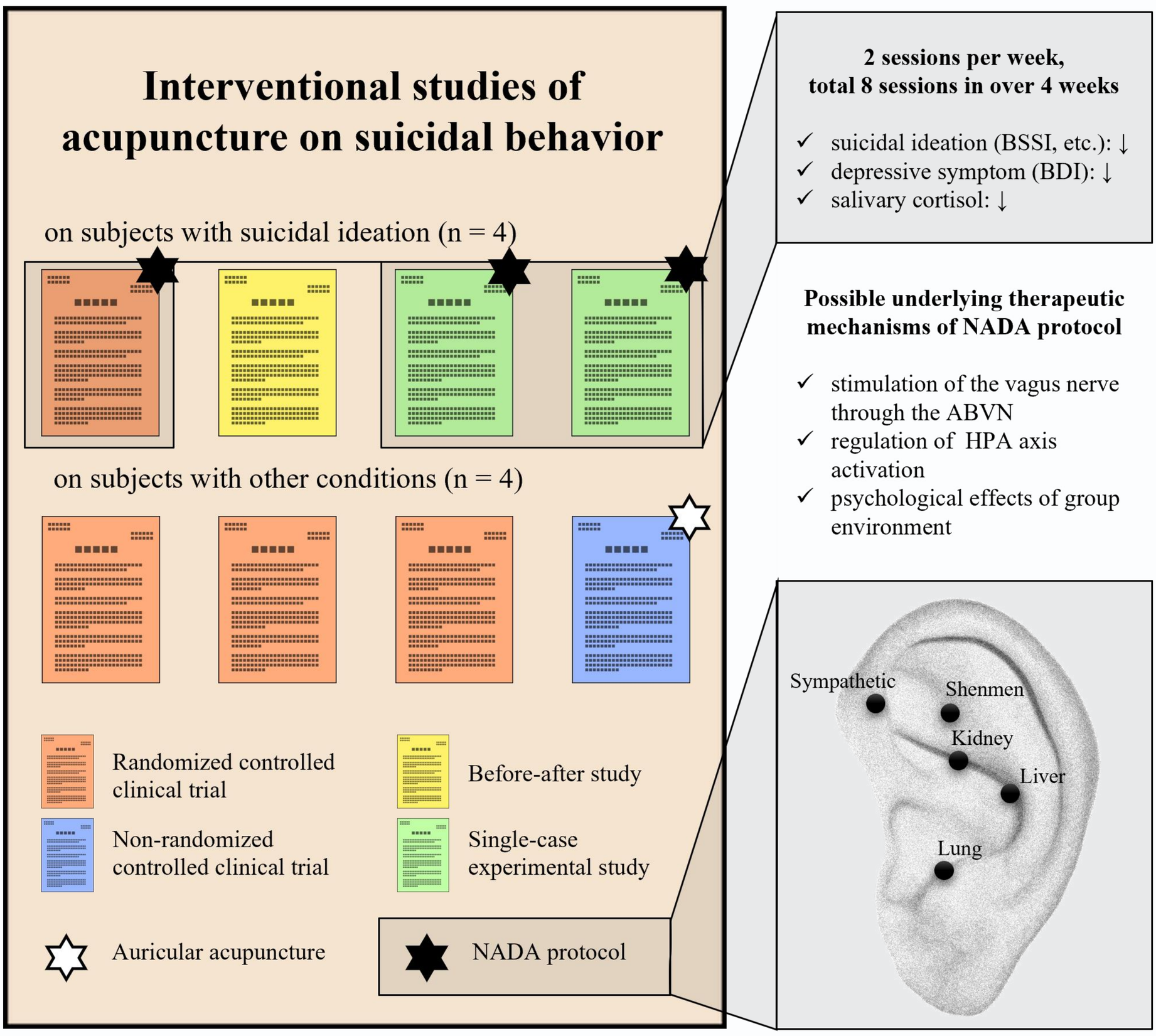
[Objectives]

- In situations where death by suicide is a major global issue and effective prevention and management approaches are lacking, acupuncture improves some risk factors for suicide, including depression, substance abuse, and post-traumatic stress disorder and has been used for a long time in clinical settings.
- This review aimed to investigate the effectiveness and safety of acupuncture for suicidal behaviors.

[Methods]

- Fourteen electronic databases were searched for studies published up to September 7, 2022.
- Original interventional studies of acupuncture in suicide prevention were included.
- The primary outcome was the validated measure of suicidal ideation. Due to the heterogeneity of the included studies, only qualitative analyses were conducted.

[Results]



[Conclusion]

- The included studies found that acupuncture, including the NADA protocol, may help reduce the risk of suicidal behavior and/or self-harm in clinical or non-clinical populations. Interestingly, there has been a case where self-administered acupuncture has been used as an alternative behavior to self-harm.
- However, owing to the low methodological quality and clinical heterogeneity of the included studies, the findings of this review cannot lead to firm conclusions.

[Acknowledgement]
This research was supported by a grant of the Korea Health Technology R&D Project through the Korea Health Industry Development Institute (KHIDI), funded by the Ministry of Health & Welfare, Republic of Korea (grant number: HF22C0039).

[Notice]
The study was published in a SCIE-indexed journal, Healthcare.

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