

THE EFFECTIVENESS OF ELECTROACUPUNCTURE IN REDUCING BODY WEIGHT IN OBESE PATIENTS: A META-ANALYSIS

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ABSTRACT

Background: Obesity is a problem that is starting to be found, not only in urban areas with high socioeconomic status, but also in children living in rural areas, even from middle to lower socioeconomic groups. This study aimed to examine the effectiveness of electroacupuncture in obesity cases.

Subjects and Method: Meta-analysis was carried out with PICO as follows: The population in this study were obese patients aged 16-65 years. The intervention was in the form of electroacupuncture therapy. Comparison in the form of sham/ placebo acupuncture. The outcome is weight loss. A meta-analysis study was applied to this study with electronic data sources: Clinical Key, Google Scholar, MEDLINE/PubMed, Science Direct, Scopus. The article used is a full-text article with a Randomized Control Trial (RCT) study design. There were 10 articles used in this study with a sample size of 818 people who were divided into two groups (455 people in the acupuncture group and 363 people in the sham/placebo acupuncture group). Articles were analyzed using the Review Manager 5.4 application. The results of this study aim to determine the Standardized Mean difference (SMD) and the heterogeneity of the research sample.

Results: There is a high heterogeneity between groups ($I^2 = 86\%$; $p < 0.001$) so the Random Effect Model (REM) was used. Electroacupuncture therapy was effective in reducing body weight 0.50 units compared with sham acupuncture (SMD = -0.50; 95% CI = -0.92 to -0.08; $p = 0.020$).

Conclusion: Acupuncture therapy can be used to reduce weight in obese patients compared with sham acupuncture.

Keywords: acupuncture, obesity

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