# Article information:

How to design high quality acupuncture trials—a consensus informed by evidence | The BMJ  
<https://www.bmj.com/content/376/bmj-2021-067476>

# Article summary:

1. A consensus has been reached on how to design high quality acupuncture trials based on evidence.

2. The consensus includes recommendations for selecting appropriate comparators, defining the intervention, and ensuring blinding and randomization.

3. These guidelines aim to improve the evidence base for acupuncture and promote more rigorous research in the field.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "How to design high quality acupuncture trials—a consensus informed by evidence" published in The BMJ provides a comprehensive guide on designing high-quality acupuncture trials. The article is authored by a group of experts in the field of acupuncture research, and it presents a consensus-based approach to designing clinical trials that can provide reliable evidence for the effectiveness of acupuncture.

The article is well-written and provides valuable insights into the design of acupuncture trials. It covers various aspects of trial design, including patient selection, treatment protocols, outcome measures, and statistical analysis. The authors have provided a detailed explanation of each aspect and have supported their recommendations with relevant evidence from previous studies.

However, there are some potential biases in the article that need to be considered. Firstly, all the authors are experts in the field of acupuncture research, which may lead to a bias towards promoting acupuncture as an effective treatment option. Secondly, the article does not explore any counterarguments or potential risks associated with acupuncture treatment. This one-sided reporting may lead readers to believe that acupuncture is entirely safe and effective without considering any potential drawbacks.

Additionally, while the authors have provided evidence for their recommendations from previous studies, some claims made in the article lack sufficient evidence. For example, the authors suggest that sham acupuncture should be used as a control group in clinical trials instead of placebo medication. However, they do not provide enough evidence to support this claim.

Furthermore, there is some promotional content in the article that promotes certain types of acupuncture treatments over others without providing sufficient evidence for their effectiveness. For example, the authors recommend electroacupuncture as an effective treatment option without providing enough evidence to support this claim.

In conclusion, while "How to design high quality acupuncture trials—a consensus informed by evidence" provides valuable insights into designing high-quality clinical trials for evaluating acupuncture's effectiveness as a treatment option; it has some potential biases and unsupported claims that need to be considered when interpreting its findings. Therefore, readers should approach the article with a critical eye and consider all potential risks and benefits associated with acupuncture treatment.

# Topics for further research:

* Potential risks and side effects of acupuncture treatment
* Comparison of acupuncture with other alternative therapies
* Effectiveness of acupuncture for specific medical conditions
* Differences between traditional acupuncture and modern acupuncture techniques
* Safety and regulation of acupuncture practice
* Cost-effectiveness of acupuncture treatment compared to other medical interventions

# Report location:

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