

Comments on “Effects of auriculotherapy on weight and body mass index reduction in patients with overweight or obesity: Systematic review and meta-analysis”

Dear Editor:

In the October 2019 edition of this journal, a study by us was published [1], in which we found that auriculotherapy was effective in reducing weight and/or body mass index (BMI) in patients with overweight or obesity. When reporting data from the study by Hsu et al. [2] in Table 1 and Figs. 1 and 2, we used “percent reductions” in place of differences in weight measures and BMI. It is important to emphasize that the exchange did not compromise the results and conclusions of the published study; nevertheless, corrections are necessary. To correct the data, we have made the following revisions:

1. Results

The values of the results of Hsu et al. [2] were changed in Table 1.

1.1. Meta-analysis

The effects of auriculotherapy were significantly greater than those

of the control treatment in terms of weight loss (weighted mean difference [WMD], 1.429; 95% confidence interval [CI], 1.334–1.524; $p = 0.000$), with high heterogeneity among studies ($I^2 = 92.8\%$). Accordingly, a random effects model was selected (WMD, 1.449; 95% CI, 0.545–2.353; $p = 0.000$; tau [2] = 0.7430; Fig. 1).

The meta-analysis showed that BMI reduction was significantly greater in the auriculotherapy group than in the control group (WMD, 0.733; 95% CI, 0.680–0.785; $p = 0.000$). There was high heterogeneity among studies ($I^2 = 67.6\%$), so we selected a random effects model (WMD, 0.908; 95% CI, 0.606–1.211; $p = 0.000$; tau [2] = 0.0518; Fig. 2).

In conclusion, the revised data indicated that auriculotherapy is effective to reduce weight and/or BMI in overweight or patients with obesity.

Declaration of competing interest

None.

Table 1

Characteristics of the studies included in a systematic review and meta-analysis on the effects of auriculotherapy on weight and/or body mass index reduction in overweight or obese adults.

Study	Methods	Risk of bias (GRADE)	Sample size/sex/mean age	Country	Participants and intervention time	Intervention	Comparison or Control	Outcome	Results
Hsu et al. 2009 ²²	RCT	⊕⊕⊕⊕ HIGH	N = 45 100% F 39.5 years	China	Women with BMI ≥ 27 kg/m ² Intervention time: 6 weeks	Before (n = 30) Auriculotherapy Points: hunger, Shen Men, stomach, endocrine After (n = 23)	Before (n = 30) Control: placebo Only adhesive tape was used. After (n = 22)	Weight (kg) and BMI (kg/m ²) reduction	Weight Weight Auriculotherapy group: 0.3 ± 1.4 Placebo group: 0.5 ± 2.2 $P > 0.05$ BMI Auriculotherapy group: 0.1 ± 5.6 Placebo group: 0.3 ± 0.9 $P > 0.05$

RCT, randomized clinical trial; F, female; BMI, body mass index. GRADE (Grading of Recommendations, Assessment, Development and Evaluations).

<https://doi.org/10.1016/j.ctcp.2020.101123>

Received 20 January 2020; Received in revised form 20 February 2020; Accepted 21 February 2020

Available online 24 February 2020

1744-3881/© 2020 Elsevier Ltd. All rights reserved.

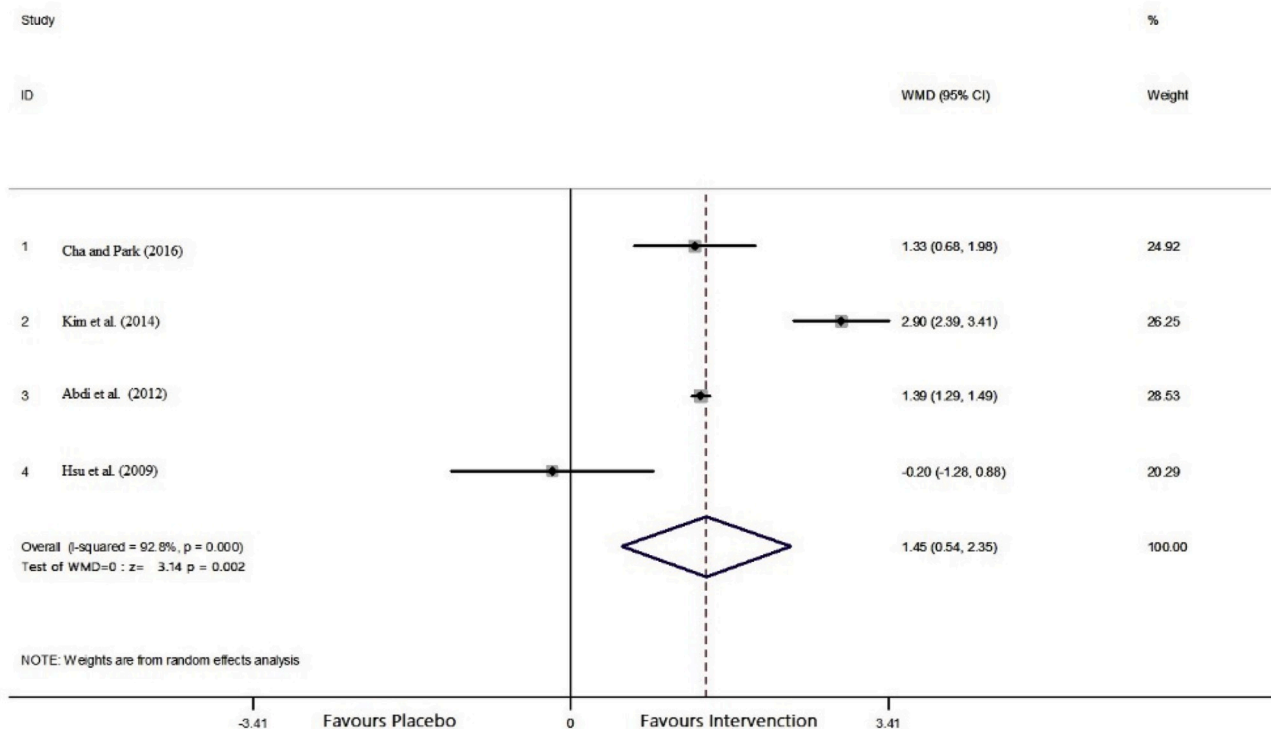


Fig. 1. Results of a meta-analysis of the effects of auriculotherapy on weight reduction in patients with overweight or obesity.

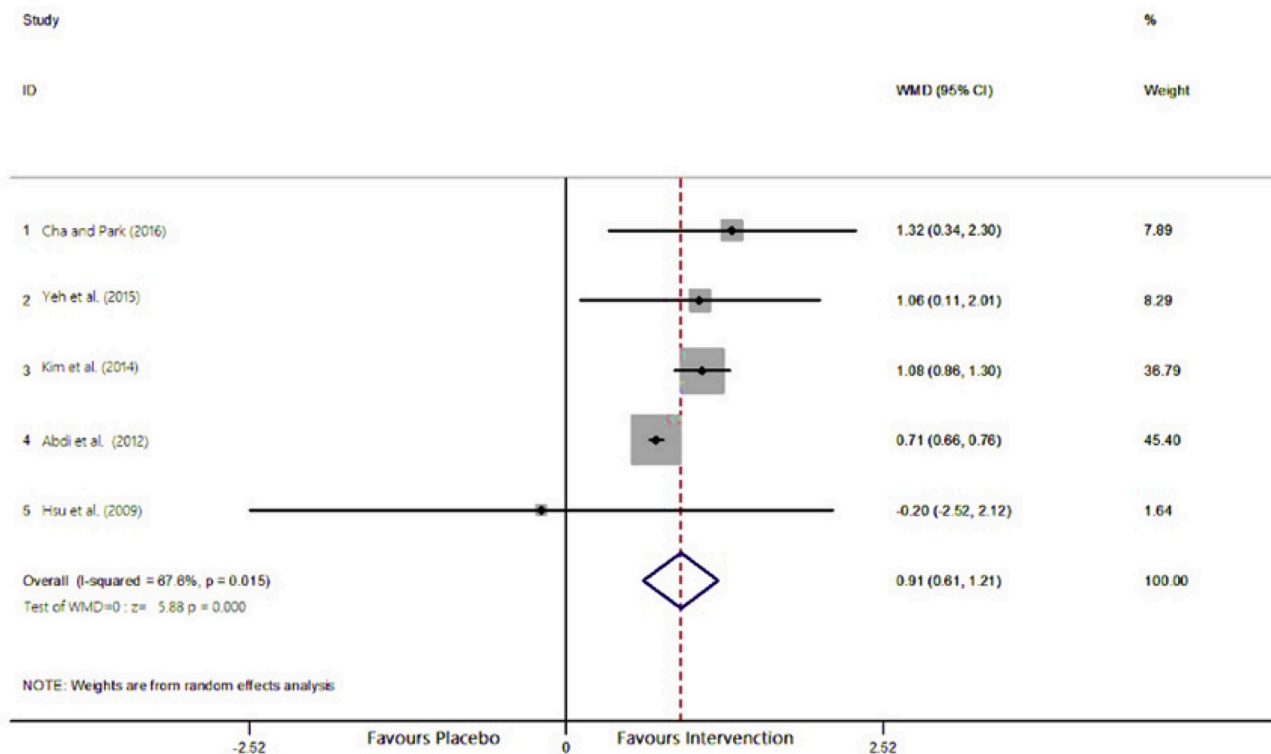


Fig. 2. Results of a meta-analysis of the effects of auriculotherapy on body mass index reduction in patients with overweight or obesity.

Appendix A. Supplementary data

Supplementary data to this article can be found online at <https://doi.org/10.1016/j.ctcp.2019.101069>.

References

- [1] C.R. Mendonça, L.S.C. Santos, M. Noll, E.A. Silveira, J.T. Arruda, Effects of auriculotherapy on weight and body mass index reduction in patients with overweight or obesity: systematic review and meta-analysis, *Compl. Ther. Clin. Pract.* 38 (2019) 101069.
- [2] C.H. Hsu, C.J. Wang, K.C. Hwang, T.Y. Lee, P. Chou, H.H. Chang, The effect of auricular acupuncture in obese women: a randomized controlled trial, *J. Women's Health* 18 (6) (2009) 813–818.

Carolina Rodrigues Mendonça*

*Physical Therapy Undergraduate Course, Faculdade Do Esporte ESEFFEGO, Universidade Estadual de Goiás (UEG), Goiânia, Goiás, Brazil
Graduate Program in Health Sciences, School of Medicine, Universidade Federal de Goiás, Brazil*

Larissa Silva Coelho dos Santos

Physical Therapy Undergraduate Course, Faculdade Do Esporte ESEFFEGO, Universidade Estadual de Goiás (UEG), Goiânia, Goiás, Brazil

*Matias Noll
Graduate Program in Health Sciences, School of Medicine, Universidade Federal de Goiás, Brazil
Instituto Federal Goiano, Ceres Campus, Goiás, Brazil*

*Erika Aparecida Silveira
Graduate Program in Health Sciences, School of Medicine, Universidade Federal de Goiás, Brazil*

*Jalsi Tacon Arruda
Department of Medicine, Centro Universitário de Anápolis - UniEvangélica, Anápolis, Goiás, Brazil*

* Corresponding author. UEG Faculdade do Esporte-ESEFFEGO, Avenida Oeste, 56-250 - Setor Aeroporto, Goiânia, GO, 74075-110, Brazil.
E-mail address: carol_mendonca85@hotmail.com (C.R. Mendonça).