

## Acupuncture Treatment Outcome Study Guidelines

1. Find individuals who have some health condition and who would be willing to be treated with acupuncture or auriculotherapy procedures. It would be preferable that one patient have a musculoskeletal pain complaint, such as headaches or back pain, and that the other patient have a different type of disorder, such as an internal organ problem or a peri-menstrual disorder.
2. On the first week, ask the participant to sign the informed consent form (ICF).
3. Ask the participant to fill out the Participant Demographic Inventory (PDI-26), the Health History Inventory (HHI), the Health Distress Index (HDI-40), and the Visual Analogue Scale (HDI-VAS). Go over with the participant the instructions that the HDI-VAS asks them to place a mark along a line indicating a range of feelings of pain or tenderness. You will later place a 10 centimeter ruler along the VAS line to score the form, from 0.0 to 10.0 cm.
4. You, the practitioner, need to evaluate the patients' pain perceptions with Form PPR. Ask the person to rate their pain on a 0, 1, 2, or 3 point scale for different parts of the body and when the person is still, in motion, or shows tenderness to applied palpation of an area of the body.
5. Examine the person's external ear for skin surface changes, tenderness, and electrical reactivity and then you the practitioner need to complete the Auricular Diagnosis Form (ADF), identifying the most reactive ear reflex points that may relate to their symptoms.
6. You the practitioner need to then complete the information on the Auriculotherapy Treatment Form (ATF) before and after the treatment.
7. On those acupuncture points that are appropriate for treatment, use electrical stimulation, insert acupuncture needles, and/or apply pressure pellets and record the acupoints used.
8. Have patient complete the HDI-VAS immediately after treatment and compare pre- and post-treatment scores on the HDI-VAS.
9. Ask the patient to complete the Health Distress Diary (HDID-45) for the week following treatment and for all subsequent weeks until the last treatment session.
10. On subsequent treatment session visits, ask the participant to again complete the Health Distress Index (HDI-40) and to complete the Health Distress Visual Analogue Scale (HDI-VAS).
11. Examine the participant's external ear for tenderness and electrical activity as in the first week.
12. Record your treatment on the ATF for that day, completing information on acupuncture points treated, the patient's experience of the treatment, and changes in limitations in range of motion.
13. Ask the patient to complete the Health Distress Diary (HDD-45) for the week following each treatment.
14. Evaluate the patient's pain complaints and range of motion before and after each treatment.
15. Evaluate the data collected over the several weeks of treatment, noting the relationship between the patient's experience and the reactivity of ear reflex points. Collect the Health Distress Diaries (HDID-45) and Health Distress Visual Analogue Scales (HDI-VAS) from each week.
16. Score the HDI-40 and HDID-45 forms for the different subscales for each participant.