

6th International Conference and Expo on

Acupuncture and Oriental Medicine

April 18-19, 2018 | Las Vegas, USA

The effectiveness of acupuncture therapy on stress in a large urban college population

Stefanie Schroeder

Arizona State University, USA

This study is a randomized controlled clinical trial to study the effectiveness of acupuncture in the perception of stress in patients who study or work on a large urban college campus. The hypothesis was that verum acupuncture would demonstrate a significant positive impact on perceived stress as compared to sham acupuncture. This study included 111 participants with high self-reported stress levels who either studied or worked at a large urban public university in the Southwestern United States. 62 participants completed the study. Subjects were randomized into a verum acupuncture or sham acupuncture group. Both groups received treatment once a week for 12 weeks. The Cohen's Global Measure of Perceived Stress scale (PSS-14) was completed by each subject prior to treatment, at 6 weeks, at 12 weeks, and 6 weeks and 12 weeks post-treatment completion. While both verum and sham acupuncture patients showed a substantial initial decrease in perceived stress scores, at 12 weeks post treatment verum acupuncture showed a significantly greater treatment effect than sham acupuncture. This study indicates that acupuncture may be successful in decreasing the perception of stress in students and staff at a large urban university and this effect persists for at least 3 months after the completion of treatment.

Biography

Stefanie Schroeder has completed her medical education at SUNY StonyBrook in 1990 and studied Acupuncture under Doctor Tsun-Nin Lee at the academy for pain research in San Francisco, in 2001. She is a board certified Emergency Medicine Physician and after 10 years of emergency medicine practice came to Arizona Sate University as the Medical Director of the Student Health Service and built one of the first integrative wellness departments in college health.

stefanie.schroeder@asu.edu

Notes: