

Supplementary Table 4. Details of acupuncture intervention in the included studies

Author (year)	Style of Acupuncture treatment	Regimen	Acupoints	Practitioner	Control
RCTs/quasi-RCTs					
Vas (2013) ¹ Spain	Indirect moxa by means of moxa stick	Once daily for two wks (14 sessions)	BL67	Family member	C1: Sham moxa (SP1) plus usual care C2: Usual care
Guerreiro da Silva (2012) ² Brazil	MA	Once a wk, occasionally twice when it was deemed necessary, for eight wks (8-12 sessions)	Standardised points: EX-HN1, GV20, bilateral LR3, LI4, LU7, GB21, GB41 Additional points: Up to six points were permitted.	Acupuncturist	C: Usual care
Manber (2010) ³ United States	MA	Twice a wk for the first four wks and weekly for four more wks (12 sessions)	Individualised acupoints according to the principles of TCM and following a published standardised treatment manual.	Acupuncturist	C1: Sham MA (nonspecific acupoints) C2: Prenatal massage
Guerreiro da Silva (2009) ⁴ Brazil	MA	Once a wk, occasionally twice when it was deemed necessary, for eight wks (8-12 sessions)	Pre-programmed points + optional points (up to four points) The most commonly used points were: LI4, PC6, CV12, ST21, LR13, ST36, SP4 and ST44.	Acupuncturist	C: None
Wang (2009) ⁵ United States	AA	Once a wk for two wks (two sessions)	Shenmen (TF2), Kidney (CW8), Analgesia (SC7) (one side of participant's ear)	Acupuncturist	C1: Wrist (SF5), Shoulder (SF2), Extra-auricular point C2: PRLP self-care
Elden (2008) ⁶ Sweden	MA	Twice a wk for four wks and once a wk for next four wks (12 sessions)	GV20, bilateral LI4, BL 26,28,32,33,54,60, KI11, GB30, ST36, EX21 In addition, one or two trigger points in the gluteal area could be used instead of one or two local acupuncture points.	Midwife	C: Sham MA (non-penetrating)
Guittier (2008) ⁷ Switzerland	Indirect moxa by means of moxa stick	Every other day (range 2-9, median five sessions)	BL67	NR	C: None
Guerreiro da Silva (2007) ⁸ Brazil	MA	Once a wk, occasionally twice when it was deemed necessary, for eight wks (8-12 sessions)	Standardised points: EX-HN1, GV20, CV17, bilateral HT7, PC6, LU9, ST36, LR3 Additional points : Up to four points were permitted.	Acupuncturist	C: Counselling with or without phytomedicine
Guerreiro da Silva (2005) ⁹ Brazil	MA	Once a wk, occasionally twice when it was deemed necessary, for eight wks (8-12 sessions)	Standardised points: EX-HN1, GV20, CV17, bilateral HT7, PC6, GB21, HN14 Additional points : Up to four points were permitted.	Acupuncturist	C: Sleep hygiene [†]
Elden (2005) ¹⁰⁻¹¹ Sweden	MA	Twice a wk for six wks (12 sessions)	GV20, bilateral LI4, BL26,32,33,54,60, KI11, GB30, SP12, ST36, EX21	Acupuncturist	C1: Usual care C2: Usual care and stabilising exercises
Du (2005) ¹² China	Moxa	(Presumably) once daily for five days (five sessions)	BL67	NR	C: Knee-chest position
Cardini (2005) ¹³	Indirect moxa by means of moxa	Twice a day for two wks (14-28 sessions)	BL67	Participants with or without	C: None

Italy	stick			partner/helper	
Guerreiro da Silva (2004) ¹⁴ Brazil	MA	Once a wk, occasionally twice when it was deemed necessary, for eight wks (8-12 sessions)	Standardised points: KI3, SI3, BL62, BL40, TE5, GB30, GB41, and the <i>huatojiaji</i> points, located along the spinal column, 1cm from the midline. Additional points: Up to four points were permitted.	Acupuncturist	C: Analgesics (paracetamol 500mg) and anti-spasmodics (hyoscine 10mg)
Kvorning (2004) ¹⁵ Sweden	MA	Twice a wk for two wks and then no more than once a wk until delivery or complete recovery (range 3-11, mean six sessions)	LR3, GV20, local tender points (If the response was insufficient, BL60, SI3 or one of the following locations (BL22-26, the minimal gluteal muscle tendon 3-4cm distal to the anterior superior iliac spine, the sacroiliac tendons, or at the symphysis) was combined.)	NR	C: None
Smith (2002) ¹⁶⁻¹⁷ Australia	MA	Twice a wk for one wk and then once a wk for three wks (five sessions)	A1: ST19-21, KI20-21, CV10-14 A2: PC6	Acupuncturist	C1: Sham MA (nonspecific acupoints) plus usual care C2: Usual care
Knight (2001) ¹⁸ UK	MA	Twice a wk for one wk and then once a wk for two wks (four sessions)	Stomach and spleen <i>qi</i> deficiency: CV12, bilateral ST36, SP4, PC6 Stomach fire: CV12, bilateral ST44, PC6 Heat in heart and disharmony of liver: CV12, bilateral ST34, PC6	Acupuncturist	C: Sham MA [†]
Wedenberg (2000) ¹⁹ Sweden	AA with or without MA	Three times a wk for two wks and then twice a wk for two wks (ten sessions)	AA: BI26-30, BI60, CW2 MA: local points	NR	C: Physiotherapy
Cardini (1998) ²⁰ China	Indirect moxa by means of moxa rolls	Once (in the first 87 participants) or twice (in the last 43 participants) daily for 7-14 days (range 7-28, mean 14 sessions)	BL67	Participants with or without partner/helper	C: Usual care
CCTs					
Liang (2004) ²¹ China	Moxa	Twice daily for seven days, with additional seven days if the fetus persisted in the breech presentation (14-28 sessions)	BL67	NR	C: Knee-chest position
Cardini (1993) ²² Italy	Moxa	Once daily for 5-40 days (5-40 sessions)	BL67	Participants and partner	C: None
Case series					
De Jonge-Vors (2011) ²³ UK	MA	Once a wk	NR	Midwife	No control group
Kvorning (2001) ²⁴ Sweden	MA	≥ two sessions	GV20, SI3, SP9, LR3, BL57, 60, GB34, ST36, LI4 + local tender points in the lower back and girdle regions	Midwife	No control group
Case reports					
Ahn (2011) ²⁵ South Korea	MA plus BVP	five sessions	MA: LI11, TE5, LI12, SI3 BVP: tender points	NR	No control group

Bourne (2007) ²⁶ UK	MA	During the treatment, the day 3, 8, 11, 15 (four sessions)	GV20, bilateral BL25-28, 40, 54, LI4, GB30	NR	No control group
Cummings (2003) ²⁷ UK	MA plus EA	18 sessions	A combination of periosteal needling around the left L5/S1 facet joint and needling tender or trigger points in quadratus lumborum and gluteus medius	NR	No control group

*Acupuncture point LI5 refers to 5th point of large intestine meridian and extra points have different nomenclature (e.g., Ex-UE3 means 3rd extra point in upper extremity).

†Avoid stimulants, heavy meals and liquid excess before bed time, and establish a set bed time ritual including: fixed routine, bath before bed, no working late, use of relaxation techniques, and routine posture for sleep.

‡Specific locations were, on the left side, the radial styloid, tibial tuberosity and fifth or sixth rib 8 cm from the midline, and on the right side, the medial malleolus.

AA, auricular acupuncture; Acupoint, acupuncture point; BVP, bee venom pharmacopuncture; C, control; CCT, controlled clinical trial; CW, concha wall zone; EA, electroacupuncture; MA, manual acupuncture; Moxa, moxibustion; NR, not reported; RCT, randomised controlled trial; SC, superior concha; SF, scaphoid fossa zone; TCM, traditional Chinese medicine; TF, triangular fossa zone; wk, week.

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