

Supplementary Online Content

Yin X, Li W, Liang T, et al. Effect of electroacupuncture on insomnia in patients with depression: a randomized clinical trial. *JAMA Netw Open*. 2022;5(7):e2220563. doi:10.1001/jamanetworkopen.2022.20563

eFigure. Location of the Acupoints

eTable 1. Seven Components of PSQI Changes

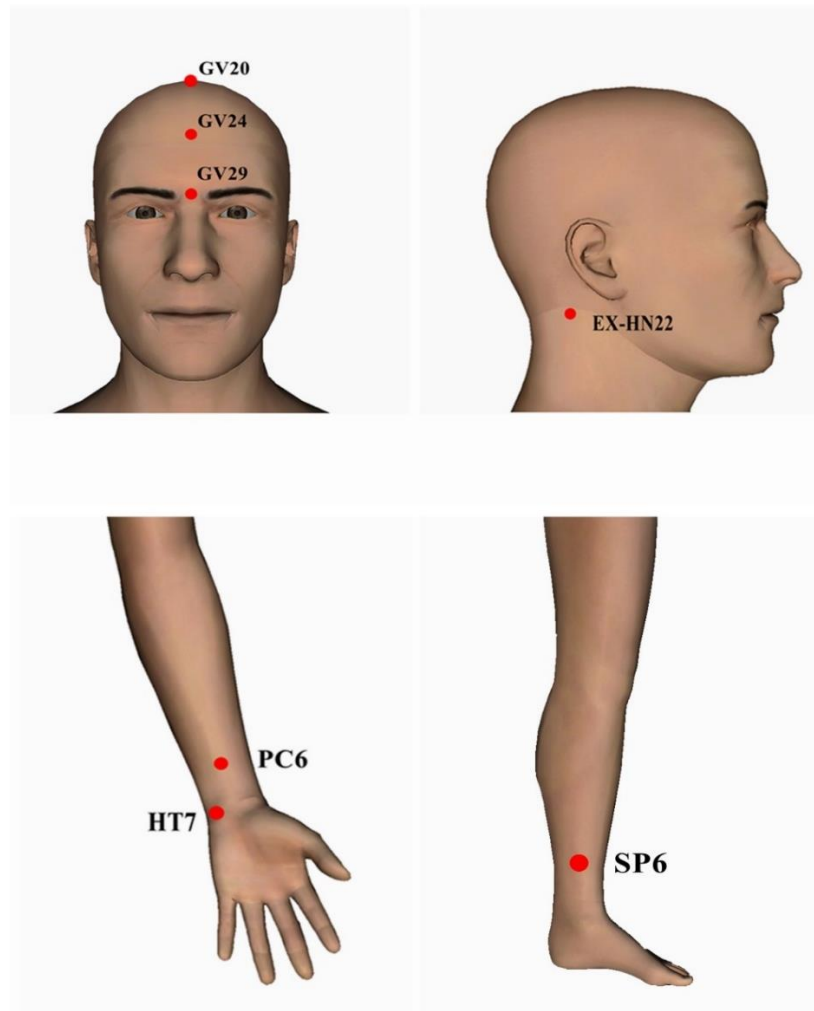
eTable 2. Diary of Sedative Dose Change

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This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Location of the Acupoints



GV20: 5 cun superior to the anterior hairline, on the anterior midline of the head

GV24: 0.5 cun superior to the anterior hairline, on the anterior midline of the head

GV29: At the midpoint between the medial ends of eyebrows.

EX-HN22: At the midpoint between Yifeng (SJ17) and Fengchi (GB20).

PC6: 2 cun above of the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis

HT7: On the anterior and medial aspect of the wrist, radial to the flexor carpi ulnaris tendon at the palmar wrist crease.

SP6: On the tibial aspect of the leg, posterior to the medial border of the tibia and 3 cun superior to the prominence of the medial malleolus.

eTable 1. Seven Components of PSQI Changes

Outcomes	Mean PSQI scores, (SD)			EA vs. SA		EA vs. Control	
	EA group	SA group	Control group	Difference (95% CI)	P Value ^a	Difference (95% CI)	P Value ^a
Sleep quality							
Week 4	1.6 (0.7)	1.9 (0.7)	2.1 (0.8)	-0.3 (-0.4 to -0.1)	.004	-0.4 (-0.6 to -0.2)	<.001
Week 8	1.1 (0.6)	1.7 (0.6)	2.1 (0.7)	-0.7(-0.8 to -0.5)	<.001	-1.0 (-1.2 to -0.8)	<.001
Sleep latency							
Week 4	2.2 (0.9)	2.2 (1.0)	2.6 (0.8)	-0.2 (-0.4 to 0.0)	.15	-0.4 (-0.6 to -0.2)	<.001
Week 8	2.0 (0.9)	2.2 (0.9)	2.4 (0.8)	-0.4 (-0.6 to -0.1)	.004	-0.5 (-0.7 to -0.3)	<.001
Sleep duration							
Week 4	1.6 (1.0)	2.0 (1.0)	2.1 (1.0)	-0.4 (-0.6 to -0.2)	<.001	-0.5 (-0.7 to -0.3)	<.001
Week 8	1.2 (0.9)	1.8 (1.0)	2.0 (1.1)	-0.5 (-0.8 to -0.3)	<.001	-0.7 (-0.9 to -0.5)	<.001
Habitual sleep efficiency							
Week 4	1.8 (1.0)	1.8 (1.1)	1.9 (1.1)	-0.2 (-0.4 to 0.1)	.32	-0.2 (-0.4 to 0.0)	.05
Week 8	1.2 (0.9)	1.7 (1.1)	1.9 (1.0)	-0.6 (-0.9 to -0.4)	<.001	-0.8 (-1.0 to -0.5)	<.001
Sleep disturbance							
Week 4	1.4 (0.5)	1.7 (0.6)	1.8 (0.6)	-0.2 (-0.4 to -0.1)	.004	-0.3 (-0.5 to -0.2)	<.001
Week 8	1.2 (0.4)	1.6 (0.6)	1.7 (0.5)	-0.3 (-0.5 to -0.2)	<.001	-0.4 (-0.6 to -0.3)	<.001

eTable 1 Seven Components of PSQI Changes (Continued)							
Use of sleeping medication							
Week 4	1.6 (1.3)	1.9 (1.3)	2.3 (1.2)	-0.3 (-0.5 to -0.1)	.01	-0.4 (-0.6 to -0.2)	<.001
Week 8	1.2 (1.3)	1.8 (1.3)	2.3 (1.2)	-0.6 (-0.8 to -0.3)	<.001	-0.8 (-1.1 to -0.5)	<.001
Daytime dysfunction							
Week 4	1.5 (0.8)	1.8 (0.8)	1.9 (0.8)	-0.4 (-0.6 to -0.2)	<.001	-0.5 (-0.7 to -0.4)	<.001
Week 8	1.0 (0.8)	1.6 (0.7)	1.9 (0.9)	-0.6 (-0.8 to -0.4)	<.001	-0.9 (-1.1 to -0.7)	<.001

^a P value by Bonferroni correction

Abbreviations: PSQI, Pittsburgh Sleep Quality Index; EA, Electroacupuncture; SA, Sham acupuncture.

eTable 2. Diary of Sedative Dose Change

	EA group (n=15) ^a		SA group (n=18)		Control group (n=15)	
	Decreased dose n (%)	Increased dose n (%)	Decreased dose n (%)	Increased dose n (%)	Decreased dose n (%)	Increased dose n (%)
Wk0-Wk4	10 (66.7)	0 (0.0)	9 (50.0)	4 (22.2)	4 (26.7)	4 (26.7)
Wk4-Wk8	3 (20.0)	1 (6.7)	5 (27.8)	6 (33.3)	5 (33.3)	3 (20.0)

^a Rest patients kept their regular dose of sedatives.

eTable 3. Adverse Events

	EA group (n=90)	SA group (n=90)	Control group (n=90)
AEs, n (%)	7 (7.78)	4 (4.44)	1 (1.11)
SAEs, n (%)	0 (0)	0 (0)	0 (0)
Treatment-emergent AEs, n (%)	5 (5.56)	4 (4.44)	0 (0)
Most frequent AEs	Hematoma	Local pain	None

Abbreviations: AE: Adverse Events; SAE: Severe Adverse Events.

eTable 4. Blinding Result

Group	Guess (n, %) *			BANG's BI (95% CI)
	EA	SA	No idea	
EA (n=90)	62 (68.9%)	15 (16.7%)	13 (14.4%)	0.5 (0.4, 0.7)
SA (n=90)	56 (62.2%)	18 (11.1%)	16 (17.8%)	-0.4 (-0.6, -0.3)

* Percentages may not sum to 100 due to rounding.

Abbreviations: BI: Blinding Index