

Supplemental Digital Content. Table of excluded studies.

	Author	Year	Title	Excluded reasons
01	Lin,Z P; Li,L Y; Xie,P X	2021	Clinical observation of traditional acupuncture and abdominal cupping combined with exercise therapy on simple obesity	Treatment groups applying other treatments apart from acupuncture
02	Zheng,Z Z; Luo,H; You,Q Y; Wang,J	2021	Electroacupuncture combined with nutritional intervention to treat 30 cases of simple obesity	Treatment groups applying other treatments apart from acupuncture
03	Wang, L H; Lv, S Y; Liu, Y R; Chen, X; Wang, J J; Huang, W; Zhou, Z Y	2021	Comparative effectiveness of herb-partitioned moxibustion plus lifestyle modification treatment for patients with simple obesity: A study protocol for a randomized controlled trial	Not RCT or literature unrelated to the purpose of the study
04	Chen,Q;Zhang,X X	2021	Research overview of acupoint catgut embedding in the treatment of simple obesity	Not RCT or literature unrelated to the purpose of the study
05	Pei,M Y	2021	Clinical observation of acupuncture point catgut embedding combined with moxibustion therapy on simple obesity of spleen-kidney Yang deficiency type	Acupuncture treatment studies for other underlying conditions accompanying obesity
06	Zhang,Y Y; Li,P P;Gu Y J	2021	Effect of Jin Sanzhen therapy on visceral fat in patients with simple obesity	Acupuncture treatment studies for other underlying conditions accompanying obesity
07	Chen,A H	2021	Clinical effect analysis of acupuncture and moxibustion embedding thread for weight loss	Acupuncture treatment studies for other underlying conditions accompanying obesity
08	Chen, X; Huang, W; Wei, D; Ding, D G; Jiao, Y; Pan, H L; Jin, Y T; Zheng, Y W; Zhang, Y J; Zhang, Y R; Liu, Y R; Zhou, Z Y	2020	Clinical effect of catgut implantation at acupoints for the treatment of simple obesity: A multicentre randomized controlled trial	Treatment groups applying other treatments apart from acupuncture
09	Wang,Q J	2020	Effect and mechanism of Du moxibustion on prevention and treatment of simple obesity of phlegm-dampness constitution	Acupuncture treatment studies for other underlying conditions accompanying obesity
10	Fan,S;Zhang,Z Y;Pan,J J;Cao,C Y;Wei,J;Wang,Q L	2020	Clinical study of acupuncture and cupping combined therapy in the treatment of simple obesity with dampness resistance of spleen	Acupuncture treatment studies for other underlying conditions accompanying obesity
11	Wang, J J; Huang, W; Wei, D; Yang, T Y; Zhou, Z Y	2019	Comparison of therapeutic effects of electroacupuncture and acupoint catgut embedding in redu-cing serum leptin and insulin levels in simple obesity patients	Treatment groups applying other treatments apart from acupuncture
12	Li,P; Dai,W	2019	Observation of curative effect of electroacupuncture on simple obesity	Treatment groups applying other treatments apart from acupuncture
13	Chen D; Jiang,Q	2019	To observe the clinical effect of electroacupuncture combined with aerobic exercise on simple obesity based on body composition analysis	Not RCT or literature unrelated to the purpose of the study
14	Zheng,Z J	2019	Experimental study of moxibustion on simple obesity in college students	Not RCT or literature unrelated to the purpose of the study
15	Yang,L	2019	Effect of acupuncture and moxibustion on inflammatory indexes of blood lipid status and effect of weight loss in patients with simple	Acupuncture treatment studies for other underlying conditions accompanying obesity
16	Shi,J; Zhu,X J; Guo Hailian; JiRong	2018	Effect of acupuncture and moxibustion on inflammatory indexes of blood lipid status and effect of weight loss in patients with simple	Treatment groups applying other treatments apart from acupuncture
17	Sun,H L	2018	Effect of acupuncture and moxibustion on simple obesity with dampness resistance of spleen deficiency	Acupuncture treatment studies for other underlying conditions accompanying obesity
18	Xie,W T	2018	Clinical study of acupuncture combined with exercise therapy in the treatment of simple obesity with dampness resistance of spleen	Acupuncture treatment studies for other underlying conditions accompanying obesity

19	Liang,J C	2017	Study on the method of losing weight by acupuncture and moxibustion in simple obesity	Not RCT or literature unrelated to the purpose of the study
20	Ding,L L; Ma,Q J; Ma,J H	2016	Clinical observation on 60 cases of simple obesity treated by Yangming Five Elements acupuncture	Not RCT or literature unrelated to the purpose of the study
21	Xiong,W; Yuan,H J; Ruo,S Y; Pan,P H	2016	Therapeutic effect of acupuncture on 29 cases of simple obesity	Not RCT or literature unrelated to the purpose of the study
22	Zhang,S Q; Wu,J Q	2016	Clinical observation on 120 cases of simple obesity with spleen deficiency and phlegm dampness treated by acupuncture	Acupuncture treatment studies for other underlying conditions accompanying obesity
23	Zhang,Z Y; Liu J; Chen D D; Tang,H Z	2015	Effectiveness analysis of acupuncture and moxibustion in treating simple obesity	Treatment groups applying other treatments apart from acupuncture
24	Su,W L	2015	Clinical observation of acupoint catgut embedding combined with box moxibustion in the treatment of simple obesity with deficiency syndrome	Acupuncture treatment studies for other underlying conditions accompanying obesity
25	Lin,X M	2015	Clinical study of acupoint catgut embedding in the treatment of simple obesity	Acupuncture treatment studies for other underlying conditions accompanying obesity
26	Wang,A J	2013	Efficacy evaluation of acupoint catgut embedding in the treatment of simple obesity	Acupuncture treatment studies for other underlying conditions accompanying obesity
27	Wang,J H;Chen,X Q;Sheng,Y J;Huang,C J;Zhong,C Y;Ma,M;Tan,H Q;Hu,Y Z;Cai,J;Zheng,X C;Wang,Q C;Du,W	2012	Clinical study on the treatment of simple obesity with six acupuncture in abdomen	Treatment groups applying other treatments apart from acupuncture
28	Zhang,M;Sun,X H	2012	Clinical study on the treatment of simple obesity with dampness of spleen deficiency by ear pressure and moxibustion	Acupuncture treatment studies for other underlying conditions accompanying obesity
29	Hu,X B; Yan,Y	2011	Effect of acupoint catgut embedding on blood lipids in 56 patients with simple obesity	Not RCT or literature unrelated to the purpose of the study
30	Gao,H; Xing,H J;Yang,J J; Xiao,H L	2010	Effect of acupuncture combined with diet adjusted aerobic exercise on BMI of patients with simple obesity	Treatment groups applying other treatments apart from acupuncture
31	Cai,J Z; Li,X L; Jiang,H L	2010	Observation on the curative effect of eight points acupuncture and cupping around umbilicus on simple obesity	Treatment groups applying other treatments apart from acupuncture
32	Yang, J J; Xing, H J; Xiao, H L; Li, Q; Li, M; Wang, S J	2010	Effects of acupuncture combined with diet adjustment and aerobic exercise on weight and waist-hip ratio in simple obesity patients	Not RCT or literature unrelated to the purpose of the study
33	Han,Q Z	2010	Clinical observation of 30 cases of simple obesity treated by acupuncture and auricular point sticking	Not RCT or literature unrelated to the purpose of the study
34	Pan,Y; Tong,J; Chen,J X;Zhang,Z Q; Yao,H	2010	Clinical observation on the effect of acupuncture on appetite regulation in simple obesity patients	Not RCT or literature unrelated to the purpose of the study
35	Yang, J J; Xing, H J; Wang,S J; Xiao, H L; Li, Q; Li, M; Li,Q	2010	Effects of acupuncture combined with diet adjustment and aerobic exercise on body mass index and serum leptin content in patients with simple obesity	Not RCT or literature unrelated to the purpose of the study
36	Liu,P; Gu,H Y	2010	Clinical observation on 63 cases of simple obesity with dampness resistance of spleen deficiency treated by warm acupuncture combined with auricular point sticking	Acupuncture treatment studies for other underlying conditions accompanying obesity
37	Zhao,L Q; Shi,Y	2010	Clinical study of electroacupuncture combined with diet and exercise therapy in the treatment of gastrointestinal solid heat type simple	Acupuncture treatment studies for other underlying conditions accompanying obesity

38	Luo,R H; Chen,X L; Xu,K	2009	Thunder fire moxibustion for treating 30 cases of simple obesity	Treatment groups applying other treatments apart from acupuncture
39	Xing, H J	2009	Clinical study of acupuncture combined with diet adjustment and aerobic exercise in treating simple obesity	Treatment groups applying other treatments apart from acupuncture
40	Chen,Y	2009	Clinical observation on the treatment of female simple obesity with acupuncture and electroacupuncture combined with auricular acupoint pressure seed	Not RCT or literature unrelated to the purpose of the study
41	Chen,Z X	2008	Therapeutic effect of acupuncture combined with diet control on simple obesity	Not RCT or literature unrelated to the purpose of the study
42	Han,H R; Song,G L; Zhang,H P; Wang,G F; Zhang,F	2008	Clinical comparative study of acupuncture in the treatment of simple obesity	Not RCT or literature unrelated to the purpose of the study
43	Song,S J	2007	Clinical study of acupuncture - based comprehensive treatment of simple obesity	Treatment groups applying other treatments apart from acupuncture
44	Chen,J X; Tong,J; Yao,H; Zhang,Z Q; Huang S H	2007	Clinical effectiveness analysis of abdominal acupuncture in the treatment of simple obesity	Not RCT or literature unrelated to the purpose of the study
45	Nie,L; Zhan,Z Q; Yang,L Q; Tang,X L	2007	Clinical study on treating simple obesity by acupuncture at 8 points around umbilicus	Not RCT or literature unrelated to the purpose of the study
46	Wang,S J; Kang,S B	2007	Clinical observation on simple obesity treated by acupuncture and auricular point sticking	Not RCT or literature unrelated to the purpose of the study
47	Luo,S H	2007	Clinical observation on 60 cases of simple obesity treated by acupuncture	Acupuncture treatment studies for other underlying conditions accompanying obesity
48	Li,J Z	2007	Clinical study on acupuncture treatment of simple obesity (dampness of spleen deficiency)	Acupuncture treatment studies for other underlying conditions accompanying obesity
49	Zhang,Y; Cui,H	2007	Clinical effect of acupuncture on simple obesity with deficiency of heart and spleen	Acupuncture treatment studies for other underlying conditions accompanying obesity
50	Wu,J J; Wang,H Y; Zhou,Q D	2006	Clinical observation on 108 cases of simple obesity treated by acupuncture combined with scraping	Treatment groups applying other treatments apart from acupuncture
51	Ji,X S	2006	Observation on 68 cases of simple obesity treated by electroacupuncture sequence therapy	Not RCT or literature unrelated to the purpose of the study
52	Dong,X Y	2005	Clinical study on acupuncture treatment of simple obesity	Not RCT or literature unrelated to the purpose of the study
53	Kang,S B; Gao,X L; Wang,S J; Wang,Y J	2005	Acupuncture in the treatment of simple obesity and its effect on serum leptin	Not RCT or literature unrelated to the purpose of the study
54	Lei,Y; Hua,Y H	2005	Clinical study of abdominal acupuncture combined with auricular point sticking in treatment of simple obesity	Not RCT or literature unrelated to the purpose of the study
55	Li,Z T	2005	Clinical study on 59 cases of simple obesity treated by electroacupuncture combined with acupoint catgut embedding	Acupuncture treatment studies for other underlying conditions accompanying obesity
56	Wang,W Y	2001	Clinical observation on acupuncture treatment of 60 cases of simple obesity	Not RCT or literature unrelated to the purpose of the study