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A randomized, controlled clinical trial: The effects of mindfulness-based cognitive therapy on chronic insomnia among Chinese patients in the community

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Purpose: Chronic insomnia is a prevalent health problem in primary care associated with morbidity and health service utilization. Mindfulness Based Cognitive Therapy (MBCT) is a therapeutic approach developed over the last few decades although only few large randomized control trials have been conducted in those with primary insomnia. This study aimed to evaluate the effectiveness of MBCT in treating primary chronic insomnia in primary care by comparing with a psycho-education control (PEC) group in the community.

Methods: This was a single-blinded, randomised, controlled clinical trial. Eligible participants were Chinese adults (18 years of age or above) with diagnosed chronic insomnia at baseline assessment. Subjects were randomly assigned into MBCT group (intervention) and PEC group (control), were followed up for six months. Primary outcome was changes in the score of a validated Chinese version of 7-item Insomnia Severity Index (ISI). Paired t-test was used to examine between-group differences. Analysis was performed by intention-to-treat.

Results: We recruited 216 subjects with an average age of 56.05 (SD 9.39), where 77.0% [116/216] were female. At baseline, there was no significant differences between MBCT group [N=110] and PEC group [N=106] in terms of age (p=0.450), gender (p=0.250), ISI scores (17.67, SD 3.70 for PEC; 17.94, SD 3.70 for MBCT; p=0.623). At eight-week (follow-up rate 93.6% [88/94] for MBCT group, 93.5% [87/93] for PEC group), there was a significant decrease in ISI scores in MBCT group (-4.26, SD 3.87) when compared to that of PEC group (-2.81, SD 4.08) (p=0.041).

Conclusion: Results demonstrated that MBCT programme may significantly reduce the insomnia severity among Chinese subjects with chronic insomnia when compared to PEC group in the primary care group. The study suggested that MBCT programme may be an evidence-based treatment options for subjects with chronic insomnia in primary care although longer follow-up is needed to evaluate the sustainability of the effects.

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Sensorimotor learning for acupuncture manipulation through visual feedback

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Purpose: Humans learn a variety of motor skills from the sensory feedback information about the discrepancy between the intended movement and the actual movement. Acupuncture manipulation, one of sophisticated hand movements, has been considered a fundamental skill for acupuncture practice. The current study investigated whether or not untrained students could improve motor performance for acupuncture manipulations with visual feedback.

Methods: Twenty-one untrained medical students were included and randomly divided into two groups: concurrent (n=10) or post-trial (n=11) visual feedback (VF) group. Both groups were trained with simple lift/thrusting techniques in the session 1 and complicated lift/thrusting techniques in the session 2 for 8 training trials. We compared the motion pattern and magnitude error during acupuncture manipulations between pre-training test and post-training test.

Results: In the motion pattern analysis, both concurrent and post-trial VF groups revealed greater improvement of motion patterns in the complicated lifting/thrusting session. In the magnitude error analysis, both concurrent and post-trial visual feedback groups revealed greater improvement of magnitude error in the simple lifting/thrusting session. During the training period, concurrent VF group exhibited persistent less magnitude error across whole training trials while post-trial VF group showed greater magnitude errors in the initial trials and gradually reduced magnitude errors in the late trials.

Conclusion: Our findings suggest that novice can improve sophisticated hand movement for acupuncture manipulation with sensorimotor learning with visual feedback. Two different kinds of visual feedback trainings can be beneficial for untrained student to learn how to manipulate acupuncture needle through two different processes, such as automatic and cognitive processes.

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OS16.02

Opinions and experiences of complementary and alternative medicine: A survey of London Dietitians

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Purpose: Dietitians are statutory regulated health professionals who give dietary advice to patients for a range of conditions within the National Health Service, in accordance to clinical guidelines and the current evidence base. There is