

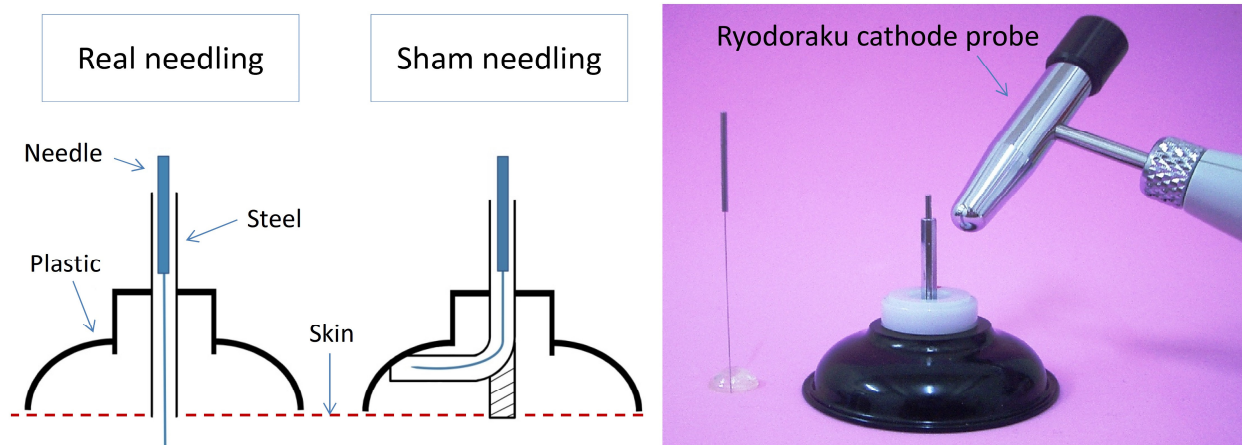
Lecture Summary

Designs of Sham Needle in Acupuncture Studies

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1. Double blinding, placebo or sham-controlled randomized study is the gold standard for medical research.
2. Sham control in acupuncture studies is difficult to perform because the patients can see and feel the needle insertion.
3. In this lecture, various types of sham method (classic needle, press needle, electro acupuncture, Ryodoraku, laser) are reviewed.



4. Sham needles as superficial insertion or non-invasive blunt needle may elicit physiological responses that complicate the interpretation of the studies.
5. Electric acupuncture without current as the sham could be easily identified by the patients as inactive treatment.
6. Future developments and challenges for acupuncture study, e.g. functional magnetic resonance imaging.