

P-150 - EFFECTS OF LOW-FREQUENCY ELECTROACUPUNCTURE ON THE BIS AND ANXIETY IN ANXIOUS VOLUNTEERS: A PROSPECTIVE, RANDOMIZED, BLINDED STUDY

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Introduction: Acupuncture is a low-risk intervention that is increasingly used. Some studies examined the potential effects of acupuncture on anxiety and the bispectral index of the EEG (BIS), used as an objective and indirect measure of anxiolysis. Those studies used the same acupuncture point and achieved conflicting results.

Objectives: To objectively assess the effects of acupuncture on anxiety and the BIS on a clinically relevant population.

Aims: To evaluate the impact of alternative, low risk interventions, such as acupuncture in anxiety.

Methods: 15 anxious volunteers were recruited for this prospective, controlled, blinded, crossover study with random allocation. Acupuncture was performed at the experimental point He7 (Heart 7) and at a control point Lu 9 (Lung 9). BIS was evaluated at 3 different stages, rest state, during electro-acupuncture and post acupuncture.

Results: BIS mean values and minimums means were significantly reduced by acupuncture on He7 compared to acupuncture on Lu9 (means: $90,7 \pm 4,3$ to $86,5 \pm 7,2$; $p=0,009$ | minimums: $80,6 \pm 9,6$ to $71,9 \pm 12,3$; $p=0,011$). None of the groups had a significant decrease in BIS comparing acupuncture to the rest state, however acupuncture on He7 was related to a relevant (but statistically nonsignificant) decrease in BIS mean compared to the rest state.

Conclusions: Acupuncture on He7 was superior over acupuncture on Lu9 to decrease BIS in anxious volunteers and showed objective and measurable cerebral effects.