

The Effect of Acupuncture on the Dose of Antidepressant Taken by Adolescent Depressive Patients

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ABSTRACT Objective To observe the clinical curative effect of acupuncture with antidepressant in the treatment of adolescent depressive disorder. **Methods** Forty-six cases of adolescent depressive patients were randomly divided into the treatment group and the control group, with 23 cases in each. Both groups took antidepressant orally, and the treatment group was added with acupuncture treatment, once every other day. Fifteen times were taken as one treatment course, and the treatment group was given 3 courses of treatment in all. Scores of Hamilton Depression Scale (HAMD) and Rating Scale for Side Effects (SERS) of two groups were compared before and after treatment, as well as at follow-up visits 3 and 6 months later. Clinical curative effects and curative effects of antidepressant dose were evaluated. **Results** Comparison of curative effects in two groups: The recovery rate and total effective rate were 26.09% and 86.96% in the treatment group, and 13.04% and 78.26% in the control group, respectively. The recovery rate and total effective rate in the treatment group was remarkably superior to those in the control group ($P < 0.05$). Comparison of dose effect of antidepressant in two groups: The efficiency rate and total effective rate were 43.48% and 82.61% in the treatment group, and 13.04% and 43.48% in the control group, respectively. The total effective rate and efficiency rate in the treatment group was remarkably superior to that in the control group ($P < 0.05$). Scores of HAMD and SERS in the treatment group remarkably decreased after treatment, and at the 3rd month and 6th month follow-up visits compared with that before treatment ($P < 0.05$). Scores of HAMD in the control group after treatment and at the 3rd month follow-up visit remarkably decreased compared with that before treatment ($P < 0.05$); There was statistically significant difference in HAMD scores between after treatment and the 6th month follow-up visit ($P < 0.05$). Scores of HAMD and SERS in the treatment group after treatment, and the 3rd and 6th month follow-up visits were all lower than that in the control group at the same time points, respectively ($P < 0.05$). **Conclusion** Acupuncture could effectively reduce the side reactions of antidepressant, decrease application dose of antidepressant, and have steady long-term curative effects on controlling adolescent depressive disorder.

Keywords depression; adolescent; acupuncture; antidepressant; medicine dose

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第二届国医名师高峰论坛暨学术思想及临床经验传承研修班通知

由中国中医科学院教育处、中医杂志社联合主办, 央地共创(北京)科技中心承办的“第二届国医名师高峰论坛暨学术思想及临床经验传承研修班”将于 2016 年 5 月 27-29 日在北京举办, 论坛将继续秉承“高端性、前瞻性、学术性、实用性”的特点, 全力打造国内中医界的高水平学术盛会, 搭建高质量的学习交流平台。本次论坛的主题为“传承、创新、发展”, 论坛将邀请国医大师、首都国医名师、名医工作室专家、温病学专家、经方专家学者现场作精彩专题报告, 同时将有国家级重点学科(专科)带头人交流疑难病研究的新进展、新成果, 以及全国各地的中医、中西医结合界专家学者、中青年人才代表共同探讨疑难病诊治中的新经验、新思路和新方法。欢迎中医药界同仁积极参加。现将论坛有关事宜通知如下:

一、拟邀请以下专家学者出席会议: 王琦(国医大师), 晁恩祥(国医大师), 张大宁(国医大师、著名中医药专家学者、国家级重点专科、学科带头人及中青年专家), 翁维良(首都国医名师、中国中医科学院首席研究员、心血管病专家), 聂惠民(首都国医名师、教授), 宋乃光(教授、主任医师, 温病学专家), 王鸿谟(教授、主任医师、国家级名老中医), 冯世纶(主任医师、先后师承董建华、胡希恕等著名中医), 彭建中(教授、博士生导师), 李军祥(主任医师、脾胃及肝胆病专家), 李建生(获得 2015 年度国家科学技术进步二等奖), 阎小萍(主任医师、全国名老中医药专家、教授)。会议还将陆续邀请其他国医大师及首都国医名师及弟子、中医药专家学者及国家级重点学科(专科)带头人做精彩讲座和互动交流。以实际出席为准, 敬请关注。

二、会议征文: 为使会议内容更丰富、实用, 方便各位参会代表相互交流学习和收藏, 将整理汇编《第二届国医名师高峰论坛论文集》; 论文要求: 请参照中医杂志投稿要求, 只接收电子文稿, 投稿邮箱 zyzz1955@126.com; 汇编进《论文集》的论文将择优推荐在《中医杂志》或其它核心杂志发表。论文投稿截止日期 2016 年 4 月 30 日。征文内容: 国医名师学术思想、临床经验、诊疗特长的总结与整理; 国医名师中医、中西医结合诊治典型病例的探讨; 国医名师治疗临床常见病、疑难病、危重病的用药经验; 名老中医及中青年人才治疗疑难病新思路、新方法、新经验及验案交流。

三、会议时间及地点: 时间: 2016 年 5 月 27-29 日, 地点: 北京

四、会议费用: 1500 元/人(含会议研修费、资料费、会议期间 28-29 日正餐等), 住宿统一安排, 费用自理。

五、其它事项: 1. 欢迎与会代表提供疑难讨论病例, 会务组将结合会议计划酌情安排答疑。所有传真及 E-mail 主题请注明“第二届国医名师学术论坛”字样。2. 具体内容请登陆 www.jtcm.net.cn 查询。3. 参加会议者授予国家级继续教育 I 类学分 10 分。

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