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Acupuncture for the Treatment of Adults with Posttraumatic Stress Disorder: A Systematic Review and Meta-Analysis

Sean Grant, DPhil ^a, Benjamin Colaiaco, MA^a, Aneesa Motala, BA^a,
Roberta Shanman, MS^a, Melony Sorbero, PhD^b, and Susanne Hempel, PhD^a

^aRAND Corporation, Santa Monica, California, USA; ^bRAND Corporation, Pittsburgh, Pennsylvania, USA

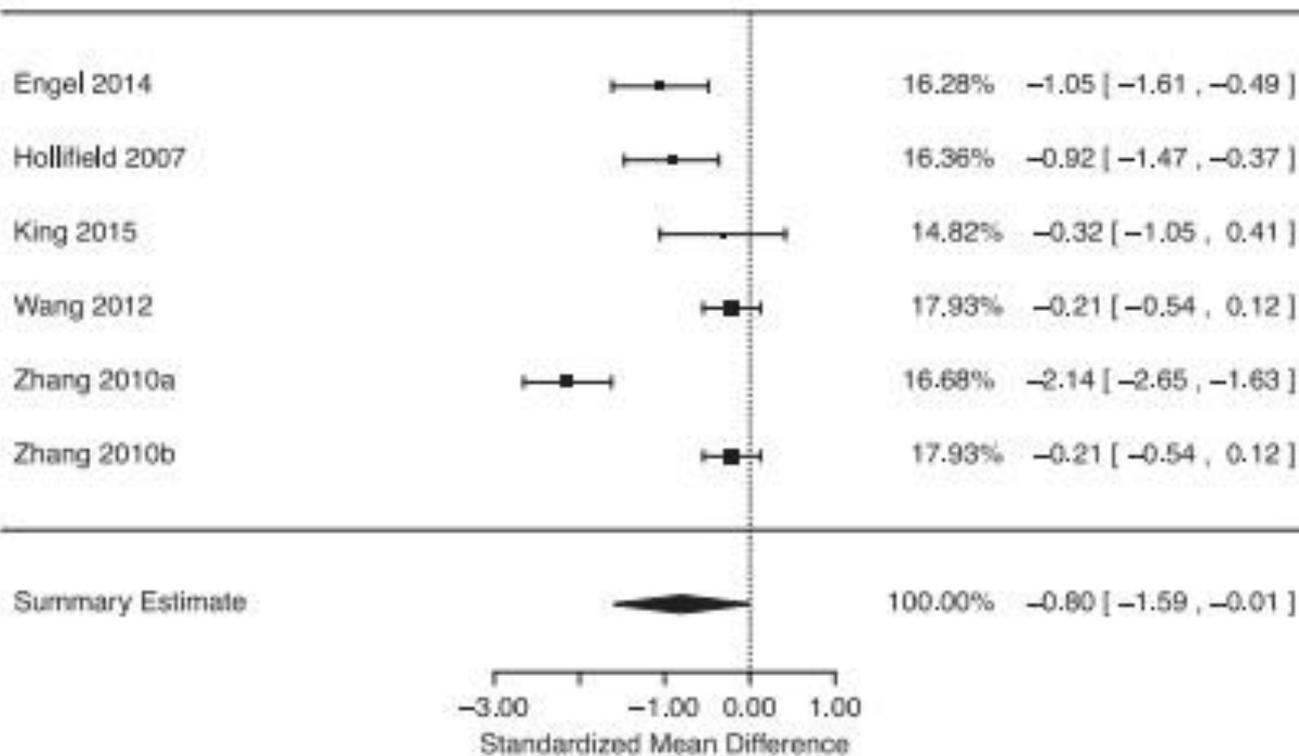


Figure 2. Forest plot for needle acupuncture versus any comparator on PTSD symptoms at postintervention. Notes: Standardized Mean Difference (SMD) = Hedges' g. SMD < 0 favors needle acupuncture. The reported percentages indicate the weight each study contributes to the metaanalysis. The right hand figures report the SMD [95% Confidence Interval] for each individual study and (at the bottom) the overall estimate from the meta-analysis.



驚則氣亂

恐則氣下



- ✓ 作息規律，飲食、生活
- ✓ 工餘或課餘可參與各種運動，或朋友聚會
- ✓ 發掘新興趣
- ✗ 資訊泛濫傷害
- ✗ 避開他人，或刻意隱瞞悲傷
- ✗ 吸煙、飲酒、過度工作

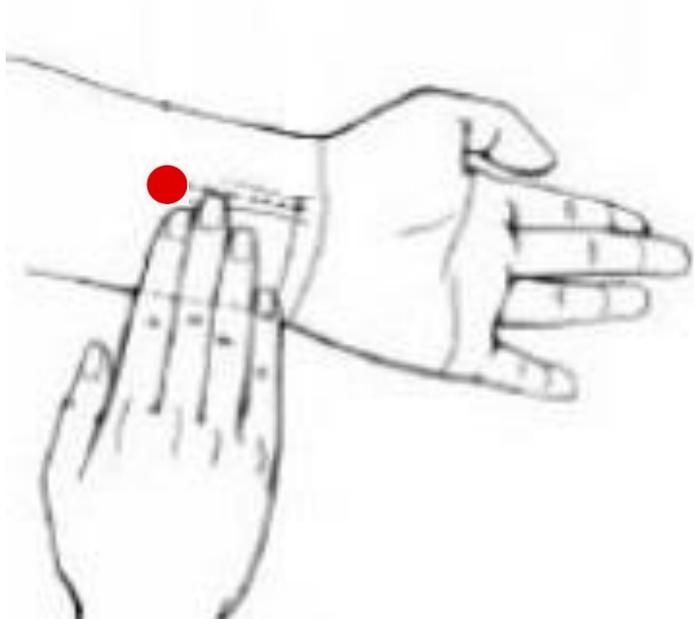
養心小麥粥

材料：小麥80克、茯神15克、
紅棗3枚、炙甘草9克

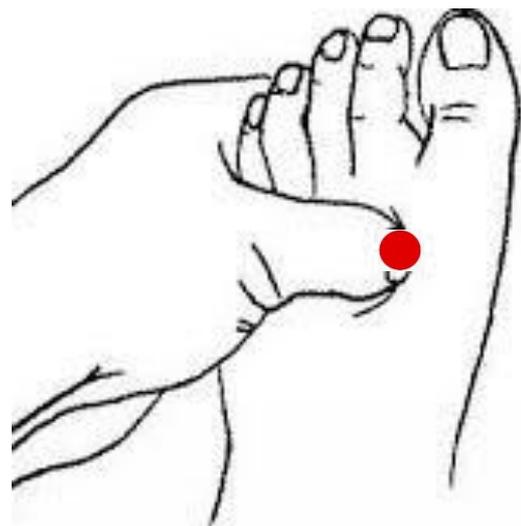


做法：小麥先用清水洗淨，浸發備用；炙甘草、茯神加水煮汁後隔渣，以汁液熬煮已浸發好的小麥，再放入紅棗，煮約1至1.5小時

功效：寧神鎮靜，健脾養胃



間使



太衝