



## STRICTA: For Acupuncture and Related Therapies (ARTHE)



In order to facilitate the transparency of reporting on randomized controlled trials using acupuncture, a consensus group of experts developed the Standards for Reporting Interventions in Controlled Trials of Acupuncture (STRICTA) in 2002 [1]. This reporting guideline was updated in 2010, and is applicable to a broader range of acupuncture studies, including uncontrolled trials and case reports [2]. A recent study explored the STRICTA guidelines from four aspects, including the development procedure, validity assessment, endorsement and adherence, and citation situation. They concluded that STRICTA are valid reporting guidelines based on robust methodology and scientific content. They also suggested specific implementation strategies to improve the quality of reporting on acupuncture research outcomes [3].

In the present issue of ARTHE we are presenting the complete STRICTA guidelines on reporting interventions in clinical studies of acupuncture with the approval of the authors [4]. The core content of the STRICTA guidelines consists of a checklist of six key items, with each item within the checklist having an explanation and a series of examples of good reporting. The six key items are: the acupuncture style and rationale, the details of needling, the treatment regimen, other components of treatment, the practitioner background and the control or comparator interventions.

We believe that the quality of reporting of the interventions in acupuncture trials will only be improved by wide dissemination

and strict adherence to the STRICTA guidelines. Continual improvement in the quality of reporting acupuncture trials will benefit clinical practice and drive research further forward.

### References

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- [3] L. Liu, M. Skinner, S.M. McDonough, P. Kannan, G.D. Baxter, STRICTA: is it time to do more? *BMC Complement. Altern. Med.* 15 (190) (2015) 1–11.
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Thomas Lundeberg  
 Rehabilitation Medicine University Clinic Stockholm,  
 Danderyds Hospital AB, 182 88, Sweden  
 E-mail address: [thomas.lundeberg@me.com](mailto:thomas.lundeberg@me.com)

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