



How Effective are Particular Complementary and Integrative Health Therapies?

1. Acupuncture

- **Evidence Map:** [Synthesizing the Strength of the Evidence of Complementary and Integrative Health Therapies for Pain](#). Giannitrapani KF, Holliday JR, Miake-Lye IM, Hempel S, Taylor SL. *Pain Med*. 2019 Sep 1;20(9):1831-1840.

2. Battlefield Acupuncture (BFA)

- [The Effectiveness and Implementation of Auricular Acupuncture for Pain in Routine Clinical Care at VA Facilities](#). Taylor SL, Zeliadt SB, Giannitrapani K, Osei-Bonsu P, Thomas ER, Olson J, Federman D., Kligler B. *Pain Medicine*. 2021 Mar 26:pnaa474.
- [Does Offering Battlefield Acupuncture Lead to Subsequent Use of Traditional Acupuncture?](#) Thomas E, Taylor SL, Olson J, Gelman H, Coggeshall S, Zeliadt S. *Medical Care*. Sept 2020; 58(9).
- [Patient Feedback on the Effectiveness of Auricular Acupuncture on Pain in Routine Clinical Care: The Experience of 11,406 Veterans](#). Zeliadt SB, Thomas ER, Federman D, Taylor SL. *Medical Care*. Sept 2020; 58(9).
- [Battlefield Acupuncture in the Veterans Health Administration: Effectiveness in individual and group settings for pain and pain comorbidities](#). Federman DG, Thomas ER, Carbone GF, Zeliadt SB, Taylor SL. *Medical Acupuncture*. 2018 Sept 5.
- HSR&D Publication Brief Quarterly: [Battlefield Acupuncture Proves Highly Effective in Treating Chronic Pain among Veterans](#).
- QUERI eNews: [National Evaluation of the Effectiveness and Implementation of Battlefield Acupuncture](#).

3. Art Therapy

- **Evidence Map:** [Art Therapy](#). Miake-Lye IM, Apaydin EA, Mak SS, Begashaw MM, Beroes-Severin JM, Shekelle PG. Washington (DC): Department of Veterans Affairs (US); 2019 Jul.

4. Chiropractic Care

- **Evidence Map:** [Association of Spinal Manipulative Therapy with Clinical Benefit and Harm for Acute Low Back Pain: Systematic Review and Meta-analysis](#). Paige NM, Miake-Lye IM, Booth MS, Beroes JM, Mardian AS, Dougherty P, Branson R, Tang B, Morton SC, Shekelle PG. *JAMA*. 2017 Apr 11;317(14):1451-1460.

5. Mindfulness & Meditation

- [Learning to Apply Mindfulness to Pain \(LAMP\): Design for a Pragmatic Clinical Trial of Two Mindfulness-Based Interventions for Chronic Pain](#). Burgess DJ, Evans R, Allen KD, Bangerter A, Bronfort G, Cross LJ, Ferguson JE, Haley A, Hagel Campbell EM, Mahaffey MR, Matthias MS, Meis LA, Polusny MA, Serpa JG, Taylor SL, Taylor, BC. *Pain Med*. 2020;21(Suppl 2):S29-S36.



- [Utilization and Perceived Effectiveness of Mindfulness Meditation in Veterans: Results from a National Survey.](#) *Mindfulness.* Goldberg S, Zeliadt S, Hoggatt K, Simpson T, Fortney J, Taylor SL. Sep 2019; 1-10.
- **Evidence Map:** [Mindfulness meditation for workplace wellness](#) Hilton LG, Marshall NJ, Motala A, Taylor SL, Myaki-Lye IM, Shanman RM, Solloway MR, Beroes JB, Hempel S. *Work*; 2019; 63: 205-218.
- [Mindfulness Based Stress Reduction \(MBSR\) Reduces Anxiety, Depression and Suicidal Ideation in Veterans.](#) Serpa JG; Taylor SL; Tillisch K. *Medical Care.* Dec. 2014; 52(12), Supp5: S19-24.
- **Infographic:** [Mindfulness Meditation Among Veterans](#)

6. Tai Chi & Qi Gong

- **Evidence Map:** [The effect of Tai Chi on health outcomes.](#) Solloway M, Taylor SL, Miake-Lye IM, Beroes JM, Shanman R, Booth MJ, Siroka AM, Shekelle PG, Hempel S. *Systematic Reviews.* 2016. Jul 27; 5(1):126-33.

7. Therapeutic Massage

- **Evidence Map:** [Massage for Pain.](#) Miake-Lye IM, Mak S, Lee J, Luger T, Taylor SL, Shanman R, Beroes-Severin JM, Shekelle PG. *J Altern Complement Med.* 2019 May;25(5):475-502.

8. Multiple CIH Therapies

- [Participating in Complementary and Integrative Health Approaches Is Associated with Veterans' Patient-reported Outcomes Over Time.](#) Elwy AR, Taylor SL, Zhao S, McGowan M, Plumb DN, Westleigh W, Gaj L, Yan GW, Bokhour BG. *Med Care.* 2020 Sep;58 Suppl 2 9S:S125-S132.
- **Evidence Map:** [Synthesizing the Strength of the Evidence of Complementary and Integrative Health Therapies for Pain.](#) Giannitrapani KF, Holliday JR, Miake-Lye IM, Hempel S, Taylor SL. *Pain Med.* 2019 Sep 1;20(9):1831-1840.
- [Technology Based Complementary and Integrative Health Program for Veteran Dyads: A Randomized Control Trial.](#) Haun JN, Ballistrea LM, Melillo C, Standifer M, Kip K, Paykel J, Murphy JL, Fletcher CE, Mitchinson A, Kozak L, Taylor SL, Glynn SM, Bair M. *JMIR Res Protoc.* 2019 May 13;8(5):e13666.
- [Systematic Scoping Review of Complementary and Alternative Medicine Mind-Body Practices to Improve the Health of Veterans and Military Personnel.](#) Elwy AR, Johnston JM, Bormann JE, Hull A, Taylor SL. *Medical Care.* Dec. 2014; 52(12), Supp5: S70-82.
- [Integrative Medicine for Veterans and Military Members.](#) Taylor SL; Elwy AR. *Medical Care.* Dec. 2014; 52(12), Supp5: S1-4

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