

### Supplementary file 3. Summary of the 2024 re-assessments of evidence for the conditions in the 2014 reports

Category	Indication	Study	literature size	Reason for selection	Effect*	Confidence**	Analysis on the evidence status (quote)***
Pain	Back pain	Mu 2020 [43]	33	Updated Cochrane review	Effective	Low	"The certainty of the evidence ranged from very low to moderate. Many trials showed a high risk of bias due to problems with masking the acupuncturists or participants. This may affect the participants reported outcomes and trialists computed effects. Some outcomes were based on small samples, resulting in inconsistency and imprecision of results."
Pain	Neck pain	Trinh 2016 [44]	27	Updated Cochrane review	Effective	Moderate	"Since the time of our previous review, the quality of RCTs has improved, and we have assessed many of them as having low risk of bias. However, few large trials have provided high-quality evidence."
Pain	Surgery analgesia	NA					
Pain	Postoperative pain	Xu 2022 [45]	12	Most recent publication	Effective	Low	"...we might have drawn a false-positive conclusion on postoperative dizziness, drowsiness, and gastro-intestinal complications because of the small sample of the included studies, which were unable to reach the requested information size."
Pain	Fibromyalgia	Zheng 2022 [46]	13	Most recent publication	Effective	Moderate	"Moderate quality of evidence supports acupuncture in reducing pain in patients with FM."
Pain	Rheumatoid arthritis	Lu 2022 [47]	12	Most recent publication	Effective	NA	"...longer term, high-quality, repeatable, multicenter randomized controlled trials with larger sample sizes are needed."
Pain	Shoulder pain	Wang 2016 [48]	9	Most recent publication	Effective	NA	"...our analysis results should be interpreted with caution, because most of the trials suffer from many flaws in design and implementation."
Pain	Dysmenorrhea	Smith 2016 [49]	42	Updated Cochrane review	Effective	Low	"The main limitations were risk of bias, poor reporting, inconsistency and risk of publication bias."

Pain	Osteoarthritis	Manheimer 2018 [50]	6	Current Cochrane review	No effect	Low	"...mainly due to the potential for biased reporting of patient-assessed outcomes due to lack of blinding and sparse data..."
Pain	Ankle sprain	Kim 2014 [51]	20	Current Cochrane review	Unclear	NA	"All of the studies had a high risk of bias due to lack of blinding. The results may also have been affected by selection bias, particularly as five studies were quasi-randomised controlled trials and 12 studies gave no information on their method of randomisation."
Pain	Pain General	Yin 2017 [52]	52	Most recent publication	Effective	NA	"Acupuncture is effective, safe, and cost-effective for treating several chronic pain conditions when performed by well-trained healthcare professionals."
Pain	Cancer pain	Chiu 2017 [53]	29	Most recent publication	Effective	NA	"Systematic review and meta-analysis of acupuncture to reduce cancer-related pain..."
Pain	Labor	Smith 2020 [54]	28	Updated Cochrane review	No effect	Low	"There is a need for further high-quality research that include sham controls and comparisons with usual care and report on the outcomes of sense of control in labour, satisfaction with the childbirth experience or satisfaction with pain relief."
Pain	Prostatitis	Pan 2023 [55]	10	Most recent publication	Effective	NA	"However, methodological flaws, such as a small sample, the follow-up absence, and different kinds of acupuncture treatments exist, thus RCTs with larger sample sizes and longer-term observation are required to verify the effectiveness of acupuncture further"
Pain	Plantar heel pain	NA					
Pain	Temporomandibular joint disorder	Park 2023 [56]	32	Most recent publication	Effective	Low	"...well-designed clinical trials should be conducted in the future."
Pain	Pregnancy pain	Yang 2022 [57]	10	Most recent publication	Effective	Low	"Given the poor methodological quality of the included studies and the limited strength of evidence, future trials should use more rigorous and robust methodology."
Wellness	Cancer AE	Zhang 2022 [58]	51	Most recent	Effective	Low	"...potential risk of bias of evidence. Inconsistent results on the effectiveness of acupuncture was demonstrated on

				publicati on			neuropathy, depression and anxiety, which may relate to (a) the insufficient evidence ...(b) unclear acupoints selection and manipulation methods ...(c) placebo (including sham acupuncture)..."
Wellnes s	IBS	Guo 2020 [59]	31	Most recent publicati on	Effective	Moderat e	"Most of the studies were evaluated as low risk of bias related to selection bias, attrition bias, and reporting bias. Nevertheless, seven studies showed the high risk of bias due to incomplete outcome data"
Wellnes s	Rhinitis	Mengxia 2022 [60]	28	Most recent publicati on	Effective	Low	"According to the GRADE, most of the clinical evidence outcomes were rated as low or very low, which blames to selection bias (unclear random method and allocation concealment), performance bias (lack of blinding), high heterogeneity among studies, and insufficient sample size."
Wellnes s	Premens trual syndrom e	Armour [61]	5	Current Cochran e review	Effective	Low	"The quality of the evidence ranged from low to very low quality, the main limitations being imprecision due to small sample sizes and risk of bias related to detection bias and selective reporting."
Wellnes s	Gastroin testinal disease	Wang 2024 [62]	10	Most recent publicati on	Effective	NA	"Lack of high-quality methodological studies. Flaws in implementation or reporting, such as allocation concealment, blinding, and outcome assessment, may reduce the confidence of the study results."
Wellnes s	Blood pressure	Yang 2018 [63]	22	Current Cochran e review	Unclear	Very low	"The short-term effects of acupuncture are uncertain due to the very low quality of evidence. The larger effect shown in non- sham acupuncture controlled trials most likely reflects bias and is not a true effect. Future RCTs must use sham acupuncture controls and assess whether there is a BP lowering effect of acupuncture that lasts at least seven days."
Wellnes s	Tinnitus	Wu 2023 [64]	34	Most recent publicati on	Effective	Low	"The quality of evidence was downgraded due to the high risk of bias in the included studies, great heterogeneity in the effect sizes, interventions, study design, and publication bias, which may greatly affect the reliability and authenticity of the meta-analysis results"

Wellness	Menopausal symptoms	He 2021 [65]	15	Most recent publication	Effective	NA	In all trials, blinding of participants and personnel and blinding of outcome assessment were unclear."
Wellness	Exercise performance	NA					
Wellness	Dry eye	Na 2021 [66]	19	Most recent publication	Effective	NA	"...the retrieved RCTs have no valid placebo groups or appropriate treatment masking, with similar difficulties in other procedural therapies (i.e. surgery)..."
Wellness	Quality of life	NA					
Wellness	Xerostomia	Ni 2020 [67]	8	Most recent publication	Effective	Low	"All included trials had a high risk of bias, such as selection, performance, and detection bias."
Wellness	Erectile dysfunction	Cui 2016 [68]	3	Most recent publication	Unclear	NA	"However, the overall methodological and reporting quality of the studies was low."
Wellness	Insomnia	Zhang 2020 [69]	15	Most recent publication	Effective	NA	"Based on the outcomes included in this study, the efficacy of acupuncture was superior to that of placebo acupuncture in treating insomnia. Types of acupuncture therapy and placebo may underestimate the efficacy of acupuncture in different ways."
Wellness	Obesity	Kim 2018 [70]	27	Most recent publication	Effective	NA	"...whereas acupuncture alone was not more effective than sham acupuncture alone and no treatment..."
Wellness	Smoking cessation	White 2014 [71]	38	Updated Cochrane review	No effect	NA	"Although pooled estimates suggest possible short-term effects there is no consistent, bias-free evidence that acupuncture, acupressure, or laser therapy have a sustained benefit on smoking cessation for six months or more. However, lack of evidence and methodological problems mean that no firm conclusions can be drawn...."
Wellness	PONV	NA					
Wellness	Restless legs	Huang 2021 [72]	18	Most recent publication	Unclear	NA	"Well-designed randomized controlled trials especially those involving a sham-acupuncture arm are needed to confirm these outcomes."

Wellness	Constipation	Jie 2023 [73]	13	Most recent publication	Effective	Low	"Firstly, the number of included studies is small, with most studies being from China, and few studies carefully describing the use of the blind method. The observation indicators used in well-designed foreign research reports are also different from those used in domestic studies, making it impossible to analyze them together with domestic literature, which may lead to limitations in the results. Secondly, the overall quality of the included literature is not high, and all the included studies have not been registered in the Chinese clinical trial registry, so it is impossible to judge whether the study results are selectively reported."
Mental health	Opiate addiction	Baker 2016 [74]	4	Most recent publication	Unclear	NA	"This group also did not include a mock or sham acupuncture group which prevented blinding and introduced the possibility that findings were related to non- treatment related aspects of the intervention."
Mental health	CFS	Zhang 2019 [75]	16	Most recent publication	Effective	Low	"...no firm conclusion could be reached owing to limited data, poor quality and potentially exaggerated effect size evaluation. Further large, rigorously designed and reported RCTs are required."
Mental health	Drug addiction	Grant 2016 [76]	41	Most recent publication	No effect	Low	"Available evidence suggests no consistent differences between acupuncture and comparators for substance use. Results in favor of acupuncture for withdrawal/craving and anxiety symptoms are limited by low quality bodies of evidence."
Mental health	Depression	Smith 2018 [77]	64	Updated Cochrane review	Effective	Low	"Most studies were at high risk of performance bias, at high or unclear risk of detection bias, and at low or unclear risk of selection bias, attrition bias, reporting bias, and other bias."
Mental health	Schizophrenia	Shen 2014 [78]	30	Updated Cochrane review	Effective	Very low	"Better designed large studies are needed to fully and fairly test the effects of acupuncture for people with schizophrenia."
Mental health	Anxiety	Tong 2021 [79]	20	Most recent publication	Effective	Moderate	"...the results need to be further verified due to the small sample sizes and the low quality of evidence to date."

Mental health	PTSD	Grant 2018 [80]	7	Most recent publication	Effective	Very low	"To increase confidence in findings, sufficiently powered replication trials are needed that measure all relevant clinical outcomes and dedicate study resources to minimizing participant attrition."
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\*Effect: the direction of positive effect was decided for the primary outcome in the result section of the review; \*\*Evidence level: GRADE assessments on the primary outcome in the review was adopted; \*\*\*This part was extracted from each systematic reviews.

U: Unclear evidence; P: Potential positive effect; NA: Not accessible

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