

Abstract

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Title of Rigorous Thesis: An effect of non-specific factors on acupuncture effectiveness in patients with migraine

The aim of this study was to assess whether higher level of expectancy in patients with migraine leads to improvement of their clinical condition after a 12-week acupuncture course and during a 6-month follow-up. Patient's clinical condition was assessed as a number of migraine days and as a reduction in medication consumption. Other non-specific factors were included in this study as well. As the most significant non-specific factors, which contributed to an increased short-term effectiveness of acupuncture, were post-treatment positive expectancy and patient's mental state. However, the effect of positive expectancy decreased with time. The long-term effect of acupuncture was influenced by patient's positive perception of the TCM (Traditional Chinese medicine) practitioner. Patient's expectancy, patient's relationship with the TCM physician and good mental state played a role in reduction of migraine days.

Key words: acupuncture, migraine, reduction of migraine days, expectancy, non-specific factors, placebo effect