

| Study | Therapeutic area (disease/condition) | NO.of RCTs | Tsample | Csample | SMD(95% CI) | CoE |
|-------------------------------------|---|------------|---------|---------|--------------------|----------|
| Moderate Effect | | | | | | |
| Lu Jing 2018 | Periprocedural care (Breast cancer) | | | | | |
| MA/EA vs WM | Severity of hot flashes after breast cancer surgery* | 2 | 115 | 135 | -0.61(-0.87,-0.36) | Low |
| MA vs NI | Severity of hot flashes after breast cancer surgery (follow-up for 3 months)* | 1 | 85 | 105 | -0.44(-0.73,-0.15) | Low |
| Wei-Wei Tao 2016 | Oncology (Symptom management of cancer) | | | | | |
| MA vs SC | Severity of nausea and vomit * | 2 | 166 | 162 | -0.48(-0.7,-0.26) | Low |
| Wenjuan Fan 2020 | Neurology (Post-stroke spastic hemiplegia) | | | | | |
| MA vs RH | Improved motor function | 12 | 443 | 441 | 0.4(0.14,0.65) | Low |
| MA+RH vs RH | Improved activities of daily living | 24 | 888 | 893 | 0.67(0.42,0.92) | Low |
| Boram Lee 2018 | Neurology (Autism spectrum disorder in children) | | | | | |
| MA vs BEI | Symptoms improvement * | 2 | 53 | 54 | -0.52(-0.91,-0.13) | Low |
| Kim Jiwon 2019 | Connective tissue diseases (Fibromyalgia syndrome) | | | | | |
| MA/EA vs SA | Sleep Quality * | 3 | 86 | 84 | -0.46(-0.75,-0.18) | Low |
| Yun-xia Li 2018 | Connective tissue diseases (Non-specific low back pain) | | | | | |
| MA vs NI | Intensity of pain * | 2 | 1490 | 1318 | -0.69(-0.99,-0.38) | Low |
| Lu Wang 2020 | Gastrointestinal disorders (Functional Constipation) | | | | | |
| MA vs SA | Improved complete spontaneous bowel symptom | 3 | 584 | 587 | 0.49(0.38,0.61) | Low |
| Xin Jin 2018 | Gastrointestinal disorders (Functional dyspepsia) | | | | | |
| MA/EA vs WM | Symptoms improvement * | 4 | 216 | 216 | 0.47(0.27,0.66) | Low |
| Charlotte Southern 2016 | Mental health (Alcohol use disorder) | | | | | |
| EA/AA vs SA | Reduced alcohol withdrawal symptoms* | 1 | 50 | 50 | -0.54(-0.93,-0.14) | Low |
| Caroline A Smith 2018 | Mental health (Depression) | | | | | |
| MA vs NI | Severity of depression at the end of treatment* | 5 | 217 | 241 | -0.56(-0.98,-0.15) | Low |
| Eun-Young Nam 2018 | Obstetrics, gynecology and women's health (Menopausal hot flashes) | | | | | |
| MA vs NI | Frequency of hot flash symptom (4 weeks after treatment started)* | 1 | 116 | 59 | -0.47(-0.78,-0.15) | Low |
| Juan Zhu 2019 | Periprocedural care (Postoperative pain) | | | | | |
| EA/AA vs SA | Intensity of resting pain at 24 h * | 26 | 556 | 532 | -0.64(-0.89,-0.38) | Very low |
| Yongjun ZHU 2017 | Periprocedural care(Total knee arthroplasty) | | | | | |
| TENS vs SA | Severity of pain 24h after operation * | 2 | 51 | 51 | -0.47(-0.87,-0.08) | Very low |
| Cuihua Yang 2018 | Neurology (Senile insomnia) | | | | | |
| MA vs WM | Sleep quality* | 5 | 153 | 148 | -0.46(-0.89,-0.03) | Very low |
| Hwan Kim 2019 | Neurology (Mild cognitive impairment) | | | | | |
| EA vs WM | Improved Cognitive function | 5 | 131 | 134 | 0.4(0.16,0.65) | Very low |
| Eric Manheime, Ke Cheng 2018 | Connective tissue diseases (Hip osteoarthritis) | | | | | |
| EA vs WM | Intensity of pain * | 1 | 30 | 30 | -0.64(-1.16,-0.12) | Very low |
| MA vs SA | Quality of life (emotional) during treatment * | 1 | 32 | 30 | -0.56(-1.07,-0.05) | Very low |
| Lu Wang 2020 | Gastrointestinal disorders (Functional Constipation) | | | | | |
| MA vs SA | Severity of constipation symptoms * | 4 | 387 | 214 | -0.4(-0.78,-0.03) | Very low |
| Xin Jin 2018 | Gastrointestinal disorders (Functional dyspepsia) | | | | | |
| MA/EA vs WM | Symptoms improvement * | 4 | 145 | 141 | -0.66(-0.9,-0.42) | Very low |
| Kun Hyung Kim 2016 | Genitourinary disorders (Chronic kidney disease) | | | | | |
| MA vs UC | Severity of depression * | 3 | 63 | 65 | -0.44(-0.79,-0.09) | Very low |
| MA vs UC | Sleep quality* | 4 | 92 | 88 | -0.55(-0.96,-0.14) | Very low |

Note: NO.: number; RCT: randomized controlled trials; T: treatment group; C: control group; SMD: standard mean difference; CI: confidence interval; CoE: certainty of evidence assessed using the Grading of Recommendations Assessment, Development and Evaluation approach; MA: manual acupuncture; EA: electro-acupuncture; SA: sham acupuncture; AA: auricular acupuncture; TENS: transcutaneous electrical nerve stimulation; SC: standard care; UC: usual care; NI: no intervention; WM: western medicine; BEI: behavioral and educational interventions; RH: rehabilitation. The asterisk(*) was used to present the effect estimate when a lower value indicated a better outcome.

Appendix 1 Moderate effects with low or very low certainty evidence