



## Anxiety UK and British Acupuncture Council launch pilot research programme

*Anxiety UK and the British Acupuncture Council (BAcC) have launched a joint research pilot programme offering acupuncture as a complementary therapy service.*

The study will collect data about how effective acupuncture can be for treating those living with anxiety and anxiety-based depression and build a body of evidence to measure the success rate of this type of treatment.

Current studies show that in a recent survey 93.8% of Anxiety UK members would consider complementary therapies to support them in managing their anxiety and anxiety-based depression, while 94% of BAcC members have treated a client for anxiety.

Of those who have received acupuncture from BAcC members, 74% reported anxiety was their primary reason for seeking treatment while 62% said it was a secondary reason.

Additionally, research carried out by the BAcC with the University of York found that traditional acupuncture is just as effective as talking therapies and more effective than drugs for depression.

Chief Executive Nicky Lidbetter said: "This is an exciting research project and will provide us with valuable data and outcomes for those members who take part in the pilot, allowing us to assess the benefits of extending the pilot to a regular service for those living with anxiety.

"We know anecdotally that many people find complementary therapies to conventional care can provide enormous benefit, although it should be remembered they are used in addition to and not instead of seeking medical advice from a doctor or taking prescribed medication."

Mark Bovey, Head of Research for the British Acupuncture Council, added: "Many traditional acupuncturists are trained to treat people on an emotional level as well as a physical level. Feeling anxious or depressed without reason can mean that a part of the body is out of balance. Traditional acupuncture may help by unblocking the organs that are involved and under duress."

"We're confident this pilot research programme will allow us to be much better informed and to gather a body of evidence supporting the view that acupuncture can be extremely beneficial for anxiety and anxiety-based depression."

The pilot programme is open to any Anxiety UK member not currently in receipt of any other form of therapy and will consist of a minimum of four sessions of treatment.



British  
Acupuncture  
Council

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**Further details...** can be provided by emailing [services@anxietyuk.org.uk](mailto:services@anxietyuk.org.uk) or by visiting the web site here [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)