are consistent across a larger, more varied population with concurrent atlas misalignment.

Keywords: Migraine, chiropractic, atlas vertebrae, phase contrast magnetic resonance imaging, intracranial compliance

The Psychometric Properties of the Chinese Version of Northwick Park Neck Pain Questionnaire

Zehui He, Aihua Ou, Wenbin Fu

The Second Affiliated hospital of Guangzhou University of Chinese Medicine, the Guangdong Provincial hospital of Chinese Medicine, China

Objective: To evaluate the psychometric properties of the Chinese version of Northwick Park Neck Pain Questionnaire.

Methods: The data used in this study was from a randomized controlled trial of different acupuncture therapies for patients with neck pain. 857 patients with neck pain from nine Chinese Medicine hospitals in mainland China, who have completed the Northwick Park Neck Pain Questionnaire, were observed and the data were measured at different intervals: before the acupuncture therapies, at the end and three months after acupuncture therapies.

Results: The Northwick Park Neck Pain Questionnaire showed Cronbach's alpha coefficient 0.783. The Spearman correlation coefficients with the McGill questionnaire were between 0.345 and 0.562. Exploratory and confirmatory factor analyses showed the NPQ had one single dimension. There were significant differences among the different measurement intervals (p-value needed).

Conclusions: The Chinese version of Northwick Park Neck Pain Questionnaire has good psychometric properties, and it could be used to report the outcomes of acupuncture for patients with neck pain.

Acupuncture Treatment of Climacteric Syndrome

He Dongfeng

Cheng Du University of Traditional Chinese Medicine, China

Climacteric syndrome (CS) is caused by ovarian function decline leading to the endocrine disorders and plant nerve function disorder, producing a series syndrome before and after menopause and it is a kind of common difficult cure disease. The morbidity is 10%-15%. For a long time, domestic and international main adopt estrogen replacement therapy to treat CS. It has been confirmed in improving aso-motor symptoms; prevent bone joint disease and the effect of cardiovascular disease already. But many contraindications and potentially carcinogenic risk and other side effects are restricted its clinical application. In recent years, more and more clinical practice proved that acupuncture has potential effectiveness for climacteric syndrome. No side effects have been reported yet. Research shows that acupuncture treatment for CS mechanism mainly regulates endocrine system, nervous system and immune system, adjusts the radical metabolism and anti-aging, lipid, and has resistance to osteoporosis, etc. Acupuncture physicians employed BL23, DU20, RN4, K13, SP6, and ST36 and gave priority. According to the syndrome differentiation and treatment, it took filiform needle for acupuncture thorn method or moxibustion, and good results were expected. Acupuncture could be an option for CS.

Health-related Quality of Life in Patients with Chronic Diseases: the Therapeutic Effect of Physical Education, Tai Chi and Yoga

Heidemarie Haller1,2, Marc A. Werner2, Susanne Moebus3, Jost Langhorst1,2, Andreas Michelsen4, Gustav J. Dobos1,2

1Chair of Complementary and Integrative Medicine, University of Duisburg-Essen, Germany
2Kliniken Essen-Mitte, Department of Complementary and Integrative Medicine, Essen, Germany
3Institute for Medical Informatics, Biometry and Epidemiology, University Hospital Essen, Germany
In the context of Complementary and Alternative Medicine (CAM) various kinds of active physical exercises have been used since ancient times. Despite their long tradition there are hardly any longitudinal trials comparing Asian physical education towards western endurance and weight training. In the present study we tested whether a two weeks integrative inpatient therapy with focus on lifestyle modification would influence physical activity level and its relation to health-related quality of life.

**Methods:** 551 patients (mean age 53.9±14.2 years) with chronic diseases, first of all specific and non-specific chronic pain syndromes, fibromyalgia, arthropathies, bronchial asthma and inflammatory bowel diseases were tested before, three and six month follow-up the inpatient treatment. On those three points health-related quality of life (SF-36) together with frequency of everyday activity, tai chi or yoga practice and western athletic exercises were assessed. The observational design included no control group.

**Results:** Analyses showed significant higher frequency of tai chi and yoga practice three month (increase 66.7%) and six month after intervention (increase 50%); meanwhile there was no relevant increase in everyday activity, western endurance and weight training. At both follow-ups also the health-related quality of life at all SF-36 subscales was significant higher than before therapy. The change in tai chi and yoga practice correlated significantly with changes in mainly mental subscales of the SF-36, namely vitality (r=0.19; P=0.019), social function (r=0.19; P=0.021) and mental health (r=0.26; P=0.002), but also with changes in bodily pain (r=0.19; P=0.015).

**Conclusions:** Study results suggest that an integrative inpatient therapy enhanced tai chi and yoga practice and health-related quality of life up to six month. Notably increased practice of Asian techniques was associated with higher quality of life in patients with chronic diseases.

---

**Traditional and Medical Acupuncture Meaning: Patient and Practitioner Respective, and Implications for Practice and Research**

Hina Patel, Richard J Cooper

**Background:** Acupuncture practice in the United Kingdom (UK) comprises of traditional and western medical acupuncture, practiced by non-medically qualified and bio-medically qualified practitioners respectively. The translation and delivery of these two approaches in the practice environment, together with the nature and significance of existing differences is at present poorly understood. This paucity of understanding presents implications for the design of models of service provision, as well as research trials that reflect the practice environment. The objective of this research is to capture the meanings attached to traditional and medical applications of acupuncture in practice, through the lens of patients and practitioners.

**Methods:** In-depth semi-structured interviews were conducted with eleven patients and nine private practitioners (traditional acupuncturists, doctors, physiotherapists) in South Yorkshire, United Kingdom between 2006 and 2008. Purposive and convenience sampling was utilized to incorporate patient and practitioners’ experiences of medical and traditional applications of acupuncture in the context of chronic back pain. Patients and practitioners were purposively sampled to include those with experience of both approaches to acupuncture. Interviews were transcribed and fully coded, with data being analyzed thematically and with reference to empirical and the broader sociological literature. Emergent themes were grouped and refined, to fully account for the data.

**Results:** Interviews revealed multiple and divergent meanings attached to traditional and western acupuncture in practice. These meanings differed for patients compared to practitioners, and between practitioners using different approaches. Patients generally did not attach importance to the theoretical framework of acupuncture. Understanding of acupuncture was pragmatically informed, with patients perceiving both medical and traditional applications of acupuncture as the ‘borrowing’ of possible treatment solutions from another medical system as a form of pragmatic acculturation. In contrast, practitioners did assign importance to the theoretical framework. Traditional acupuncture practitioners highlighted the significance of traditional acupuncture as a whole or integrated system: informing their process of diagnosis, treatment and evaluation. Bio-medically qualified practitioners viewed western acupuncture as a legitimating tool in incorporating acupuncture within existing biomedical arsenal.

**Conclusions:** These findings indicate that UK acupuncture practice is markedly differently understood by patients and practitioners, and occupies a plurality of positions in relation to mainstream medicine. A selective integration as a biomedical tool was identified by practitioners with a biomedical background, whereas traditional acupuncture was