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Pediatric massage in conjunction with other traditional Chinese medicine therapies for tic disorder in children: systematic review and network meta-analysis

Background

Pediatric massage (PM) belongs to traditional Chinese medicine treatment (TCM) and is an alternative therapy for tic disorders (TD). This systematic review and network meta-analysis (NMA) was undertaken to evaluate the efficacy and safety of PM and PM in conjunction with other TCM therapies for TD.

Methods

Eight databases were systematically searched from their inception to June, 2024. Two researchers screened the studies and extracted the data according to our inclusion criteria, and the bias assessment tool from the Cochrane Handbook was used to evaluate the quality of the included studies. Stata 17.0 software was used to perform NMA.

Results

A total of 24 RCTs, covering 1,657 children with TD, were included in this NMA. There were 9 intervention measures, including PM, Western medicine (WM), PM + Chinese herbal medicine (CHM), PM + manual acupuncture (MA), PM + auricular acupuncture (AA), PM + Qigong therapy (QT), PM + cupping therapy (CT), PM + scraping therapy (ST), and PM + moxibustion (Mox). PM + CHM may be most effective at improving the total effective rate and decreasing YGTSS motor tics score and YGTSS vocal tics score; PM + MA may have the best performance in reducing the YGTSS total score; and simple PM may be the best at reducing the adverse reaction rate.

Conclusion

PM + CHM may be the best choice for improving clinical effectiveness and reducing YGTSS motor tics score and YGTSS vocal tics score, while PM + MA may be the most effective for decreasing YGTSS total score. However, due to the limitations of this study, these conclusions still need to be validated using additional high-quality RCTs.

Keywords: tic disorder, pediatric massage, traditional Chinese medicine, systematic review, network meta-analysis

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Biography

Jiayue Liu is a doctoral candidate at the School of Acupuncture-Moxibustion and Tuina, Beijing University of Chinese Medicine. Her research focuses on the mechanisms underlying tuina therapy for neurological disorders. She has been involved in clinical practice and basic research related to acupuncture, tuina, and other external therapies of traditional Chinese medicine. She has participated in several national and provincial research projects and has published multiple academic papers in related fields.