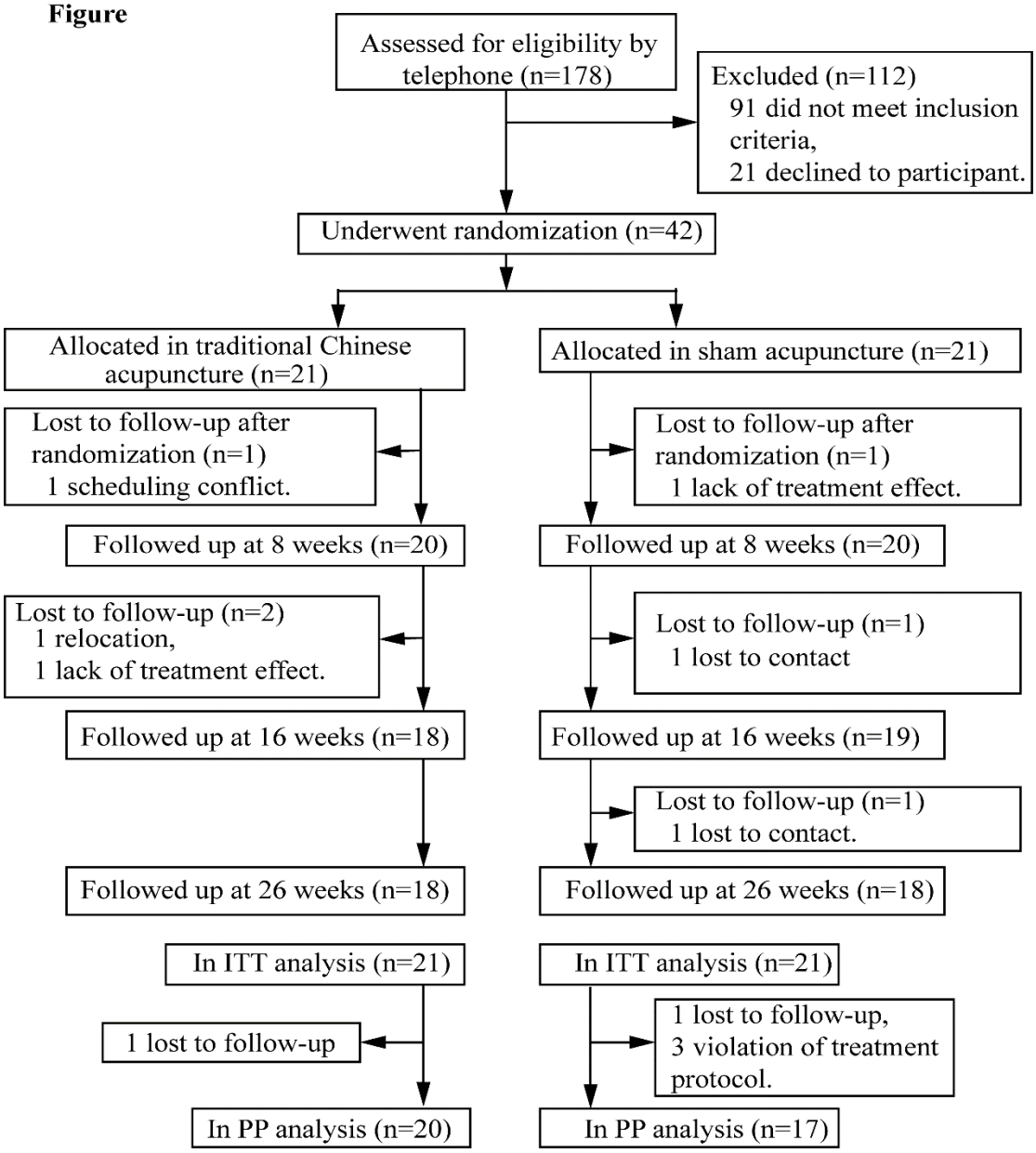
Participant Flow

Figure



Baseline Characteristics

Variable	Traditional Chinese acupuncture (n=21)	Sham acupuncture (n=21)	P
Women, no. (%)	17 (80.0)	20 (95.2)	0.343
Age (years)	59.5 (7.5)	60.0 (7.3)	0.836
Duration of disease (months)	60.0 (45.9)	63.1 (45.4)	0.830
Duration of disease (months), median （interquatile range, IQR）	60 (24,85)	60 (30,96)	0.695
BMI(kg/m^2)	24.2 (3.5)	24.6 (2.2)	0.687
WOMAC pain and function subscales	25.9 (12.1)	28.8 (12.7)	0.451
WOMAC pain subscale (0-20)	5.8 (2.8)	7.2 (3.7)	0.178
WOMAC function subscale (0-68)	20.1 (9.8)	21.6 (10.4)	0.626
VAS score (0-100)	61.1 (14.3)	58.4 (11.9)	0.507
Physical health (SF-12)*	36.6 (9.1)	37.9 (9.5)	0.512
Mental health (SF-12)*	51.3 (11.4)	52.4 (9.5)	0.573

Outcome Measures

Primary outcome

Variable	Traditional Chinese acupuncture (n=21)	Sham acupuncture (n=21)	P
Response rate, no. (%)			
Week 8	13 (61.9)	9 (42.7)	0.217

Secondary outcomes

Variable	Traditional Chinese acupuncture (n=21)	Sham acupuncture (n=21)	P
WOMAC pain and function scores			
Week 8	11.6 (9.1)	16.3 (10.9)	0.183
Week 16	12.3 (9.2)	16.1 (11.6)	0.327
Week 26	16.2 (13.1)	18.6 (12.3)	0.684
Change from baseline at week 8	14.3 (10.8)	12.5 (8.3)	0.563
WOMAC pain subscale (0-20)			
Week 8	2.5 (2.4)	4.1 (3.1)	0.309
Week 16	3.3 (2.9)	4.6 (2.8)	0.421
Week 26	4.1 (3.4)	4.6 (3.2)	0.877
Change from baseline at week 8	3.3 (2.5)	3.1 (2.6)	0.629
WOMAC function subscale (0-68)			
Week 8	9.1 (6.8)	12.1 (8.3)	0.203
Week 16	10.0 (7.6)	11.5 (8.4)	0.627
Week 26	12.1 (8.8)	14.0 (8.1)	0.679
Change from baseline at week 8	11.0 (7.3)	9.5 (6.6)	0.251
VAS score (0-100)			

Week 8	29.5 (18.1)	34.8 (16.2)	0.176
Week 16	36.2 (15.8)	43.8 (16.7)	0.154
Week 26	35.2 (14.1)	44.8 (12.2)	0.072
Change from baseline at week 8	31.6 (14.1)	23.6 (10.2)	0.081
Physical health (SF-12)*			
Week 8	40.7 (9.6)	40.2 (10.1)	0.894
Week 16	39.0 (9.1)	39.3 (9.8)	0.943
Week 26	38.2 (9.2)	37.6 (9.3)	0.846
Mental health (SF-12)*			
Week 8	51.5 (11.1)	53.2 (10.4)	0.526
Week 16	52.3 (10.5)	53.0 (9.4)	0.661
Week 26	51.2 (11.1)	52.2 (9.8)	0.609

Adverse Events

Variable	TCA (n=21)	MA (n=21)
Reported adverse events, no. (%)	2 (9.5)	1 (4.8)
Hematoma	1 (4.8)	0
Needling pain after treatment	1 (4.8)	1 (4.8)