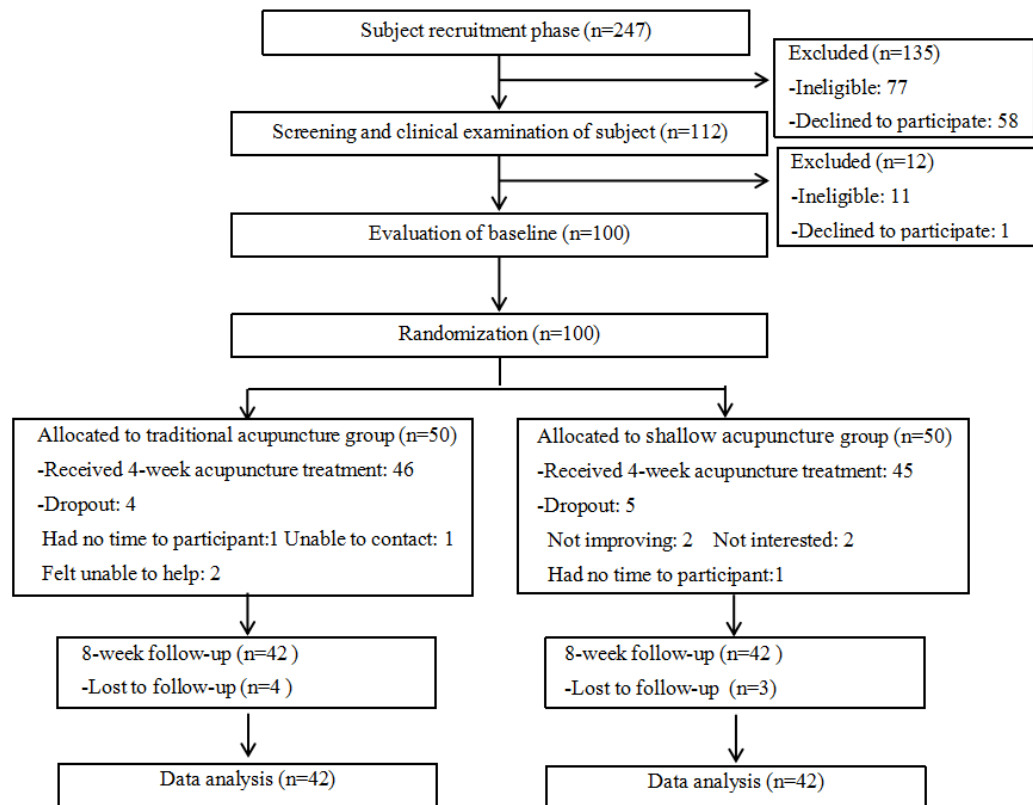


Participant Flow



Baseline Characteristics

Table 1. Demographic characteristics and measurements at baseline

Variable	Traditional acupuncture group (n=50)	Shallow acupuncture group (n=50)	<i>P</i>
Demographic characteristics			
Age (years)	54.46±11.03	54.90±11.57	0.69
Sex (female), n (%)	32 (64%)	31 (62%)	1.00
Dizziness duration (months)	81.70±68.02	78.42±70.24	0.514
VSS	12.80±6.68	14.50±4.46	0.62
DHI	41.88±18.09	39.00±18.07	0.92
SF-36			
Physical health scores	61.16±15.65	65.44±14.69	0.59
Psychological health scores	52.90±23.84	60.24±20.40	0.78
HADS			
Anxiety Scale	4.12±3.37	3.84±3.59	0.22
Depression Scale	2.84±2.52	2.40±2.24	0.86

Data are number (%) or mean ± SD, Abbreviations: VSS, The Vertigo Symptom Scale; DHI, The Dizziness Handicap Inventory; HAD, The Hospital Anxiety and Depression Scale; SF-36, The Short Form-36 Quality-of-Life Questionnaire.

Outcome Measures

Table 2. Comparison of changes in outcome measures over time for each treatment group.

	Group	4 week	8 week	SS vs WS in 4 week		Within group	SS vs WS in 8 week		Within group
		Mean (SD)	Mean (SD)	Difference in adjusted mean (95% CI)	P Value	P ₁ Value	Difference in adjusted mean (95% CI)	P Value	P ₂ Value
VSS	TAG	8.34 (0.89)	7.26 (5.76)	0.63 (-1.89, 3.15)	0.62	0.000	-0.40 (-2.47, 1.67)	0.70	0.000
	SAG	7.72 (0.90)	7.66 (5.72)			0.000			0.000
DHI	TAG	25.49 (17.56)	23.21 (19.01)	-0.32 (-6.55, 5.92)	0.92	0.000	-1.89 (-7.99, 4.22)	0.54	0.000
	SAG	25.81 (20.50)	25.09 (18.31)			0.000			0.000
SF-36									
Physical health scores	TAG	70.27 (15.64)	71.46 (13.45)	1.40 (-3.77, 6.57)	0.59	0.001	1.78 (-3.42, 6.98)	0.50	0.000
	SAG	68.88 (13.62)	69.68 (14.87)			0.037			0.025
Psychological health scores	TAG	65.04 (22.30)	66.03 (20.79)	0.82 (-5.05, 6.69)	0.78	0.001	2.47 (-3.69, 8.62)	0.43	0.000
	SAG	64.23 (17.94)	63.56 (18.64)			0.001			0.024
HADS									
Anxiety Scale	TAG	2.52 (2.96)	2.84 (3.36)	-0.68 (-1.76, 0.41)	0.22	0.001	0.14 (-0.84, 1.12)	0.77	0.008
	SAG	3.19 (3.44)	2.70 (2.86)			0.133			0.002
Depression Scale	TAG	1.92 (2.13)	2.10 (1.97)	0.06 (-0.64, 0.77)	0.86	0.014	0.65 (-0.04, 1.26)	0.04	0.058
	SAG	1.86 (1.84)	1.45 (1.43)			0.054			0.001

Data are number (%) or mean $\pm$ SE. Abbreviations: TAG, traditional acupuncture group; SAG, shallow acupuncture group; VSS, The Vertigo Symptom Scale; DHI,

The Dizziness Handicap Inventory; HAD, The Hospital Anxiety and Depression Scale; SF-36, The Short Form-36 Quality-of-Life Questionnaire; P_1 value, the P value within group at 4 weeks (minus basement); P_2 value, the P value within group at 8 weeks (minus basement)

Table 3. The credibility and expectancy questionnaire for measuring acupuncture treatment of dizziness

	Traditional acupuncture group (n=42)	Shallow acupuncture group (n=42)	P Value
How successfully do you think this treatment will be in reducing your dizziness symptoms			
Not at all	0 (0)	0 (0)	0.08
Not	2 (4.8)	0 (0)	
Somewhat	7 (16.7)	7 (16.7)	
Much	26 (61.4)	23 (54.8)	
Very much	7 (17.1)	12 (28.6)	
How confident would you be in recommending this treatment to a friend who experiences similar problems?			
Not at all confident	0 (0)	0 (0)	0.3
Not confident	0 (0)	0 (0)	
Somewhat confident	4 (9.5)	1 (2.4)	
Confident	14 (33.3)	12 (28.6)	
Very confident	24 (57.1)	29 (69.0)	

Adverse Events

Table 4. Incidence of adverse events

Adverse event	Traditional acupuncture group	Shallow acupuncture group
	(n=50)	(n=50)
Any	4	3
Vertigo	0	1
Fatigue	1	2
Needling site pain	2	0
Bruising/hematoma	1	0