Effect of electro-acupuncture combined with psychological intervention on mental symptoms and P50 of auditory evoked potential in patients with internet addiction disorder

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Abstract

OBJECTIVE: To observe the therapeutic effects of electro-acupuncture (EA) combined with psychological intervention on the symptom of somatization or obsession and mental symptom of depression or anxiety and P50 of Auditory Evoked Potential (AEP) on internet addiction disorder (IAD).

METHODS: One hundred and twenty cases of IAD were randomly divided into an EA group, a psycho-intervention (PI) group and a comprehensive therapy (EA plus PI) group. Patients in the EA group were treated with EA. Patients in the PI group were treated with cognition and behavior therapy. Patients in the EA plus PI group were treated with electro-acupuncture plus psychological intervention. Scores of IAD, scores of the symptom checklist 90 (SCL-90), latency and amplitude of P50 of AEP were measured before and after treatment.

RESULTS: The scores of IAD after treatment significantly decreased in all groups (P < 0.05), and the...
scores of IAD in the EA plus PI group were significantly lower than those in the other two groups (P < 0.05). The scores of SCL-90 assembled and each factor after treatment in the EA plus PI group significantly decreased (P < 0.05). After treatment in the EA plus PI group, the amplitude distance of S1P50 and S2P50 (S1-S2) significantly increased (P < 0.05).

CONCLUSION: EA combined with PI could relieve and S2P50(S1-S2) significantly increased (EA plus PI group, the amplitude distance of S1P50 and S2P50 (S1-S2) significantly increased (P < 0.05).

METHODS

Diagnostic standard
Diagnosis of IA was made according to the accepted standard issued by the American Association of Psychology (1997).16

Inclusive criteria
(a) Intensified tolerance of net-play, i.e., the patient could be satisfied only by obviously increased net-playing time; or could not be fed up with the unchanged former net-playing time.
(b) Appearance of any of the following symptoms after stopped net-play: Evident withdrawal syndrome: Two or more symptoms appeared within several days or one month after the patient stopped or decreased the serious long time net-play behavior, including: depression; psycho-motor irritability; obsessive thinking on things that happened during net-play; a fantasy or a dream about net-play related things; voluntary or involuntary digital actions of keyboard knocking. These symptoms would induce mental depression or disturbances on sociality, work or other important things.
Be anxious to use the Internet or a similar service for alleviating or avoiding the withdrawal symptoms.
(c) Played internet more frequently and for a longer time than the planned amount.
(d) Always made an effort to abate or restrain from net-play, but all attempts were in vain.
(e) Spent a massive amount of time on Internet-related activities, such as buying net-related books, trying to run a new browser, and disposing downloaded materials.
(f) As a result of net-play, the patient set aside or gave up important social, work or amusement activities.
(g) Continued to play internet recklessly, although the patient knew the persistent or recurrent troubles caused by play-net on the body, sociability, profession or mentality.

Exclusive criteria
Patients: (a) had suffered from mental disorder other than IA; (b) had histories of drug addiction; (c) were with counter-indication of EA, such as severe cardiovascular diseases, hematopathies, malignant tumors, etc.; (d) were hypersensitive to EA or unable to endure the EA operation or fainting from acupuncture; and (e) who were females and were pregnant or lactating.
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