

Pengaruh Akupunktur terhadap penurunan skor The Pittsburgh Sleep Quality Index (PSQI) pada penderita depresi dengan insomnia = Effect of acupuncture on reducing the score of The Pittsburgh Sleep Quality Index (PSQI) in depressed patients with insomnia

Boby Feisal, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20405277&lokasi=lokal>

Abstrak

[Insomnia adalah keluhan yang sering ditemukan bersama dengan depresi. Walaupun terapi antidepresan yang efektif untuk depresi telah tersedia, namun keluhan insomnia yang menyertai depresi masih sering diderita oleh pasien-pasien penderita depresi tersebut. Penelitian ini menggunakan Randomized Controlled Trial dan bertujuan untuk mengetahui manfaat akupunktur terhadap insomnia pada penderita depresi melalui penilaian skor The Pittsburgh Sleep Quality Index (PSQI) antara kelompok akupunktur dengan antidepresan dan akupunktur sham dengan antidepresan. Uji klinis acak tersamar tunggal dengan kontrol dilakukan terhadap 48 orang penderita depresi yang dialokasikan ke dalam kelompok akupunktur dan akupunktur sham. Kedua kelompok menggunakan antidepresan fluoksetin 10mg-20mg 1x1 kapsul tiap hari selama penelitian. Pada kedua kelompok sesi terapi akupunktur atau akupunktur sham diberikan lima kali seminggu selama dua minggu. Nilai skor kuesioner evaluasi diri The Pittsburg Sleep Quality Index (PSQI) digunakan untuk mengukur keluaran penelitian. Hasil penelitian menunjukkan perubahan bermakna antara rerata nilai skor PSQI kelompok akupunktur setelah sepuluh kali sesi terapi dari 14,50 + 2,14 menjadi 5,70+ 2,25 dibandingkan dengan rerata nilai kelompok akupunktur sham yang justru mengalami kenaikan dari 13,62 + 1,43 menjadi 16,66 + 1,83 ($p < 0,05$). Setelah dua minggu pasca sesi terapi kesepuluh pada kelompok akupunktur menunjukkan penurunan nilai skor PSQI dari 14,50 + 2,14 menjadi 5,58 + 3,37 ($p < 0,05$), sedangkan pada kelompok kontrol didapatkan adanya peningkatan nilai skor PSQI dari 13,62 + 1,43 menjadi 17,25 + 2,09 dengan nilai ($p < 0,05$). Kesimpulan penelitian ini adalah terapi akupunktur mempunyai pengaruh positif terhadap perubahan nilai skor PSQI penderita depresi.;Insomnia is a common complaint that found along with depressive disorder. Although effective antidepressant therapy for depressive disorders has been available, but the insomnia symptoms that accompany depression improvement is often suffered by depressive patients. This study used a Randomized Controlled Trial and aims to determine the benefits of acupuncture for symptoms of insomnia in patients with depression through assessment scores of The Pittsburgh Sleep Quality Index (PSQI) between the acupuncture group with antidepressant and sham acupuncture group with antidepressant. Single-blind randomized control clinical trial with a control performed on 48 patients with depression were allocated to the acupuncture and sham acupuncture groups. Both groups use antidepressants fluoxetine 1x1 10 mg-20 mg capsule every day during the trial. Both group had therapy sessions given five times a week for two weeks. Value of the self-evaluation questionnaire scores The Pittsburg Sleep Quality Index (PSQI) was used to measure research output. The results showed a significant change in the mean value PSQI scores acupuncture group therapy session after ten times of 14.50 + 2.14 becomes 5,70 + 2,25 than the mean value of the sham acupuncture group experienced a rise of 13.62 + 1,43, to 16.66 + 1.83 ($p < 0.05$). After two weeks post tenth therapy sessions PSQI scores showed improvement in acupuncture group from 14,50 + 2,14 to 5,58 + 3.37 ($p < 0.05$). In the control group an increase obtained in PSQI score value from 13,62 + 1,43 to 17,25 + 2.09 ($p < 0.05$). Conclusion of this study

is the therapy of acupuncture have a positive influence on changes in PSQI score of patients with depression., Insomnia is a common complaint that found along with depressive disorder. Although effective antidepressant therapy for depressive disorders has been available, but the insomnia symptoms that accompany depression improvement is often suffered by depressive patients. This study used a Randomized Controlled Trial and aims to determine the benefits of acupuncture for symptoms of insomnia in patients with depression through assessment scores of The Pittsburgh Sleep Quality Index (PSQI) between the acupuncture group with antidepressant and sham acupuncture group with antidepressant. Single-blind randomized control clinical trial with a control performed on 48 patients with depression were allocated to the acupuncture and sham acupuncture groups. Both groups use antidepressants fluoxetine 1x1 10 mg-20 mg capsule every day during the trial. Both group had therapy sessions given five times a week for two weeks. Value of the self-evaluation questionnaire scores The Pittsburg Sleep Quality Index (PSQI) was used to measure research output. The results showed a significant change in the mean value PSQI scores acupuncture group therapy session after ten times of $14.50 + 2.14$ becomes $5.70 + 2.25$ than the mean value of the sham acupuncture group experienced a rise of $13.62 + 1.43$, to $16.66 + 1.83$ ($p < 0.05$). After two weeks post tenth therapy sessions PSQI scores showed improvement in acupuncture group from $14.50 + 2.14$ to $5.58 + 3.37$ ($p < 0.05$). In the control group an increase obtained in PSQI score value from $13.62 + 1.43$ to $17.25 + 2.09$ ($p < 0.05$). Conclusion of this study is the therapy of acupuncture have a positive influence on changes in PSQI score of patients with depression.]