**Complementary and Integrative Health (CIH) Evidence Table**

The approaches below show evidence of promising or potential benefit and can be used as adjuncts or alternative non-pharmacological approaches. They should be delivered as part of a personalized health plan, connecting with the patient’s health and well-being goals and focusing on self-care strategies.

For questions, contact the VHA OPCC&CT Integrative Health Coordinating Center: vhaopctintegrativehealth@va.gov

For more information on national VA CIH efforts visit: https://vaww.infoshare.va.gov/sites/OPCC/sitePages/IHCC-home.aspx

<table>
<thead>
<tr>
<th>DIAGNOSIS</th>
<th>COMPLEMENTARY AND INTEGRATIVE HEALTH APPROACHES (listed alphabetically)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>•Cognitive Behavioral Therapy • Mindfulness-based Cognitive Therapy •Meditation •Music Therapy •Yoga</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>•Meditation •Relaxation Therapies</td>
</tr>
<tr>
<td>Depression</td>
<td>•Acceptance and Commitment Therapy (ACT) •Acupuncture- potentially effective •Cognitive Behavioral Therapy •Massage Therapy - in oncologic patients •Meditation •Mindfulness-based Stress Reduction •Yoga</td>
</tr>
<tr>
<td>Fall prevention</td>
<td>•Tai Chi</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>•Acupuncture •Cognitive Behavioral Therapy •Exercise •Hydrotherapy •Mindfulness Meditation •Tai Chi •Myofascial Release</td>
</tr>
<tr>
<td>Hypertension</td>
<td>•Biofeedback •Meditation •Tai Chi •Yoga</td>
</tr>
<tr>
<td>Insomnia</td>
<td>•Cognitive Behavioral Therapy-Insomnia •Mindfulness-based Stress Reduction</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome</td>
<td>•Clinical Hypnosis •Cognitive Behavior Therapy •Relaxation Exercises</td>
</tr>
<tr>
<td>Low Back Pain</td>
<td>•Acupuncture •Exercise •Cognitive Behavioral Therapy •Massage Therapy •Mindfulness-based Stress Reduction •Spinal Manipulation •Tai Chi •Yoga</td>
</tr>
<tr>
<td>Migraine</td>
<td>•Acupuncture •Biofeedback/EMG Biofeedback •Cognitive Behavioral Therapy •Relaxation Therapies •Spinal Manipulation (tension headache)</td>
</tr>
<tr>
<td>Nausea and Vomiting</td>
<td>•Acupuncture</td>
</tr>
<tr>
<td>Obesity</td>
<td>• Mindfulness/Meditation •Yoga</td>
</tr>
<tr>
<td>Pain, including Post-operative Pain</td>
<td>•Acceptance and Commitment Therapy• Acupuncture (mod to strong evidence for knee pain, TMJ pain, neck pain) •Alexander Technique (neck pain) •Biofeedback •Clinical Hypnosis •Cognitive Behavioral Therapy • Exercise •Guided Imagery •Massage Therapy •Mindfulness/Meditation •Spinal Manipulation (neck pain) •Tai Chi •Dry Needling</td>
</tr>
<tr>
<td>PTSD</td>
<td>•Cognitive Behavioral Therapy •Eye Movement &amp; Desensitization Reprocessing Therapy •Mindfulness/Meditation •Yoga</td>
</tr>
<tr>
<td>Substance Use Disorder</td>
<td>•Cognitive Behavioral Therapy •Mindfulness-based Relapse Prevention - effect on withdrawals/cravings</td>
</tr>
<tr>
<td>Tobacco Dependence</td>
<td>•Acupuncture - possible positive effect • Cognitive Behavioral Therapy •Mindfulness</td>
</tr>
</tbody>
</table>
References

Anxiety

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