

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

DIAGNOSIS	COMPLEMENTARY AND INTEGRATIVE HEALTH APPROACHES (listed alphabetically)
Anxiety	•Cognitive Behavioral Therapy • Mindfulness-based Cognitive Therapy •Mindfulness-based Stress Reduction •Meditation •Music Therapy •Yoga
Cardiovascular Disease	•Meditation •Relaxation Therapies
Depression	•Acceptance and Commitment Therapy (ACT) •Acupuncture- potentially effective •Cognitive Behavioral Therapy •Massage Therapy - in oncologic patients •Meditation •Mindfulness-based Stress Reduction •Yoga
Fall prevention	•Tai Chi
Fibromyalgia	•Acupuncture •Cognitive Behavioral Therapy •Exercise •Hydrotherapy •Mindfulness Meditation •Tai Chi •Myofascial Release
Hypertension	•Biofeedback •Meditation •Tai Chi •Yoga
Insomnia	•Cognitive Behavioral Therapy-Insomnia •Mindfulness-based Stress Reduction
Irritable Bowel Syndrome	•Clinical Hypnosis •Cognitive Behavior Therapy •Relaxation Exercises
Low Back Pain	•Acupuncture •Exercise •Cognitive Behavioral Therapy •Massage Therapy •Mindfulness-based Stress Reduction •Spinal Manipulation •Tai Chi •Yoga
Migraine	•Acupuncture •Biofeedback/EMG Biofeedback •Cognitive Behavioral Therapy •Relaxation Therapies •Spinal Manipulation (tension headache)
Nausea and Vomiting	•Acupuncture
Obesity	• Mindfulness/Meditation •Yoga
Pain, including Post-operative Pain	•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
PTSD	•Cognitive Behavioral Therapy •Eye Movement & Desensitization Reprocessing Therapy •Mindfulness/Meditation •Yoga
Substance Use Disorder	•Cognitive Behavioral Therapy •Mindfulness-based Relapse Prevention - effect on withdrawals/cravings
Tobacco Dependence	•Acupuncture - possible positive effect • Cognitive Behavioral Therapy •Mindfulness



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Cultural Transformation



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Anxiety

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Irritable Bowel Syndrome

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Tobacco Cessation

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