

Auricular Stimulation for Functional Dyspepsia With Insomnia: Efficacy and Mechanisms

NCT07442734

Status	RECRUITING
Phase	Not Applicable
Sponsor	The First Affiliated Hospital of Zhejiang Chinese Medical University
Enrollment	176 participants

Key Eligibility Criteria

Inclusion (5)

- Meet the diagnostic criteria for functional dyspepsia and sleep disorders (25,26)
- Pittsburgh Sleep Quality Index score ≤ 7
- Right-handed, aged 18 years or above
- Have not taken the following medications for at least 2 weeks prior to enrollment: antibiotics (oral, intramuscular, or intravenous), microbiota-related products (probiotics, prebiotics, and synbiotics, etc.), or any drugs affecting gastrointestinal flora, any drugs or supplements that improve sleep quality or suppress neural activity in the brain, medications related to functional dyspepsia treatment, or other related therapies
- Agree to voluntarily participate in this study and sign the informed consent form

Exclusion (6)

- Secondary insomnia caused by drugs or other diseases
- Comorbidity with other psychiatric disorders, or severe heart, liver, kidney, or other systemic diseases
- Previously received this treatment method or participated in other clinical trials within the past 6 months
- Presence of contraindications to auricular therapy, such as allergy to skin preparation or damage at the auricular application site
- Pregnant or breastfeeding women
- ... and 1 more (see full listing online)

Locations (1 total)

First Affiliated Hospital of Zhejiang Chinese Medical University, Hangzhou, Zhejiang, China