

Auriculotherapy in stress and anxiety in university population

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I) Abstract / Résumé

In today's society, the population lives with stressors that can cause stress and anxiety. It is known that Auriculotherapy is an effective therapy against stress and anxiety and helps to reduce its severity, so this study aims to analyze the feasibility and effectiveness of auriculotherapy in the management of stress and anxiety in a university population. This is a pilot study, randomized with university students who had symptoms of stress and anxiety, divided into two groups, a control group and an intervention group with the NADA protocol (National Acupuncture Detoxification Association), whose points are: Shen Men, Kidney, Liver, Lungs 1 and 2, and Sympathetic; in four sessions during four weeks, using the Perceived Stress Scale (PRES-10) and the Manual for the State-Trait Anxiety Inventory (STAI) before the first session of auriculotherapy and in the last session. As a result, despite the limitations of the sample due to the closure of the university due to the worsening of the covid19 pandemic, auriculotherapy corroborated to an improvement in stress and anxiety in the university population. It is concluded that Auriculotherapy is a viable and effective therapeutic option in the management of stress and anxiety.