

Passage 4

The World Health Organization classifies depression as a condition for which acupuncture has been proven (through clinical trials) to be an effective treatment. Indeed, a research review published in 2008 sized up eight small trials (with a total of 477 patients) and concluded that acupuncture "could significantly reduce the severity of depression." On the other hand, a 2010 research review analyzed data from 30 trials (with a total of 2,812 patients) and found "insufficient evidence of a consistent beneficial effect from acupuncture" in the treatment of depression. However, those trials included two studies showing that acupuncture may have an additive benefit when combined with medication (compared with the use of medication alone). Other research suggests that acupuncture may be beneficial when combined with medication in the treatment of depression. For instance, a 2009 trial involving 80 patients with major depressive disorder found that combining a low dose of fluoxetine (an antidepressant) with acupuncture for six weeks was as effective as a standard dose of fluoxetine in treatment of depression. Those receiving acupuncture also showed better improvement in symptoms of anxiety and fluoxetine side effects. While acupuncture may help improve mood and ease some symptoms, it is important to work closely with a mental-health professional when treating depression. In most cases, it may be necessary to pursue standard treatments such as medication, psychotherapy, or a combination of the two.

151 . The passage mainly discusses

- a. acupuncture as a standard treatment recommended by WHO
- b. acupuncture, a complementary practice against depression
- c. acupuncture being administered as a counterpart of fluoxetine
- d. depression a disorder treated by fluoxetine

152 . It is implied from the passage that the writer

- a. contends against the use of acupuncture
- b. prefers the standard medication to acupuncture
- c. recommends the use of acupuncture as an adjunct
- d. concludes that a standard method should be pursued

153 . Fluoxetine, in treating depression, is expected to decrease if

- a. combined with acupuncture
- b. administered as the sole medication
- c. used for six successive weeks
- d. coupled with other depressants

154 . The study conducted in 2009

- a. considers a decrease in the dose of medication as the most favorable option
- b. suggests an increase in the medication without acupuncture as a more promising alternative
- c. verifies the inclusion of acupuncture as an alternative remedy
- d. supports the practice of acupuncture for removing depression rather than anxiety