

Abstract

Background: Cognitive behavioral therapy (CBT-I) and acupressure are efficacious in alleviating insomnia. The integration of acupressure with CBT-I incorporates psychological, behavioral and physical aspects and promotes synergistic effects from both treatments for improving sleep. This study examined the efficacy of a group CBT-I with self-administered acupressure for Chinese adults with insomnia in Hong Kong. **Method:** 40 individuals with sleep complaint were recruited and randomized to either group CBT-I (GC), group CBT-I with self-acupressure (GCA) and waiting-list (WL). The GC and GCA groups underwent six weekly 120 min intervention sessions whereas the WL group received CBT-I after the study period. All participants completed 7-day sleep diaries at baseline and posttreatment assessments. The two treatment groups also completed the measure at 1-month follow-up. **Results:** Mixed-effects analyses found no significant group by time interaction in sleep efficiency (SE) and waketime after sleep onset (WASO) derived from sleep diary at posttreatment. After interventions, both GC and GCA groups fulfilled the normal sleep criteria of $SE \geq 85\%$ (mean SE: GC, 86%; GCA, 86.6%) and $WASO < 30$ min (mean WASO: GC, 16.4 min; GCA, 16.6 min), whereas WL group did not attain normative values for both measures (mean SE, 79.1%; mean WASO, 32.1 min). However, these observed between-group differences were not statistically significant. The improvements in the two treatment groups sustained at 1 month. The average attendance rate achieved over 90% in the GCA group and 83% of participants complied to the self-acupressure practice. **Conclusion:** The present study provided preliminary evidence that both GC and GCA could potentially be effective in alleviating insomnia symptoms and the proposed integrative treatment is feasible for delivery. Further studies with larger sample size are warranted.

Keywords: insomnia, CBT-I, acupressure, randomized control trial