Meta-Data (Mandatory information required for the transfer of your article to Data in Brief – will not be typeset)

***Title:**	*Effects of Acupuncture with Needle Manipulation at Different Frequencies for Patients with Hypertension: Result of a 24- Week Clinical Observation*
***Authors:**	*Lili Zhang[a], Hilary Lai[a], Li Li[a,b], Xiaoli Song[a], Guanran Wang[c], Xiaonong Fan[a,b],Jian Liu[a,b], Sha Yang[a,b], Shu Wang[a,b]*
***Affiliations:**	*[a]Acupuncture Department, First Teaching Hospital of Tianjin University of Traditional Chinese Medicine, Tianjin, PR China* *[b]Tianjin Key Laboratory of Acupuncture and Moxibustion Science, Tianjin, China* *[c]Department of Medical, Heilongjiang University of Traditional Chinese Medicine, Harbin, PR China*
***Contact email:**	*wangs2008@163.com*
***Co-authors**:	*Lili Zhang zhanglili007@126.com* ***[NOTE: it is the corresponding authors responsibility to inform all co-authors if submitting as a companion paper to a research article]***
***CATEGORY:**	*Please select a CATEGORY for your manuscript from the list available at:* DIB categories. *This will help to assign your manuscript to an Editor specializing in your subject area.*

Data Article

Title: acupuncture for hypertension

Authors: Lili Zhang， Shu Wang

Affiliations: First Teaching Hospital of Tianjin University of Traditional Chinese Medicine

Contact email: zhanglili007@126.com； wangs2008@163.com

Abstract

The data is the measurement of blood pressure, assessed by ambulatory blood pressure monitor (AMBP) before the treatment, and on the 6th, 12th weeks during the acupuncture treatment. It also includes the blood pressure in the 3 month follow-up period.

Specifications Table

Subject area	*medical*
More specific subject area	*Patients with mild hypertension*
Type of data	*Table, figure*
How data was acquired	ambulatory blood pressure monitor
Data format	*Raw*
Experimental factors	*Without anti-hypertensive medicine*
Experimental features	*Acupuncture manipulation(120twirls/m or 60 twirls/m on ST9 or LR3)*
Data source location	*Tianjin，China*
Data accessibility	*Contact email:* wangs2008@163.com
Related research article	*in press*

Value of the Data

Firstly, the treatment and follow-up duration of our study is 6 month. Thus, the data is could be potentially valuable. Secondly, trials evaluating anti-hypertensive effects of acupuncture have shown mixed results. Thirdly, we hope the data could be compared with other data for further insight. The data also could be used in the development of further experiments in the acupuncture manipulation studies.

Data

[*Briefly describe the data you are sharing with this data article here, to give the reader context before presenting the materials and methods.]*

All participants received 60 acupuncture sessions within 12 weeks. Treatments were administrated by licensed acupuncturists. The acupuncture protocol was developed in adherence with the STRICTA (Standards for Reporting Interventions in Clinical Trials of Acupuncture) guidelines for the performance of acupuncture studies.

Experimental Design, Materials, and Methods

The study was a randomized, controlled trial.

Eligibility criteria included:(1) essential hypertension with stable BP between 140/90 mm Hg and 159/99 mm Hg (clinic blood pressure); (2) age between 35 years old and 70 years old; (3) duration of hypertension less than 15 years; and (4) no antihypertensive medication, no medical contraindications to acupuncture, no history of cerebrovascular events, diabetes, endocrine disorders and renal insufficiency. Pregnant or lactating women or patients participating in any other concurrent clinical trials were excluded.

120 participants were recruited and randomized into one of four acupuncture groups with the ratio of 1:1:1:1.

ST9-H (ST9 High-Frequency) Group：twirled 120 times within 1 minute

ST9-L (ST9 Low-Frequency) Group：twirled 60 times within 1 minute

LR3-H (LR3 High-Frequency) Group：twirled 120 times within 1 minute

LR3-L (LR3 Low-Frequency) Group：twirled 60 times within 1 minute

ABPM was evaluated (MOBIL-O-GRAPH NG Vers.20, Germany) at baseline (one day before the first treatment), on the 6th and the 12th weeks after randomization, and during a follow-up period of three months (the 16th, 20th and 24th weeks after randomization) after completion of 60 acupuncture sessions. Daytime (06:00-22:59) BP was measured once every 30 minutes; nighttime (23:00-05:59) BP was measured once every hour; subjects' daily activities were not restricted while measurements were taken, but cuffs needed to be in a still position; patients were forbidden to take tea, coffee or other sedative-hypnotics.

Acknowledgments

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References

In press.

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