**Table 1 Characteristics of included randomized controlled trials on Tuina for IBS**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study ID** | **Sample Size** | **Diagnostic criteria** | **Age** | **Sex M/F** | **Duration of disease** | **Subtype of IBS** | **TCM syndrome differentiation** | **Comparison** | **Outcomes** | **Follow up** |
| **Tuina + routine treatments *vs* routine treatments, 3 trials** |
| Lai SL 2017 | T: 27C: 33 | Rome III | T: 44.2C: 43.5\* | T: 10/17C: 14/19 | T: 8.8mC: 8.5m | IBS-D | NR | Tuina+Trimebutine Maleate dispersible tablets (dosage: 0.1g, tid, po) *vs* Trimebutine Maleate dispersible tablets (0.1g, tid, po) (4w) | ①Quality of life (SF-36);②Individual Symptom scores (abdominal pain, diarrhea);③Psychological states (HAMD-24) | NR |
| Chen Y 2018 | T: 34C: 34 | Rome III | T: 44.6C: 45.1 | T: 13/21C: 11/23 | T: 8.4m C: 7.9m | IBS-D | Syndrome of liver depression with spleen insufficiency (GanYuPiXu) | Tuina+Trimebutine Maleate tablets (0.1g, tid, po) *vs* Trimebutine Maleate tablets (0.1g, tid, po) (4w) | ①Global Improvement of symptoms (total effective rate, overall symptom scores);②Relapse rate (T: 1/15 1m; C: 4/9 1m) | 1m |
| Lu L 2008† | T: 24C: 23 | Rome II | T: 35.2yC: 30.4y | T: 10/14C: 9/14 | T: 3-9y C: 3-11y | IBS-D | NR | Tuina+Bifid Triple Viable Capsules Dissolving at Intestines (0.42g, tid, po) *vs* Bifid Triple Viable Capsules Dissolving at Intestines (0.42g, tid, po) (2w) | Global Improvement of symptoms (total effective rate) | NR |
| **Tuina *vs* routine treatments, 6 trials** |
| Zhang GZ 2010 | T: 26C: 20 | Rome II | total: 42.5y\*\* | T: NR/NRC: NR/NR | 4.5y | IBS-C | NR | Tuina *vs* Mosapride Citrate tablets (15mg, qd, po) (4w) | Global Improvement of symptoms (total effective rate) | NR |
| Pei XH 2007 | T: 45C: 45 | Rome II | T: 39.15C: 40.37 | T: 16/29C: 14/31 | T: 10.6y C: 11.2y | IBS-C | NR | Tuina *vs* Cisapride tablets (10mg, tid, po) (8w) | ①Global Improvement of symptoms (total effective rate);②Relapse rate (T: 5/40 6m; C: 22/39 6m) | 6m |
| Lian BL 2011 | T: 40C: 38 | Rome III | T: 35.7yC: 34.9y | T: 17/23C: 17/21 | T: 1.7y C: 1.6y | IBS-D |  | Tuina *vs* Pinaverium Bromide tablets(50m, tid, po)+ Live Combined Bifidobacterium，Lactobacillus and Enterococcus capsules(210mg\*2, tid, po) (1m) | Global Improvement of symptoms (total effective rate) | NR |
| Zhang GZ 2004 | T: 36C: 36 | Rome II | T: 40yC: 39y\*\*\* | T: 17/19C: 16/20 | NR | IBS-D |  | Tuina *vs* Compound Diphenoxylate Tablet(1s‡, tid, po)+ Oryzanol tablets(10mg, tid, po) (4w) | Global Improvement of symptoms (total effective rate) | NR |
| Lu L 2008† | T: 24C: 23 | Rome II | T: 33.1yC: 30.4y | T: 9/15C: 9/14 | T: 3-9y C: 3-11y | IBS-D |  | Tuina *vs* Bifid Triple Viable Capsules Dissolving at Intestines (0.42g, tid, po) (2w) | Global Improvement of symptoms (total effective rate) | NR |
| Pei JW 2012 | T: 30C: 30 | Rome III | T: 20-55yC: 22-49y# | T: 12/18C: 14/16 | T: 1-13yC: 1.5-10y | IBS-C |  | Tuina *vs* Mosapride Citrate tablets (5mg, tid, po) (4w) | ①Global Improvement of symptoms (total effective rate, overall symptom scores);②Individual Symptom scores (abdominal pain, distension, and constipation) | 4w |

Note: T: treatment group; C: control group; y: year; m: month; w: week; d: day; IBS-D: diarrhea-predominant IBS; IBS-C: constipation-predominant IBS; NR: not report; po: by oral; qd: once a day; tid: three times a day

\**‾x*±*SD*; \*\**‾x*（*Min*-*Max*）; \*\*\*‾*x*; # *Min* to *Max*

‡ The specification of the medicine was unclear.

† This study is a three-arm trial, and the different arms belong to different comparisons.

This study defined the total effective rate of more than 30% improvement in overall symptom scores or improved signs and symptoms. Overall symptom scores improvement rate = [(Pre-treatment symptom scores - Post-treatment symptom scores)/ Pre-treatment symptom scores] \* 100%.