**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: 27 C: 33 | Rome III | T: 44.2  C: 43.5\* | T: 10/17 C: 14/19 | T: 8.8m  C: 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: 34 C: 34 | Rome III | T: 44.6 C: 45.1 | T: 13/21 C: 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: 24 C: 23 | Rome II | T: 35.2y C: 30.4y | T: 10/14 C: 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: 26 C: 20 | Rome II | total: 42.5y\*\* | T: NR/NR C: 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: 45 C: 45 | Rome II | T: 39.15 C: 40.37 | T: 16/29 C: 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: 40 C: 38 | Rome III | T: 35.7y C: 34.9y | T: 17/23 C: 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: 36 C: 36 | Rome II | T: 40y C: 39y\*\*\* | T: 17/19 C: 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: 24 C: 23 | Rome II | T: 33.1y C: 30.4y | T: 9/15 C: 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: 30 C: 30 | Rome III | T: 20-55y C: 22-49y# | T: 12/18 C: 14/16 | T: 1-13y  C: 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%.