

Acupressure and Fatigue: Current Research Perspectives

Isolde Merrin

Kingswell Research University, United Kingdom

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Abstract

This paper examines acupressure and fatigue: current research perspectives through a structured academic review of contemporary literature. The discussion considers the conceptual background of acupressure, research findings, possible explanatory mechanisms, methodological quality, practical applications, safety, and future research needs. Acupressure has been investigated in relation to several patient-reported and functional outcomes, although findings vary across populations and intervention protocols. Differences in point selection, pressure technique, session duration, comparator groups, sample sizes, and outcome instruments make direct comparison difficult. The paper therefore emphasizes cautious interpretation and evidence-based integration.

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Introduction

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Conceptual Foundations

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Review of Contemporary Evidence

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Potential Mechanisms

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Methodological Considerations

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Practical Applications

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Safety and Ethical Considerations

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Discussion

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Future Research Directions

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Conclusion

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Keywords

Acupressure; complementary medicine; integrative health; symptom management; patient-reported outcomes; wellness; evidence-based practice

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