

EVALUATION OF THE NATIONAL ACUPUNCTURE DETOXIFICATION
ASSOCIATION (NADA) PROTOCOL TO TREAT
COMBAT STRESS INDUCED INSOMNIA

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ABSTRACT

Problem: Between 70%-91% of combat stress patients have insomnia as a symptom. Insomnia has been found to aggravate as well as prolong mental health conditions, since sleep has both a restorative function and helps emotional processing. Currently, the culture of the U.S. military stigmatizes receiving treatment for post traumatic stress syndrome (PTSD) and has limited resources to treat those with PTSD. Since the combination of combat exposure and insomnia may represent the main risk factors leading to suicide ideation, and since insomnia is a risk factor for developing PTSD, as well as increases the risk of having PTSD symptoms for a longer duration, addressing insomnia may prevent PTSD in many combat exposed service members.

Research has shown that acupuncture suppresses the effects of stress and other negative stimuli on the default mode network and limbic system of the central nervous system. It is believed that these areas of dysfunction are the root of many mental disorders. The National Acupuncture Detoxification Association (NADA) treatment is a simple protocol that regulates the autonomic nervous system, improves sleep, as well as treats the emotions commonly conveyed by servicemembers suffering from combat stress, which may provide an effective treatment for Combat Stress Induced Insomnia.

Purpose: The purpose of this study was to evaluate the effectiveness of the NADA protocol on Combat Stress Induced Insomnia.