Referrals (n=154)

Excluded (n=34)
- Sick leave 100%>2.5 year (n=10)
- Age >55 (n=4)
- Psychiatric care (n=2)
- Drug abuse (n=1)
- Cancer (n=1)
- Pregnant (n=1)
- Bacterial infection (n=1)

Declined (n=14)

Sick leave 100%>2.5 year (n=10)

Age >55 (n=4)

Psychiatric care (n=2)

Drug abuse (n=1)

Cancer (n=1)

Pregnant (n=1)

Bacterial infection (n=1)

Randomized (n=120)

Integrative Treatment IT (n=40)
- 4 weeks
  - n=37
  - Dropouts: 1 pregnant, 1 personal reasons, 1 pneumonia

Terapeutic Acupuncture TA (n=40)
- 8 weeks
  - n=37
  - Dropouts: 0

Conventional treatment CT (n=40)
- n=36
  - Dropouts: 1 No stated reason