

Supplement 2. Characteristics of included studies

Study ID (First author, year)	Study population (Country)	Major ethnicity	Interventions					Treatment duration	Hot flush severity assessment tools (evaluation duration)	Time point for primary outcome assessment
			Acupuncture group		Control group 1*	Control group 2**				
			Style	Protocol	Style	Protocol	Style			
Avis 2008 ²⁰	Perimenopausal and postmenopausal women (US)	White	A2	Semi-standardized acupuncture	S2	Non-acupuncture point shallow needling	-	16 sessions during 8 weeks	Mean severity score (24 hours)	8 weeks
Avis 2016 ²³	Perimenopausal and postmenopausal women (US)	White	A2	Individualized acupuncture	-	-	W	Up to 20 sessions over 6 months	VMS severity index (24 hours)	6 months
Ee 2016 ¹⁶	Postmenopausal and late menopausal transition women (Australia)	Caucasian	A1	Standardized acupuncture	S1	Park sham device at non-acupuncture point	-	10 sessions during 8 weeks	HF severity (24 hours)	8 weeks
Huang 2006 ¹⁷	Postmenopausal women (US)	White	A1	Semi-standardized acupuncture	S1	Streitberger device at non-acupuncture point	-	9 sessions during 7 weeks	HF intensity (night time)	7 weeks
Kim 2007 ²¹	Postmenopausal women (Korea)	Not reported	A2	Standardized acupuncture	S2	Acupuncture point shallow needling	-	16 sessions during 8 weeks	VAS for HF severity (uncertain)	8 weeks
Kim 2011 ²²	Perimenopausal or postmenopausal women (Korea)	Not reported	A2	Standardized acupuncture	S2	Non-acupuncture point shallow needling	-	11 sessions during 7 weeks	HF severity (24 hours)	7 weeks
Nir 2007 ¹⁸	Postmenopausal women (US)	Caucasian	A1	Semi-standardized acupuncture	S1	Streitberger device at non-acupuncture point	-	9 sessions during 7 weeks	HF severity (24 hours)	7 weeks
Painovich 2012 ¹⁹	Perimenopausal or postmenopausal women (US)	Not reported	A1	Standardized acupuncture	S1	Sham device (unidentified) at non-acupuncture point	W	36 sessions during 12 weeks	MENQOL-vasomotor domain (24 hours)	12 weeks

A1: acupuncture with sham base unit; A2: acupuncture without sham base unit; S1: non-insertion sham acupuncture (sham device with sham base unit); S2: insertion sham acupuncture (without sham base unit); W: waiting list; *: sham control group; **: waiting list control group; HF: hot flushes; VMS: vasomotor symptoms; MENQOL: The Menopause-Specific Quality of Life