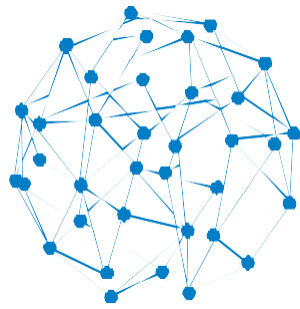




TID

Tobacco Induced Diseases

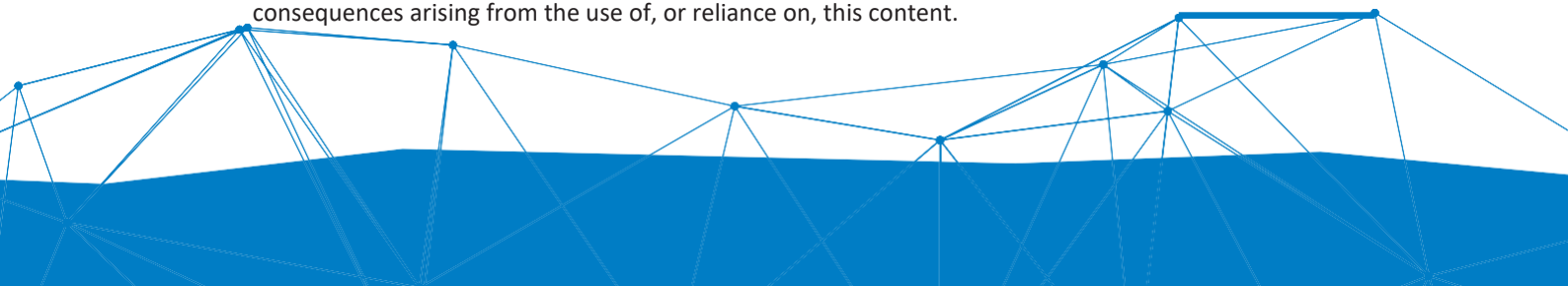
Supplementary file

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Supplementary File 1. Search Strategies, Transitivity Assessment, SUCRA Plots and Publication Bias Assessment, Sensitivity Analyses and Subgroup Analysis

This supplementary file contains: (1) the complete search strategies for all eight databases, (2) the characteristics of the 36 included randomized controlled trials, (3) the baseline characteristics by direct comparison for transitivity assessment, (4) SUCRA plots and publication bias assessment figures moved from the main text, (5) detailed results of the sensitivity analyses and (6) the subgroup analysis stratified by follow-up duration for smoking cessation.

Part 1. Complete Search Strategies for All Databases

This file provides the full, reproducible search strategies executed for each of the eight databases included in this systematic review and network meta-analysis. All searches were conducted from database inception to February 5, 2026.

1. PubMed

Search number	Query	Results
#1	("Tobacco Products"[Mesh]) OR "Smoking Cessation"[Mesh]	49,999
#2	((((((((((((((((((((((((((((((((((((((("Smoking Cessation"[Title/Abstract]) OR ("Cessation, Smoking"[Title/Abstract])) OR ("Smoking Cessations"[Title/Abstract])) OR ("Giving Up Smoking"[Title/Abstract])) OR ("Smoking, Giving Up"[Title/Abstract])) OR ("Smokings, Giving Up"[Title/Abstract])) OR ("Up Smoking, Giving"[Title/Abstract])) OR ("Quitting Smoking"[Title/Abstract])) OR ("Smoking, Quitting"[Title/Abstract])) OR ("Stopping Smoking"[Title/Abstract])) OR ("Smoking, Stopping"[Title/Abstract])) OR ("Products, Tobacco"[Title/Abstract])) OR ("Product, Tobacco"[Title/Abstract])) OR ("Tobacco Product"[Title/Abstract])) OR ("Cigars"[Title/Abstract])) OR ("Cigar"[Title/Abstract])) OR	123,315

	("Cigarettes"[Title/Abstract])) OR ("Cigarette"[Title/Abstract])) OR ("Kreteks"[Title/Abstract])) OR ("Kretek"[Title/Abstract])) OR ("Kreteks Tobacco"[Title/Abstract])) OR ("Kreteks Tobaccos"[Title/Abstract])) OR ("Tobacco, Kreteks"[Title/Abstract])) OR ("Tobaccos, Kreteks"[Title/Abstract])) OR ("Cigarillos"[Title/Abstract])) OR ("Cigarillo"[Title/Abstract])) OR ("Pipe Tobacco"[Title/Abstract])) OR ("Pipe Tobaccos"[Title/Abstract])) OR ("Tobacco, Pipe"[Title/Abstract])) OR ("Tobaccos, Pipe"[Title/Abstract])) OR ("Bidis"[Title/Abstract])) OR ("Bidi"[Title/Abstract])) OR ("Tobacco, Bidi"[Title/Abstract])) OR ("Bidi Tobacco"[Title/Abstract])) OR ("Bidi Tobaccos"[Title/Abstract])) OR ("Tobaccos, Bidi"[Title/Abstract])) OR ("Bidis Tobacco"[Title/Abstract])) OR ("Bidis Tobaccos"[Title/Abstract])) OR ("Tobacco, Bidis"[Title/Abstract])) OR ("Tobaccos, Bidis"[Title/Abstract])) OR ("Tobacco Products"[Title/Abstract])	
#3	("acupuncture, ear"[MeSH]) OR ("auriculotherapy"[MeSH])	701
#4	((((((((("Acupunctures, Ear"[Title/Abstract]) OR ("Ear Acupunctures"[Title/Abstract])) OR ("Acupuncture, Auricular"[Title/Abstract])) OR ("Acupunctures, Auricular"[Title/Abstract])) OR ("Auricular Acupunctures"[Title/Abstract])) OR ("Auricular Acupuncture"[Title/Abstract])) OR ("Ear Acupuncture"[Title/Abstract])) OR ("Auriculotherapies"[Title/Abstract])) OR ("Acupuncture, Ear"[Title/Abstract])) OR ("Auriculotherapy"[Title/Abstract])	1,056
#5	#1 OR #2	138,708
#6	#3 OR #4	1,316
#7	#5 AND #6	43

2. Web of Science

Records Retrieved: 124

Set	Query	Results
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#1	Smoking Cessation (Topic) OR Cessation, Smoking (Topic) OR Smoking Cessations (Topic) OR Giving Up Smoking (Topic) OR Smoking, Giving Up (Topic) OR Smokings, Giving Up (Topic) OR Up Smoking, Giving (Topic) OR Quitting Smoking (Topic) OR Smoking, Quitting (Topic) OR Stopping Smoking (Topic) OR Smoking, Stopping (Topic) OR Products, Tobacco (Topic) OR Product, Tobacco (Topic) OR Tobacco Product (Topic) OR Cigars (Topic) OR Cigar (Topic) OR Cigarettes (Topic) OR Cigarette (Topic) OR Kreteks (Topic) OR Kretek (Topic) OR Kreteks Tobacco (Topic) OR Kreteks Tobaccos (Topic) OR Tobacco, Kreteks (Topic) OR Tobaccos, Kreteks (Topic) OR Cigarillos (Topic) OR Cigarillo (Topic) OR Pipe Tobacco (Topic) OR Pipe Tobaccos (Topic) OR Tobacco, Pipe (Topic) OR Tobaccos, Pipe (Topic) OR Bidis (Topic) OR Bidi (Topic) OR Tobacco, Bidi (Topic) OR Bidi Tobacco (Topic) OR Bidi Tobaccos (Topic) OR Tobaccos, Bidi (Topic) OR Bidis Tobacco (Topic) OR Bidis Tobaccos (Topic) OR Tobacco, Bidis (Topic) OR Tobaccos, Bidis (Topic) OR Tobacco Products (Topic)	247,597
#2	Acupunctures, Ear (Topic) OR Ear Acupunctures (Topic) OR Acupuncture, Auricular (Topic) OR Acupunctures, Auricular (Topic) OR Auricular Acupunctures (Topic) OR Auricular Acupuncture (Topic) OR Ear Acupuncture (Topic) OR Auriculotherapies (Topic) OR Acupuncture, Ear (Topic) OR Auriculotherapy (Topic)	3,139
#3	#1 AND #2	124

3. Embase

Records Retrieved: 104

No.	Query	Results
#1	'auricular acupuncture'/exp	1,408
#2	'smoking cessation'/exp	80,677
#3	'abstination, smoking':ab,ti OR 'abstinence from nicotine':ab,ti OR 'abstinence from smoking':ab,ti OR 'abstinence from tobacco':ab,ti OR 'cessation, smoking':ab,ti OR 'dehabituatation, smoking':ab,ti OR 'nicotine abstination':ab,ti OR 'nicotine abstinence':ab,ti OR 'nicotine cessation':ab,ti OR 'nicotine withdrawal':ab,ti OR 'quit smoking':ab,ti OR 'smoking abstinence':ab,ti OR 'smoking dehabituatation':ab,ti OR 'smoking, stopping':ab,ti OR 'stop smoking':ab,ti OR 'stopping smoking':ab,ti OR 'tobacco dehabituatation':ab,ti OR 'tobacco use cessation':ab,ti OR 'smoking cessation':ab,ti	57,647
#4	'cigarette'/exp	8,899
#5	'cigarette smoking'/exp	72,097

#6	'cigarette smoking':ab,ti OR cigarette:ab,ti OR 'filter cigarette':ab,ti OR 'cigarette smoker':ab,ti OR 'smoking, cigarette':ab,ti	98,414
#7	'tobacco dependence'/exp	30,348
#8	'cigarette addiction':ab,ti OR 'compulsive tobacco use':ab,ti OR 'dependence, tobacco':ab,ti OR 'nicotine abuse':ab,ti OR 'nicotine addiction':ab,ti OR 'nicotine dependence':ab,ti OR 'nicotine dependency':ab,ti OR 'nicotine use disorder':ab,ti OR 'nicotinic addiction':ab,ti OR 'nicotinic dependence':ab,ti OR 'nicotinic dependency':ab,ti OR tabacism:ab,ti OR tabagism:ab,ti OR tabaquism:ab,ti OR 'tobacco abuse':ab,ti OR 'tobacco addiction':ab,ti OR 'tobacco dependency':ab,ti OR 'tobacco smoking addiction':ab,ti OR 'tobacco use disorder':ab,ti OR 'waterpipe addiction':ab,ti OR 'tobacco dependence':ab,ti	19,522
#9	'acupuncture, ear':ab,ti OR 'acupuncture, earlobe':ab,ti OR 'auriculo acupuncture':ab,ti OR auriculoacupuncture:ab,ti OR auriculotherapy:ab,ti OR 'ear acupuncture':ab,ti OR 'earlobe acupuncture':ab,ti OR 'auricular acupuncture':ab,ti OR 'auricular therapy':ab,ti OR 'auricular acupressure':ab,ti	2,214
#10	#1 OR #9	2,685
#11	#2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8	224,871
#12	#10 AND #11	104

4. Cochrane Library

Records Retrieved: 67

ID	Search	Hits
#1	MeSH descriptor: [Acupuncture, Ear] explode all trees	288
#2	(Acupuncture, Ear):ti,ab,kw OR (Acupunctures, Auricular):ti,ab,kw OR (Acupuncture, Auricular):ti,ab,kw OR (Auricular Acupuncture):ti,ab,kw OR (Auricular Acupunctures):ti,ab,kw	1,598
#3	(Ear Acupuncture):ti,ab,kw OR (Ear Acupunctures):ti,ab,kw OR (Acupunctures, Ear):ti,ab,kw OR (auricular acupressure):ti,ab,kw OR (auriculotherapy):ti,ab,kw	1,690
#4	MeSH descriptor: [Auriculotherapy] explode all trees	353
#5	(Auriculotherapy):ti,ab,kw OR (Auriculotherapies):ti,ab,kw OR (auricular acupuncture points):ti,ab,kw	820
#6	#1 OR #2 OR #3 OR #4 OR #5	2,143
#7	MeSH descriptor: [Smoking Cessation] explode all trees	6,035
#8	(Smoking Cessation):ti,ab,kw OR (Cessation, Smoking):ti,ab,kw OR (Smoking	13,880

	Cessations):ti,ab,kw OR (Giving Up Smoking):ti,ab,kw OR (Smoking, Giving Up):ti,ab,kw	
#9	(Smokings, Giving Up):ti,ab,kw OR (Up Smoking, Giving):ti,ab,kw OR (Quitting Smoking):ti,ab,kw OR (Smoking, Quitting):ti,ab,kw OR (Stopping Smoking):ti,ab,kw	3,098
#10	(Smoking, Stopping):ti,ab,kw	448
#11	MeSH descriptor: [Tobacco Products] explode all trees	996
#12	(Tobacco Products):ti,ab,kw OR (Cigarillos):ti,ab,kw OR (Cigarillo):ti,ab,kw OR (Tobacco Product):ti,ab,kw OR (Product, Tobacco):ti,ab,kw	2,291
#13	(Products, Tobacco):ti,ab,kw OR (Cigarette):ti,ab,kw OR (Cigarettes):ti,ab,kw OR (Tobacco, Bidi):ti,ab,kw OR (Bidis Tobaccos):ti,ab,kw	11,750
#14	(Bidi Tobacco):ti,ab,kw OR (Tobacco, Bidis):ti,ab,kw OR (Tobaccos, Bidi):ti,ab,kw OR (Bidi):ti,ab,kw OR (Tobaccos, Bidis):ti,ab,kw	52
#15	(Bidi Tobaccos):ti,ab,kw OR (Bidis):ti,ab,kw OR (Bidis Tobacco):ti,ab,kw OR (Kretek):ti,ab,kw OR (Kreteks Tobaccos):ti,ab,kw	29
#16	(Kreteks Tobacco):ti,ab,kw OR (Kreteks):ti,ab,kw OR (Tobaccos, Kreteks):ti,ab,kw OR (Tobacco, Kreteks):ti,ab,kw OR (Cigars):ti,ab,kw	128
#17	(Cigar):ti,ab,kw OR (Tobaccos, Pipe):ti,ab,kw OR (Pipe Tobaccos):ti,ab,kw OR (Tobacco, Pipe):ti,ab,kw OR (Pipe Tobacco):ti,ab,kw	159
#18	#7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17	21,144
#19	#6 AND #18	67

5. China National Knowledge Infrastructure (CNKI)

Records Retrieved: 65

Search Query

(耳穴 + 耳穴贴压 + 耳穴压豆 + 耳穴埋豆 + 针刺耳穴 + 揸针耳穴 + 耳尖放血) AND (吸烟 + 吸烟量 + 吸烟情况 + 吸烟状况 + 吸烟者 + 戒烟 + 尼古丁依赖 + 烟草依赖)

6. Wanfang Data

Records Retrieved: 143

Search Query

(主题:(耳穴) OR 主题:(耳穴贴压) OR 主题:(耳穴压豆) OR 主题:(耳穴埋豆) OR 主题:(针刺耳穴) OR 主题:(揸针耳穴) OR 主题:(耳尖放血)) AND (主题:(吸烟) OR 主题:(吸烟量) OR 主题:(吸烟情况) OR 主题:(吸烟状况) OR 主题:(吸烟者) OR 主题:(戒烟) OR 主题:(尼古丁依赖) OR 主题:(烟草依赖))

7. VIP Information

Records Retrieved: 77

Search Query

(耳穴 OR 耳针 OR 耳压 OR 耳穴贴压 OR 耳穴埋豆 OR 耳穴疗法) AND (戒烟 OR 烟草依赖 OR 尼古丁依赖 OR 吸烟)

8. China Biology Medicine disc (CBM / SinoMed)

Records Retrieved: 120

Search Query

((("耳穴"[常用字段:智能]) OR ("耳针"[常用字段:智能]) OR ("耳压"[常用字段:智能]) OR ("耳穴贴压"[常用字段:智能]) OR ("王不留行"[常用字段:智能])) AND (("戒烟"[常用字段:智能]) OR ("烟草依赖"[常用字段:智能]) OR ("尼古丁依赖"[常用字段:智能]) OR ("吸烟"[常用字段:智能]))

End of Part 1.

Part 2. Characteristics of Included Studies

This part presents the detailed characteristics of the 36 randomized controlled trials included in this systematic review and network meta-analysis. Information on sample size, participant demographics, interventions, therapy duration, follow-up duration, and reported outcomes is provided for each study.

Table 2.1 Characteristics of the included randomized controlled trials of auricular therapy for smoking cessation from 1 January 2000 to 5 February 2026 (N = 36).

Author (Year)	Sample size		Mean age (year)		Mean duration of smoking (year)		Interventions		Therapy duration	Follow-up duration	Outcome measures
	Contr ols	Trials	Controls	Trials	Controls	Trials	Control s	Tria ls			
Zhang Na 2022 ¹³	41	41	42.88±13.52	39.75±9.11	18.65±6.98	17.85±6.33	Std Meds	C	8 weeks	8 weeks	①②③
Zhao Lin 2017 ¹⁴	25	25	49.32±9.04	45.84±7.91	26.90±8.977	28.48±7.411	A	B	8 weeks	24 weeks	①③④⑤
Wu Yuan 2015 ¹⁵	32	30	47.57±12.67	47.77±12.88	27.0±13.6	27.07±10.70	Std Meds	C	8 weeks	20 weeks	②③④⑤
WANG Dong-feng 2021 ¹⁶	80	80	36.66±4.87	36.66±4.87	15.38±4.55	15.15±4.63	A	B	3 months	12 weeks	③
Song Rui 2023 ¹⁷	54	54	41.57±10.48	40.19±11.47	19.39±9.4	19.63±6.95	B	H	4 weeks	3 months	④⑤
Peng Zijun 2015 ¹⁸	30	30	45.97±12.02	44.10±12.15	24.83±11.56	23.03±10.97	Std Meds	C	8 weeks	8 weeks	③④
Luo Zhenke 2022 ¹⁹	30	30	38.57±8.39	40.23±8.87	19.33±7.82	20.53±7.74	B	C	8 weeks	8 weeks	①②③④
LIU Dan 2015 ²⁰	24	24	40.00±6.00	42.00±8.00	24.00±5.00	25.00±7.00	B	C	4 weeks	4 weeks	②③④
Li Lu-bo 2011 ²¹	55	Trials 1: 57 Trials 2: 63	46.41±11.17	45.75±12.21 47.66±11.71	NR	NR	A	B G	60 days	6 months	②③
KUANG H J 2021 ²²	30	30	40.50±15.33	44.08±11.23	19.50±10.59	23.85±9.82	B	F	4 weeks	4 weeks	②④⑤
Ji Kaisong 2023 ²³	30	30	42.21±9.35	41.40±10.55	18.92±11.51	16.94±9.37	Std Meds	C	8 weeks	16 weeks	①②③④⑤
Huang Ye 2012 ²⁴	30	30	31.26±7.31	33.9±8.63	9.70±5.53	11.93±7.13	A	C	20 days	3 months	②③④
GUO Bao 2020 ²⁵	60	60	59.6±4.26	57.69±3.54	34.35±9.01	33.46±6.45	A	G	4 weeks	6 months	②③
Gao Wei	50	52	42.13±9.6	40.26±10.	23.06±7.	25.26±6.	A	B	30 days	8 weeks	③

2020 ²⁶ Chen Shu-Min 2022 ²⁷ CHEN Jiasheng 2023 ²⁸	100	100	45.00±14.00	45.00±14.00	22.60±12.50	22.70±12.20	Std Meds	I	8 weeks	16 weeks	③④⑤
Chai Xin 2019 ²⁹	100	Trials 1: 100 Trials 2: 100	45.00±14.00	45.00±14.00 46.00±13.00	22.90±12.50	21.50±13.50 21.70±12.20	Std Meds	B C	8 weeks	16 weeks	③④
CAI Zi- bin 2022 ³⁰ Cai Yiming 2000 ³¹	30	30	38.57±8.39	40.23±8.87	19.33±7.82	20.53±7.74	B	C	8 weeks	8 weeks	①③
Ta-Peng Wu 2007 ³²	140	128	NR	NR	NR	NR	A	E	3 months	3 months	③
Yun- Kwok Wing 2010 ³³	59	59	53.00±16.90	54.30±16.90	32.80±17.40	33.80±18.30	A	J	8 weeks	6 months	⑤
Adrian R. White 1998 ³⁴	38	32	46.40±11.36	46.50±12.36	28.53±11.50	27.11±11.39	A	L	3 weeks	3 months	③
Ying- ying Wang 2018 ³⁵	38	38	42.50±13.90	40.80±10.90	23.80±13.00	22.60±9.50	A	K	1 weeks	2 weeks	③
Norma R Waite 1998 ³⁶	100	100	NR	NR	NR	NR	Std Meds	B	8 weeks	16 weeks	③④⑤
Varaporn Sivaporn pun 2024 ³⁷	38	40	45	40	28	26	A	N	2 weeks	6 months	③
Roberta de Paiva Silva 2014 ³⁸	124	123	51.92±15.24	52.48±13.27	NR	NR	Std Meds	B	12 weeks	24 weeks	③
Shinae Lee 2017 ³⁹	9	21	NR	NR	NR	NR	A	B	5 weeks	9 weeks	①②
Eun Jin Lee 2020 ⁴⁰	26	27	22.19±2.02	22.67±2.02	62.46±27.68 (months)	73.07±39.65 (months)	A	B	6 weeks	6 weeks	①④
Eun Jin Lee 2019 ⁴¹	32	42	25.44±2.90	25.62±4.72	NR	NR	A	J	6 weeks	1 year	②③
Soobin Jang 2019 ⁴²	19	18	29.42±5.84	29.28±9.29	NR	NR	A	J	6 weeks	1 year	②③
Dong He 2001 ⁴³	21	20	32.9±10.26	37.9±12.05	12.9±5.47	16.7±9.89	A	D	4 weeks	8 weeks	①②③ ④⑤
	20	26	NR	NR	NR	NR	A	J	3 weeks	3 years	②

Deborah J. Fritz 2013 ⁴⁴	61	64	55.3±9.1	55.8±10.0	35.4±13.0	34.2±12.6	A	M	5 weeks	6 weeks	②③⑤
Ian D. Bier 2002 ⁴⁵	20	45	NR	NR	NR	NR	A	J	4 weeks	18 weeks	③
JIANG Bin 2011 ⁴⁶	24	23	20.63±1.91	20.48±1.68	NR	NR	A	J	3 weeks	1 year	③
Yifan Yin 2025 ⁴⁷	250	239	53.39±13.95	41.86±12.67	NR	NR	A	C	8 weeks	6 months	③
Ayşe Aycicegi-Dinn 2011 ⁴⁸	23	24	34.0±10.43	33.8±10.26	16.4±9.90	16.1±9.64	A	M	3 weeks	7 weeks	①②③④

NR, Not reported; A, placebo/minimal intervention; StdMeds, Standard pharmacotherapy; B, Auricular acupressure; C, Acupuncture + auricular acupressure; D, Body/auricular acupuncture + aromatherapy; E, Laser auricular acupuncture; F, Auricular acupressure + transcranial direct current stimulation (tDCS); G, Auricular acupressure + psychotherapy; H, Auricular acupressure + Chinese herbal medicine; I, Auricular acupressure + transcutaneous electrical acupoint stimulation (TEAS); J, Auricular acupuncture; K, Auricular electroacupuncture; L, Body and auricular acupressure; M, Aural electrical stimulation; N, Auricular electroacupuncture + auricular acupressure; ① Exhaled CO levels; ② Cigarette consumption; ③ Smoking cessation rates; ④ Scores on the Fagerström Test for Nicotine Dependence (FTND); ⑤ Self-assessed scores on the Minnesota Nicotine Withdrawal Scale (MNWS)

End of Part 2.

Part 3. Baseline Characteristics by Direct Comparison

(Transitivity Assessment)

This part provides a summary of baseline characteristics (mean age and smoking duration) stratified by direct comparison, used to assess the transitivity assumption.

Direct comparison	No. of studies	Mean age range (years)	Mean smoking duration range (years)
B vs. A	6	22~49	6~28
C vs. A	2	31~53	9~11
D vs. A	1	32~37	12~16
E vs. A	1	NR	NR
G vs. A	2	46~59	33~34
J vs. A	6	20~54	32~33
K vs. A	1	40~43	23~24
L vs. A	1	46~47	27~29
M vs. A	2	34~56	16~35
N vs. A	1	40~45	26~28
B vs. StdMeds	3	45~52	21~22
C vs. StdMeds	6	39~48	17~27
I vs. StdMeds	1	45	23
C vs. B	3	39~42	19~25
F vs. B	1	41~44	20~24
H vs. B	1	40~42	19~20

Abbreviations: A, Placebo/minimal intervention; Std Meds, Standard pharmacotherapy; B, Auricular acupressure; C, Acupuncture + auricular acupressure; D, Body/auricular acupuncture + aromatherapy; E, Laser auricular acupuncture; F, Auricular acupressure + tDCS; G, Auricular acupressure + psychotherapy; H, Auricular acupressure + Chinese herbal medicine; I, Auricular acupressure + TEAS; J, Auricular acupuncture; K, Auricular electroacupuncture; L, Body and auricular acupressure; M, Aural electrical stimulation; N, Auricular electroacupuncture + auricular acupressure. NR, Not reported.

End of Part 3.

Part 4. SUCRA Plots and Publication Bias Assessment

This part contains the SUCRA plots and publication bias assessment figures originally presented in the main text. They have been moved to the supplementary material at the request of the reviewer.

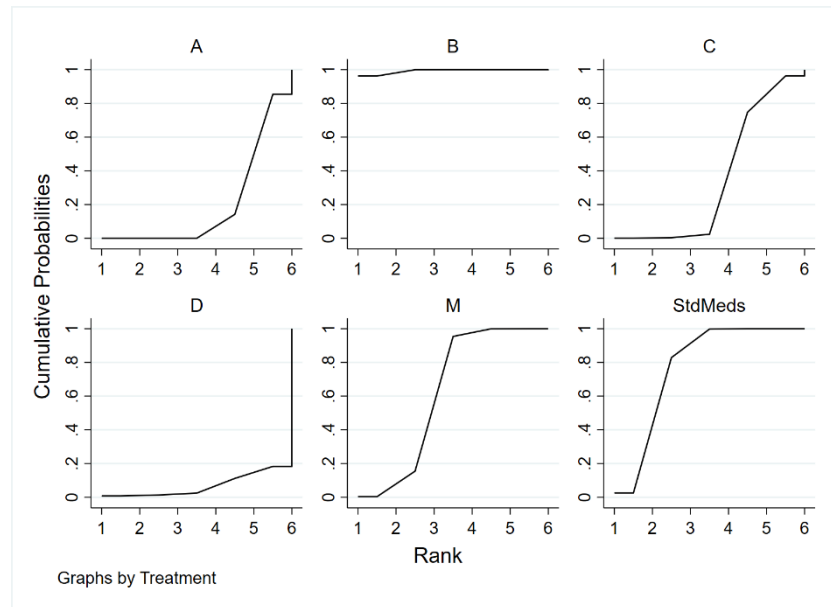


Fig.4.1 Surface under the cumulative ranking curve for exhaled carbon monoxide levels in a network meta-analysis of auricular therapy for smoking cessation (10 RCTs, 6 interventions).

A, placebo/minimal intervention; StdMeds, Standard pharmacotherapy; B, auricular acupressure; C, acupuncture + auricular acupressure; D, body/auricular acupuncture + aromatherapy; M, aural electrical stimulation.

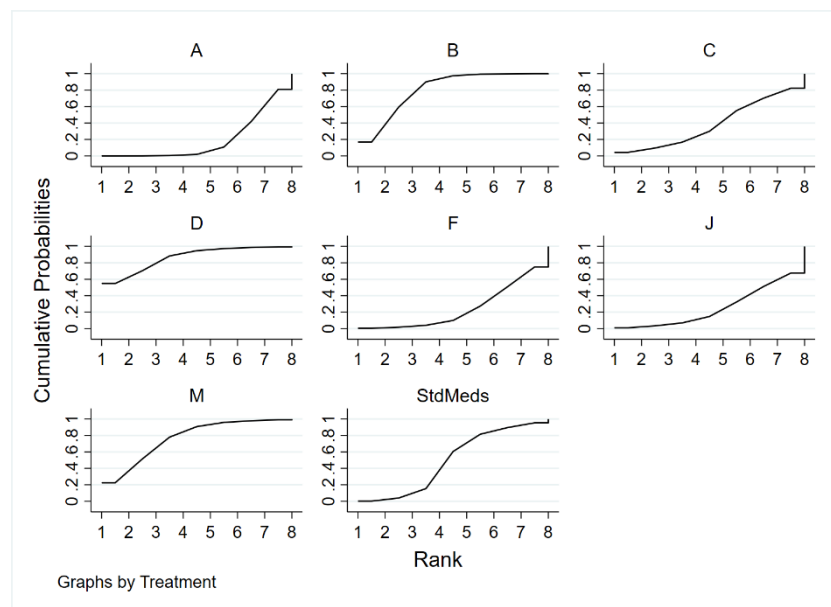


Fig.4.2 Surface under the cumulative ranking curve for daily cigarette consumption in a network meta-analysis of auricular therapy for smoking cessation (13 RCTs, 8 interventions).

interventions).

A, placebo/minimal intervention; StdMeds, Standard pharmacotherapy; B, auricular acupressure; C, acupuncture + auricular acupressure; D, body/auricular acupuncture + aromatherapy; F, auricular acupressure + tDCS; J, auricular acupuncture; M, aural electrical stimulation.

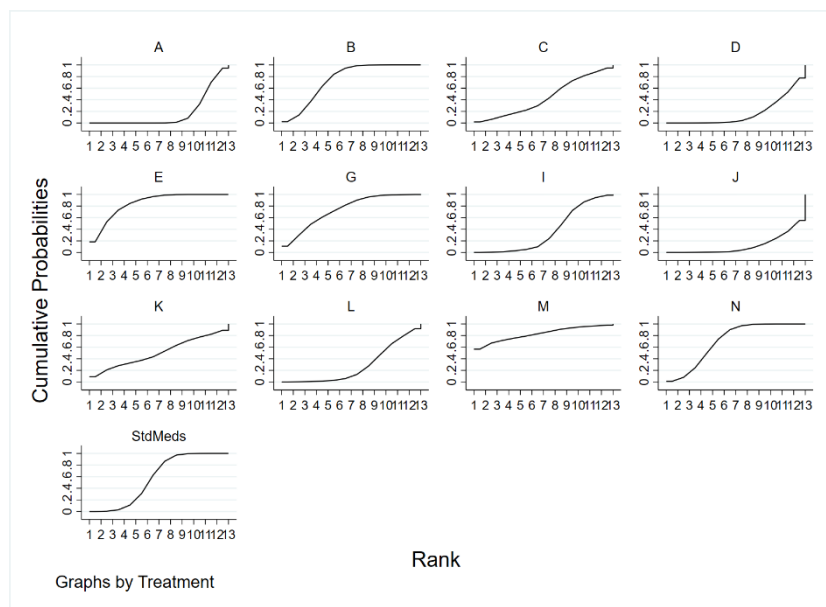


Fig.4.3 Surface under the cumulative ranking curve for smoking cessation rates in a network meta-analysis of auricular therapy for smoking cessation (27 RCTs, 13 interventions).

A, placebo/minimal intervention; StdMeds, Standard pharmacotherapy; B, auricular acupressure; C, acupuncture + auricular acupressure; D, body/auricular acupuncture + aromatherapy; E, laser auricular acupressure; G, auricular acupressure + psychotherapy; I, auricular acupressure + TEAS; J, auricular acupuncture; K, auricular electroacupuncture; L, body and auricular acupressure; M, aural electrical stimulation; N, auricular electroacupuncture + auricular acupressure

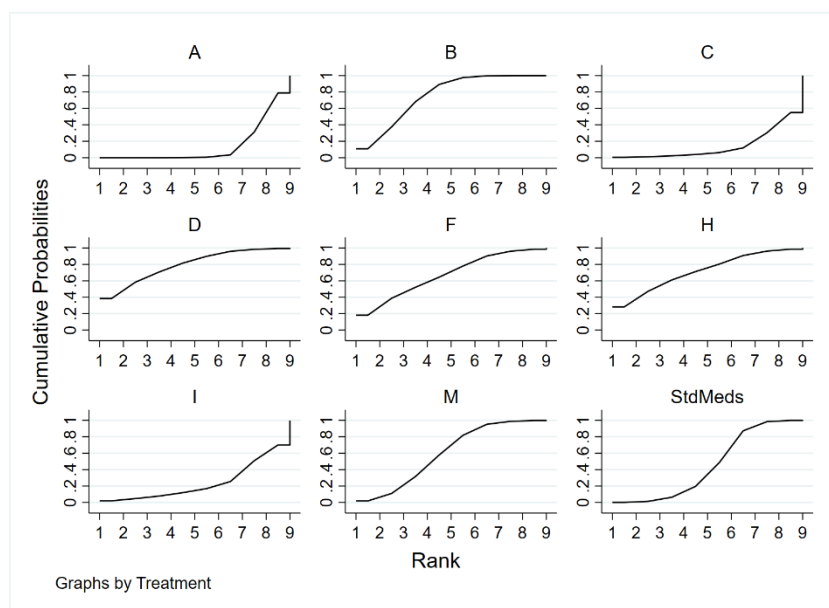


Fig.4.4 Surface under the cumulative ranking curve for nicotine dependence (FTND) in a network meta-analysis of auricular therapy for smoking cessation (16 RCTs, 9 interventions).

A, placebo/minimal intervention; StdMeds, Standard pharmacotherapy; B, auricular acupressure; C, acupuncture + auricular acupressure; D, body/auricular acupuncture + aromatherapy; F, auricular acupressure + tDCS; H, auricular acupressure + Chinese herbal medicine; I, auricular acupressure + TEAS; M, aural electrical stimulation.

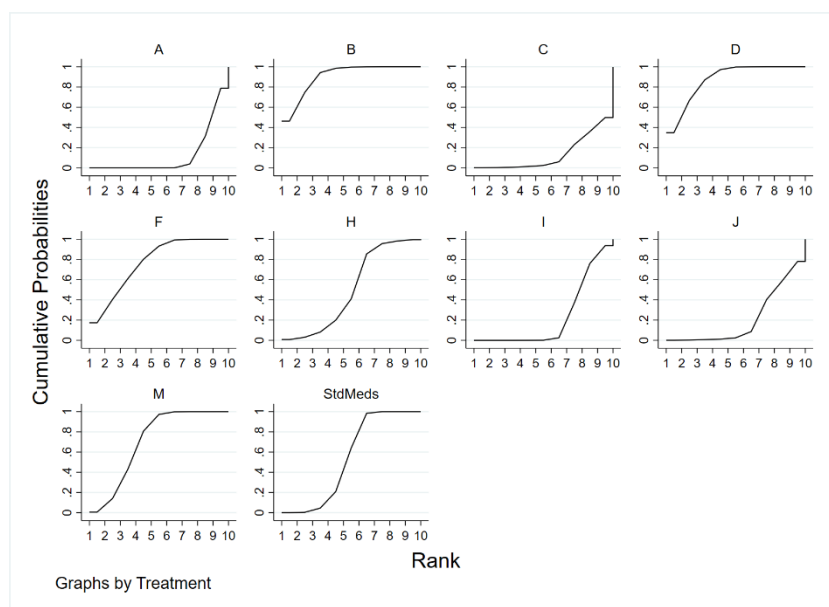


Fig.4.5 Surface under the cumulative ranking curve for withdrawal symptoms (MNWS) in a network meta-analysis of auricular therapy for smoking cessation (10 RCTs, 10 interventions).

A, placebo/minimal intervention; StdMeds, Standard pharmacotherapy; B, auricular acupressure; C, acupuncture + auricular acupressure; D, body/auricular acupuncture + aromatherapy; F, auricular acupressure + tDCS; H, auricular acupressure + Chinese herbal medicine; I, auricular acupressure + TEAS; J, auricular acupressure + TEAS; M, aural electrical stimulation.

acupressure + TEAS; J, auricular acupuncture; M, aural electrical stimulation

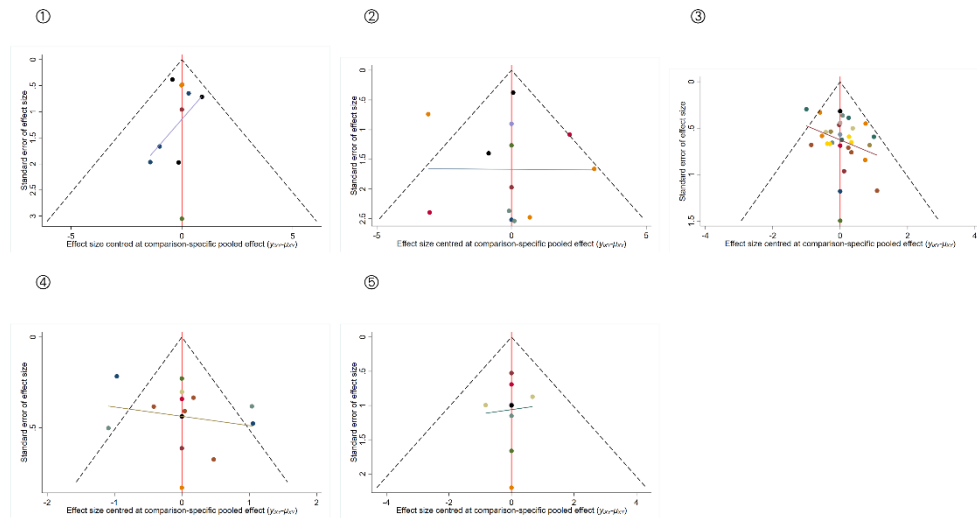


Fig.4.6 Comparison-adjusted funnel plots for publication bias assessment of five outcomes in a network meta-analysis of auricular therapy for smoking cessation, based on 36 randomized controlled trials. The red line represents the null hypothesis of no small-study effects.

①Exhaled CO levels; ②Cigarette consumption; ③Quit rates; ④Scores on the Fagerström Test for Nicotine Dependence (FTND); ⑤Self-assessed scores on the Minnesota Nicotine Withdrawal Scale (MNWS)

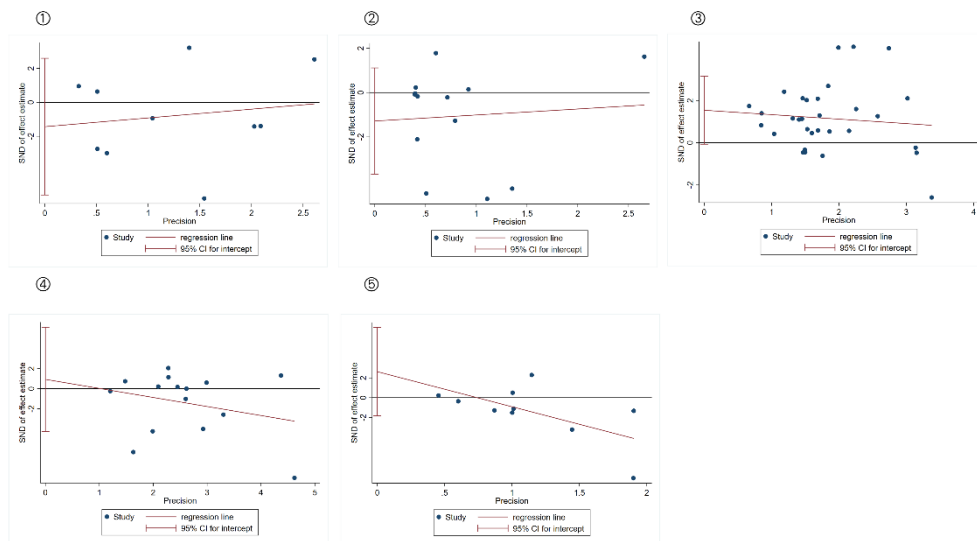


Fig.4.7 Egger's test results for small-study effects across five outcomes in a network meta-analysis of auricular therapy for smoking cessation, based on 36 randomized controlled trials.

①Exhaled CO levels; ②Cigarette consumption; ③Quit rates; ④Scores on the Fagerström Test for Nicotine Dependence (FTND); ⑤Self-assessed scores on the Minnesota Nicotine Withdrawal Scale (MNWS)

Part 5. Sensitivity Analyses

This part presents detailed results of the sensitivity analyses conducted to evaluate the robustness of the primary network meta-analysis findings, including: (1) excluding studies with a total sample size of less than 40, (2) excluding studies with an intervention duration of less than 4 weeks, (3) comparing network structures before and after exclusion of studies causing inconsistency for the cigarette consumption outcome, and (4) using standardized mean differences (SMD) instead of mean differences (MD) for the MNWS outcome.

1. Sensitivity Analysis by Sample Size (Total n < 40)

1.1 Excluded Studies

Two studies with a total sample size of less than 40 were excluded from all analyses in this sensitivity analysis.

Table P5.1 Studies excluded in the sample size sensitivity analysis

Study	Total N	Intervention comparison
Roberta de Paiva Silva 2014	30	A vs. B
Eun Jin Lee 2019	37	A vs. J

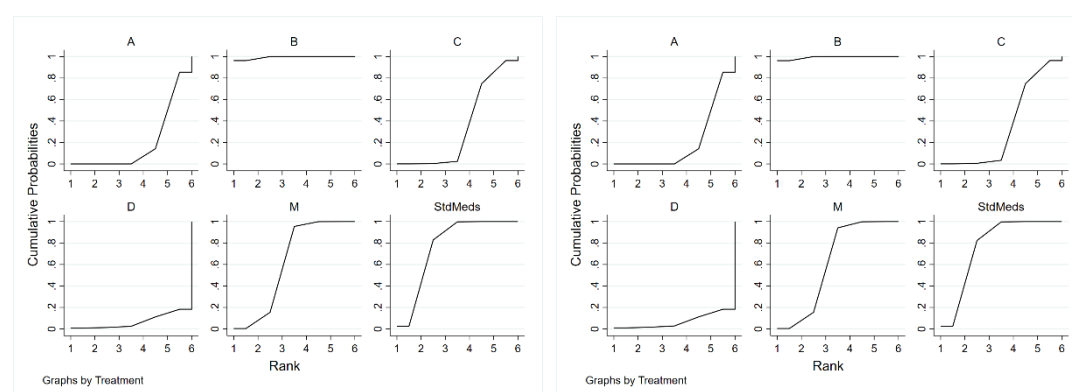
Abbreviations: A, Placebo/minimal intervention; B, Auricular acupressure; J, Auricular acupuncture.

1.2 Outcomes Analyzed

This sensitivity analysis encompassed three outcomes: exhaled CO levels, cigarette consumption, and smoking cessation rates. For each outcome, the primary analysis network and the sensitivity analysis network were re-run after excluding the two studies listed in Table P3.1. Results are presented as paired league tables and SUCRA plots below.

1.2.1 Exhaled CO Levels

The pooled effect estimates and SUCRA rankings after excluding studies with total N < 40 were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.1.1 Network Meta-analysis of exhaled CO levels (Primary) (MD, 95% CI)

Interventions	Placebo/minimal intervention	Standard pharmacotherapy	Auricular acupressure	Acupuncture + auricular acupressure	Body/auricular acupuncture + aromatherapy
Standard pharmacotherapy	-3.98 (-5.16, -2.80)				

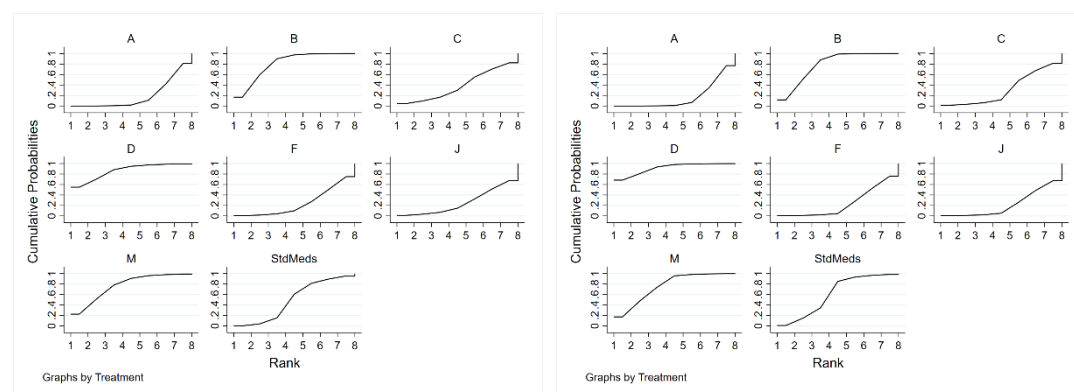
Auricular acupressure	-4.67 (-6.03, -3.30)	-0.68 (-1.37, 0.00)			
Acupuncture + auricular acupressure	-0.90 (-2.79, 0.99)	3.08 (0.85, 5.31)	3.77 (1.43, 6.10)		
Body/auricular acupuncture + aromatherapy	2.90 (-3.08, 8.88)	6.88 (0.78, 12.98)	7.57 (1.43, 13.70)	3.80 (-2.47, 10.07)	
Aural electrical stimulation	-3.39 (-4.92, -1.86)	0.59 (-0.55, 1.73)	1.28 (0.36, 2.19)	-2.49 (-4.92, -0.06)	-6.29 (-12.46, -0.12)

Table P5.1.2 Network Meta-analysis of exhaled CO levels (Sensitivity) (MD, 95% CI)

Interventions	Placebo/minimal intervention	Standard pharmacotherapy	Auricular acupressure	Acupuncture + auricular acupressure	Body/auricular acupuncture + aromatherapy
Standard pharmacotherapy	-3.84 (-5.05,-2.64)				
Auricular acupressure	-4.53 (-5.92,-3.14)	-0.68 (-1.37,0.00)			
Acupuncture + auricular acupressure	-0.90 (-2.79,0.99)	2.94 (0.70,5.19)	3.63 (1.29,5.97)		
Body/auricular acupuncture + aromatherapy	2.90 (-3.08,8.88)	6.74 (0.64,12.85)	7.43 (1.29,13.57)	3.80 (-2.47,10.07)	
Aural electrical stimulation	-3.25 (-4.85,-1.66)	0.59 (-0.55,1.73)	1.27 (0.36,2.19)	-2.35 (-4.82,0.11)	-6.15 (-12.35,0.04)

1.2.2 Cigarette Consumption

The pooled effect estimates and SUCRA rankings after excluding studies with total N < 40 were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.1.3 Network Meta-analysis of cigarette consumption (Primary) (MD, 95% CI)

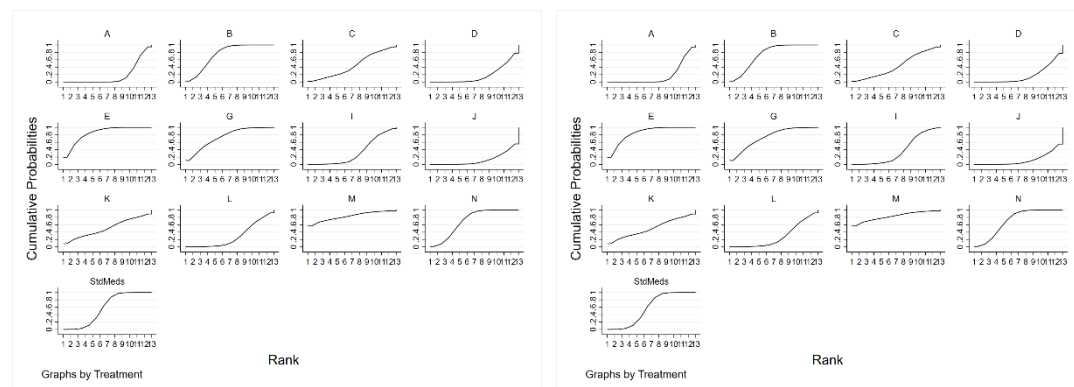
Interventions	placebo/minimal intervention	standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular acupressure + tDCS	auricular acupuncture
Standard pharmacotherapy	-3.31 (-8.56,1.94)						
auricular acupressure	-6.35 (-11.41,-1.30)	-3.04 (-7.04,0.95)					
acupuncture + auricular acupressure	-1.60 (-7.25,4.05)	1.71 (-6.00,9.42)	4.75 (-2.82,12.33)				
body/auricular acupuncture + aromatherapy	-7.64 (-15.15,-0.12)	-4.33 (-9.71,1.05)	-1.29 (-7.98,5.41)	-6.04 (-15.44,3.36)			
auricular acupressure + tDCS	-0.26 (-3.75,3.23)	3.05 (-3.21,9.30)	6.09 (-0.05,12.24)	1.34 (-5.30,7.98)	7.38 (-0.87,15.62)		
auricular acupuncture	-0.30 (-5.24,4.64)	3.01 (-4.20,10.22)	6.05 (-1.02,13.12)	1.30 (-6.21,8.80)	7.34 (-1.66,16.33)	-0.04 (-6.09,6.01)	
aural electrical stimulation	-6.15 (-12.49,0.20)	-2.84 (-8.38,2.71)	0.21 (-3.63,4.04)	-4.55 (-13.04,3.95)	1.49 (-6.23,9.22)	-5.88 (-13.13,1.37)	-5.84 (-13.88,2.20)

Table P5.1.4 Network Meta-analysis of cigarette consumption (Sensitivity) (MD, 95% CI)

Interventions	placebo/minimal intervention	standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular acupressure + tDCS	auricular acupuncture
Standard pharmacotherapy	-7.12 (-14.73,0.48)						
auricular acupressure	-8.96 (-15.24,-2.68)	-1.84 (-6.13,2.45)					
acupuncture + auricular acupressure	-1.60 (-7.13,3.93)	5.52 (-3.88,14.93)	7.36 (-1.01,15.73)				
body/auricular acupuncture + aromatherapy	-11.45 (-20.70,-2.21)	-4.33 (-9.59,0.93)	-2.49 (-9.28,4.29)	-9.85 (-20.63,0.92)			
auricular acupressure + tDCS	-0.54 (-4.49,3.40)	6.58 (-1.93,15.09)	8.41 (1.00,15.83)	1.06 (-5.74,7.85)	10.91 (0.90,20.91)		
auricular acupuncture	-0.30 (-5.18,4.57)	6.82 (-2.22,15.85)	8.66 (0.71,16.61)	1.30 (-6.08,8.67)	11.15 (0.70,21.60)	0.24 (-6.03,6.51)	
aural electrical stimulation	-8.75 (-16.06,-1.44)	-1.63 (-7.34,4.08)	0.21 (-3.54,3.96)	-7.15 (-16.32,2.02)	2.70 (-5.06,10.46)	-8.20 (-16.52,0.11)	-8.45 (-17.24,0.34)

1.2.3 Smoking Cessation Rates

The pooled effect estimates and SUCRA rankings after excluding studies with total N < 40 were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.1.5 Network Meta-analysis of smoking cessation rates (Primary) (OR, 95% CI)

Interventions	placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	laser auricular acupuncture	auricular acupressure + psychotherapy	auricular acupressure + TEAS	auricular acupuncture	auricular electroacupuncture	body and auricular acupressure	aural electrical stimulation
Standard pharmacotherapy	3.55 (2.06, 6.10)											
auricular acupressure	4.97 (2.65, 9.30)	1.40 (0.82, 2.40)										
acupuncture + auricular acupressure	2.18 (0.45, 10.56)	0.61 (0.12, 3.26)	0.44 (0.08, 2.40)									
body/auricular acupuncture + aromatherapy	0.93 (0.33, 2.59)	0.26 (0.08, 0.84)	0.19 (0.06, 0.62)	2.35 (0.36, 15.43)								
laser auricular acupuncture	7.15 (3.11, 16.45)	2.02 (0.83, 4.87)	1.44 (0.54, 3.81)	3.28 (0.55, 19.50)	7.70 (2.05, 28.91)							
auricular acupressure + psychotherapy	5.26 (1.52, 18.29)	1.48 (0.47, 4.70)	1.06 (0.33, 3.43)	2.41 (0.32, 18.00)	5.67 (1.13, 28.50)	0.74 (0.18, 3.09)						
auricular acupressure + TEAS	1.78 (0.74, 4.26)	0.50 (0.18, 1.40)	0.36 (0.12, 1.05)	0.81 (0.13, 4.94)	1.91 (0.50, 7.38)	0.25 (0.07, 0.83)	0.34 (0.07, 1.54)					
auricular acupuncture	0.70 (0.18, 2.80)	0.20 (0.04, 0.87)	0.14 (0.03, 0.64)	0.32 (0.04, 2.62)	0.76 (0.14, 4.24)	0.10 (0.02, 0.49)	0.13 (0.02, 0.86)	0.40 (0.08, 2.03)				
auricular electroacupuncture	2.66 (0.23, 30.90)	0.75 (0.06, 9.24)	0.53 (0.04, 6.73)	1.22 (0.07, 22.51)	2.86 (0.20, 40.93)	0.37 (0.03, 4.96)	0.50 (0.03, 7.91)	1.50 (0.11, 20.26)	3.78 (0.23, 63.13)			
body and auricular acupressure	1.35 (0.47, 3.86)	0.38 (0.12, 1.24)	0.27 (0.08, 0.92)	0.62 (0.09, 4.12)	1.45 (0.33, 6.32)	0.19 (0.05, 0.72)	0.26 (0.05, 1.31)	0.76 (0.19, 2.99)	1.92 (0.34, 10.89)	0.51 (0.04, 7.33)		

aural electrical stimulation	13.52 (0.64, 284.27)	3.81 (0.17, 84.04)	2.72 (0.12, 60.98)	6.20 (0.20, 191.29)	14.57 (0.59, 362.51)	1.89 (0.08, 44.46)	2.57 (0.10, 68.97)	7.62 (0.32, 181.18)	19.23 (0.68, 544.98)	5.09 (0.10, 254.20)	10.02 (0.40, 251.26)	
auricular electroacupuncture + auricular acupressure	4.53 (2.23, 9.18)	1.28 (0.75, 2.16)	0.91 (0.51, 1.62)	2.08 (0.37, 11.69)	4.88 (1.40, 16.98)	0.63 (0.23, 1.73)	0.86 (0.31, 2.40)	2.55 (0.83, 7.83)	6.44 (1.36, 30.40)	1.70 (0.13, 21.90)	3.36 (0.95, 11.90)	0.33 (0.01, 7.63)

Table P5.1.6 Network Meta-analysis of smoking cessation rates (Sensitivity) (OR, 95% CI)

Interventions	placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	laser auricular acupuncture	auricular acupressure + psychotherapy	auricular acupressure + TEAS	auricular acupuncture	auricular electroacupuncture	body and auricular acupressure	aural electrical stimulation
Standard pharmacotherapy	3.55 (2.06, 6.11)											
auricular acupressure	4.97 (2.65, 9.31)	1.40 (0.82, 2.40)										
acupuncture + auricular acupressure	2.18 (0.45, 10.57)	0.61 (0.12, 3.26)	0.44 (0.06, 2.80)									
body/auricular acupuncture + aromatherapy	0.93 (0.33, 2.59)	0.26 (0.08, 0.84)	0.19 (0.06, 0.62)	0.43 (0.36, 15.43)								
laser auricular acupuncture	7.15 (3.11, 16.45)	2.02 (0.83, 4.87)	1.44 (0.54, 3.81)	3.28 (0.55, 19.51)	7.70 (2.05, 28.94)							
auricular acupressure + psychotherapy	5.27 (1.51, 18.31)	1.48 (0.47, 4.70)	1.06 (0.33, 3.44)	2.41 (0.32, 18.02)	5.67 (1.13, 28.54)	0.74 (0.18, 3.10)						
auricular acupressure + TEAS	1.52 (0.59, 3.88)	0.43 (0.14, 1.26)	0.31 (0.10, 0.94)	0.70 (0.11, 4.36)	1.63 (0.41, 6.57)	0.21 (0.06, 0.74)	0.29 (0.06, 1.37)					
auricular acupuncture	0.70 (0.18, 2.80)	0.20 (0.04, 0.87)	0.14 (0.03, 0.64)	0.32 (0.04, 2.62)	0.76 (0.14, 4.24)	0.10 (0.02, 0.49)	0.13 (0.02, 0.86)	0.46 (0.09, 2.46)				
auricular electroacupuncture	2.66 (0.23, 30.90)	0.75 (0.06, 9.24)	0.53 (0.04, 6.73)	1.22 (0.07, 22.52)	2.86 (0.20, 40.96)	0.37 (0.03, 4.96)	0.50 (0.03, 7.91)	1.75 (0.13, 24.23)	3.78 (0.23, 63.17)			
body and auricular	1.35 (0.47, 3.86)	0.38 (0.12, 1.24)	0.27 (0.08, 0.92)	0.62 (0.09, 4.12)	1.45 (0.33, 6.33)	0.19 (0.05, 0.72)	0.26 (0.05, 1.31)	0.89 (0.22, 3.64)	1.92 (0.34, 10.90)	0.51 (0.04, 7.33)		

acupressure												
aural electrical stimulation	13.52 (0.64, 284.36)	3.81 (0.17, 84.07)	2.72 (0.12, 60.99)	6.20 (0.20, 191.39)	14.57 (0.59, 362.72)	1.89 (0.08, 44.48)	2.57 (0.10, 69.00)	8.91 (0.37, 215.80)	19.23 (0.68, 545.28)	5.09 (0.10, 254.32)	10.02 (0.40, 251.37)	
auricular electroacupuncture + auricular acupressure	4.53 (2.23, 9.18)	1.28 (0.75, 2.16)	0.91 (0.51, 1.62)	2.08 (0.37, 11.70)	4.88 (1.40, 17.00)	0.63 (0.23, 1.73)	0.86 (0.31, 2.40)	2.99 (0.92, 9.65)	6.44 (1.36, 30.43)	1.70 (0.13, 21.92)	3.36 (0.95, 11.91)	0.33 (0.01, 7.64)

2. Sensitivity Analysis by Intervention Duration (< 4 Weeks)

2.1 Excluded Studies

Five studies with an intervention duration of less than 4 weeks were excluded from all analyses in this sensitivity analysis.

Table P5.2 Studies excluded in the intervention duration sensitivity analysis

Study	Intervention comparison	Duration
Huang Ye 2012	A vs. C	20 days
Yun-Kwok Wing 2010	A vs. L	3 weeks
Adrian R. White 1998	A vs. K	1 week
Norma R Waite 1998	A vs. N	2 weeks
Dong He 2001	A vs. J	3 weeks
JIANG Bin 2011	A vs. J	3 weeks
Ayşe Aycicegi-Dinn 2011	A vs. M	3 weeks

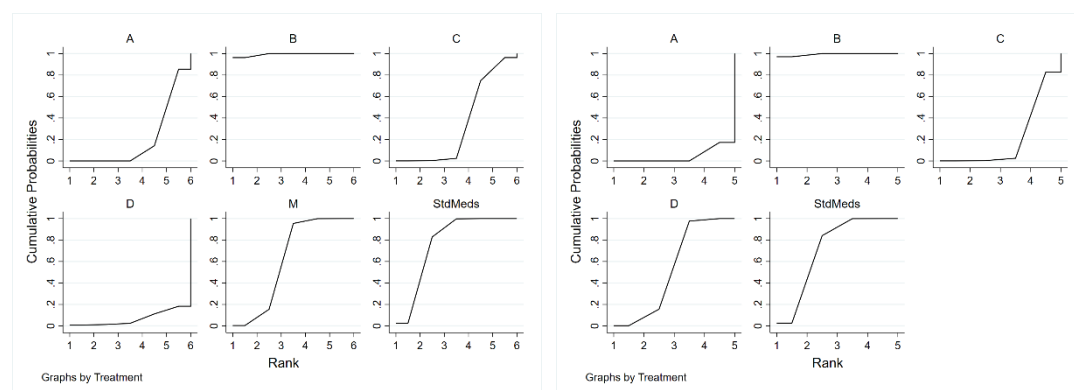
Abbreviations: A, Placebo/minimal intervention; C, acupuncture + auricular acupressure; J, Auricular acupuncture; K, Auricular electroacupuncture; L, Body and auricular acupressure; M, Aural electrical stimulation; N, Auricular electroacupuncture + auricular acupressure.

2.2 Outcomes Analyzed

This sensitivity analysis encompassed four outcomes: exhaled CO levels, cigarette consumption, smoking cessation rates, and FTND scores. For each outcome, the primary analysis network and the sensitivity analysis network were re-run after excluding the five studies listed in Table P3.2. Results are presented as paired league tables and SUCRA plots below.

2.2.1 Exhaled CO Levels

The pooled effect estimates and SUCRA rankings after excluding studies with duration < 4 weeks were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.2.1 Network Meta-analysis of exhaled CO levels (Primary) (MD, 95% CI)

Interventions	Placebo/minimal intervention	Standard pharmacotherapy	Auricular acupressure	Acupuncture + auricular acupressure	Body/auricular acupuncture + aromatherapy
Standard pharmacotherapy	-3.98 (-5.16, -2.80)				
Auricular acupressure	-4.67 (-6.03, -3.30)	-0.68 (-1.37, 0.00)			
Acupuncture + auricular acupressure	-0.90 (-2.79, 0.99)	3.08 (0.85, 5.31)	3.77 (1.43, 6.10)		

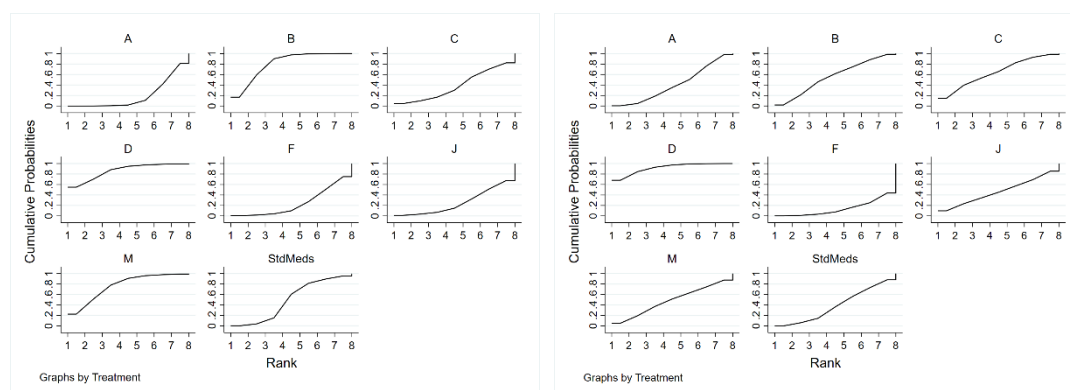
Body/auricular acupuncture + aromatherapy	2.90 (-3.08, 8.88)	6.88 (0.78, 12.98)	7.57 (1.43, 13.70)	3.80 (-2.47, 10.07)	
Aural electrical stimulation	-3.39 (-4.92, -1.86)	0.59 (-0.55, 1.73)	1.28 (0.36, 2.19)	-2.49 (-4.92, -0.06)	-6.29 (-12.46, -0.12)

Table P5.2.2 Network Meta-analysis of exhaled CO levels (Sensitivity) (MD, 95% CI)

Interventions	Placebo/minimal intervention	Standard pharmacotherapy	Auricular acupressure	Acupuncture + auricular acupressure
Standard pharmacotherapy	-3.98 (-5.16,-2.80)			
Auricular acupressure	-4.67 (-6.03,-3.30)	-0.68 (-1.37,0.00)		
Acupuncture + auricular acupressure	-0.90 (-2.79,0.99)	3.08 (0.85,5.31)	3.77 (1.43,6.10)	
Body/auricular acupuncture + aromatherapy	-3.39 (-4.92,-1.86)	0.59 (-0.55,1.73)	1.28 (0.36,2.19)	-2.49 (-4.92,-0.06)

2.2.2 Cigarette Consumption

The pooled effect estimates and SUCRA rankings after excluding studies with duration < 4 weeks were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.2.3 Network Meta-analysis of cigarette consumption (Primary) (MD, 95% CI)

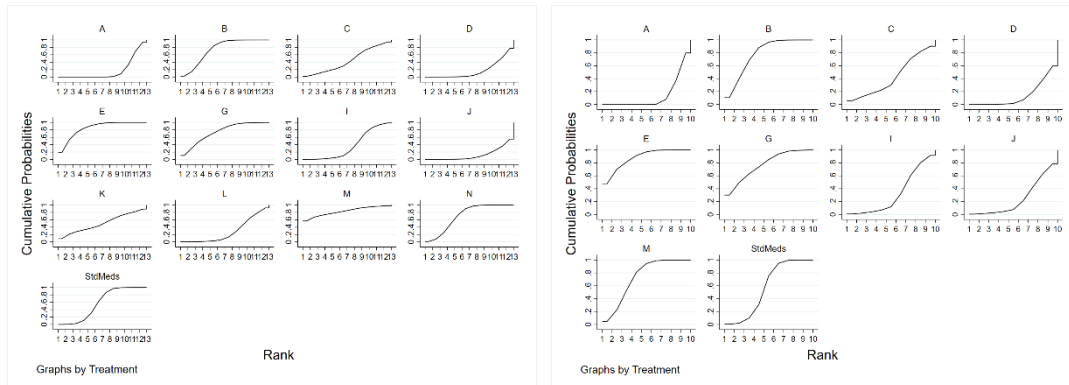
Interventions	placebo/minimal intervention	standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular acupressure + tDCS	auricular acupuncture
Standard pharmacotherapy	-3.31 (-8.56,1.94)						
auricular acupressure	-6.35 (-11.41,-1.30)	-3.04 (-7.04,0.95)					
acupuncture + auricular acupressure	-1.60 (-7.25,4.05)	1.71 (-6.00,9.42)	4.75 (-2.82,12.33)				
body/auricular acupuncture + aromatherapy	-7.64 (-15.15,-0.12)	-4.33 (-9.71,1.05)	-1.29 (-7.98,5.41)	-6.04 (-15.44,3.36)			
auricular acupressure + tDCS	-0.26 (-3.75,3.23)	3.05 (-3.21,9.30)	6.09 (-0.05,12.24)	1.34 (-5.30,7.98)	7.38 (-0.87,15.62)		
auricular acupuncture	-0.30 (-5.24,4.64)	3.01 (-4.20,10.22)	6.05 (-1.02,13.12)	1.30 (-6.21,8.80)	7.34 (-1.66,16.33)	-0.04 (-6.09,6.01)	
aural electrical stimulation	-6.15 (-12.49,0.20)	-2.84 (-8.38,2.71)	0.21 (-3.63,4.04)	-4.55 (-13.04,3.95)	1.49 (-6.23,9.22)	-5.88 (-13.13,1.37)	-5.84 (-13.88,2.20)

Table P5.2.4 Network Meta-analysis of cigarette consumption (Sensitivity) (MD, 95% CI)

Interventions	placebo/minim al intervention	standard pharmacothera py	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular acupressure + tDCS	auricular acupuncture
Standard pharmacotherap y	-0.10 (-5.35,5.15)						
auricular acupressure	-1.16 (-7.44,5.12)	-1.06 (-4.51,2.39)					
acupuncture + auricular acupressure	-1.60 (-4.66,1.46)	-1.50 (-7.58,4.58)	-0.44 (-7.43,6.55)				
body/auricular acupuncture + aromatherapy	-4.43 (-10.26,1.40)	-4.33 (-6.86,-1.80)	-3.27 (-7.54,1.01)	-2.83 (-9.41,3.75)			
auricular acupressure + tDCS	2.15 (-0.93,5.22)	2.25 (-3.84,8.33)	3.31 (-3.49,10.11)	3.75 (-0.59,8.08)	6.58 (-0.01,13.16)		
auricular acupuncture	-0.40 (-5.38,4.58)	-0.30 (-7.54,6.94)	0.76 (-7.25,8.78)	1.20 (-4.64,7.04)	4.03 (-3.63,11.69)	-2.55 (-8.39,3.30)	
aural electrical stimulation	-0.79 (-7.67,6.09)	-0.69 (-5.13,3.75)	0.37 (-1.52,2.26)	0.81 (-6.72,8.34)	3.64 (-1.47,8.75)	-2.93 (-10.22,4.35)	-0.39 (-8.88,8.10)

2.2.3 Smoking Cessation Rates

The pooled effect estimates and SUCRA rankings after excluding studies with duration < 4 weeks were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.2.5 Network Meta-analysis of smoking cessation rates (Primary) (OR, 95% CI)

Interventions	placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	laser auricular acupuncture	auricular acupressure + psychotherapy	auricular acupressure + TEAS	auricular acupuncture	auricular electroacupuncture	body and auricular acupressure	aural electrical stimulation
Standard pharmacotherapy	3.55 (2.06, 6.10)											
auricular acupressure	4.97 (2.65, 9.30)	1.40 (0.82, 2.40)										
acupuncture + auricular acupressure	2.18 (0.45, 10.56)	0.61 (0.12, 3.26)	0.44 (0.08, 2.40)									
body/auricular acupuncture + aromatherapy	0.93 (0.33, 2.59)	0.26 (0.08, 0.84)	0.19 (0.06, 0.62)	2.35 (0.36, 15.43)								
laser auricular acupuncture	7.15 (3.11, 16.45)	2.02 (0.83, 4.87)	1.44 (0.54, 3.81)	3.28 (0.55, 19.50)	7.70 (2.05, 28.91)							
auricular acupressure + psychotherapy	5.26 (1.52, 18.29)	1.48 (0.47, 4.70)	1.06 (0.33, 3.43)	2.41 (0.32, 18.00)	5.67 (1.13, 28.50)	0.74 (0.18, 3.09)						
auricular acupressure + TEAS	1.78 (0.74, 4.26)	0.50 (0.18, 1.40)	0.36 (0.12, 1.05)	0.81 (0.13, 4.94)	1.91 (0.50, 7.38)	0.25 (0.07, 0.83)	0.34 (0.07, 1.54)					
auricular acupuncture	0.70 (0.18, 2.80)	0.20 (0.04, 0.87)	0.14 (0.03, 0.64)	0.32 (0.04, 2.62)	0.76 (0.14, 4.24)	0.10 (0.02, 0.49)	0.13 (0.02, 0.86)	0.40 (0.08, 2.03)				
auricular electroacupuncture	2.66 (0.23, 30.90)	0.75 (0.06, 9.24)	0.53 (0.04, 6.73)	1.22 (0.07, 22.51)	2.86 (0.20, 40.93)	0.37 (0.03, 4.96)	0.50 (0.03, 7.91)	1.50 (0.11, 20.26)	3.78 (0.23, 63.13)			
body and auricular acupressure	1.35 (0.47, 3.86)	0.38 (0.12, 1.24)	0.27 (0.08, 0.92)	0.62 (0.09, 4.12)	1.45 (0.33, 6.32)	0.19 (0.05, 0.72)	0.26 (0.05, 1.31)	0.76 (0.19, 2.99)	1.92 (0.34, 10.89)	0.51 (0.04, 7.33)		

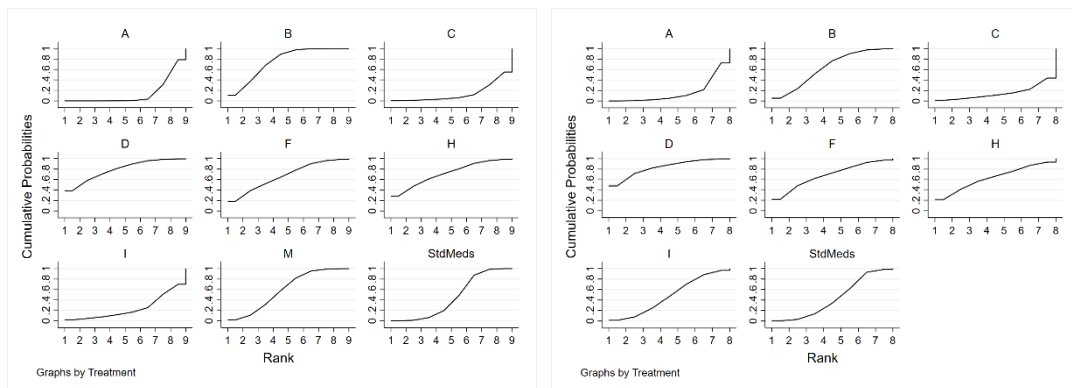
aural electrical stimulation	13.52 (0.64, 284.27)	3.81 (0.17, 84.04)	2.72 (0.12, 60.98)	6.20 (0.20, 191.29)	14.57 (0.59, 362.51)	1.89 (0.08, 44.46)	2.57 (0.10, 68.97)	7.62 (0.32, 181.18)	19.23 (0.68, 544.98)	5.09 (0.10, 254.20)	10.02 (0.40, 251.26)	
auricular electroacupuncture + auricular acupressure	4.53 (2.23, 9.18)	1.28 (0.75, 2.16)	0.91 (0.51, 1.62)	2.08 (0.37, 11.69)	4.88 (1.40, 16.98)	0.63 (0.23, 1.73)	0.86 (0.31, 2.40)	2.55 (0.83, 7.83)	6.44 (1.36, 30.40)	1.70 (0.13, 21.90)	3.36 (0.95, 11.90)	0.33 (0.01, 7.63)

Table P5.2.6 Network Meta-analysis of smoking cessation rates (Sensitivity) (OR, 95% CI)

Interventions	placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	laser auricular acupuncture	auricular acupressure + psychotherapy	auricular acupressure + TEAS	auricular acupuncture
Standard pharmacotherapy	3.67 (2.03,6.63)								
auricular acupressure	5.32 (2.58,11.00)	1.45 (0.81,2.60)							
acupuncture + auricular acupressure	2.18 (0.43,11.09)	0.59 (0.11,3.35)	0.41 (0.07,2.43)						
body/auricular acupuncture + aromatherapy	0.93 (0.31,2.79)	0.25 (0.07,0.88)	0.17 (0.05,0.65)	0.43 (0.06,3.03)					
laser auricular acupuncture	7.23 (3.01,17.35)	1.97 (0.77,5.01)	1.36 (0.47,3.89)	3.31 (0.52,20.99)	7.79 (1.91,31.78)				
auricular acupressure + psychotherapy	5.60 (1.46,21.47)	1.53 (0.45,5.23)	1.05 (0.30,3.68)	2.57 (0.31,21.14)	6.03 (1.06,34.26)	0.77 (0.17,3.59)			
auricular acupressure + TEAS	1.64 (0.56,4.79)	0.45 (0.13,1.52)	0.31 (0.08,1.12)	0.75 (0.11,5.27)	1.77 (0.38,8.21)	0.23 (0.06,0.91)	0.29 (0.05,1.63)		
auricular acupuncture	1.30 (0.36,4.70)	0.35 (0.09,1.46)	0.24 (0.06,1.07)	0.60 (0.08,4.73)	1.40 (0.26,7.60)	0.18 (0.04,0.85)	0.23 (0.04,1.49)	0.79 (0.15,4.21)	
aural electrical stimulation	4.81 (2.22,10.45)	1.31 (0.75,2.29)	0.90 (0.49,1.66)	2.21 (0.36,13.36)	5.19 (1.35,19.92)	0.67 (0.23,1.94)	0.86 (0.29,2.58)	2.93 (0.79,10.91)	3.70 (0.83,16.60)

2.2.4 FTND Scores

The pooled effect estimates and SUCRA rankings after excluding studies with duration < 4 weeks were consistent with the primary analysis.



*primary analysis (left) and sensitivity analysis (right).

Table P5.2.7 Network Meta-analysis of FTND (Primary) (MD, 95% CI)

Interventions	Placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular acupressure + tDCS	auricular acupressure + Chinese herbal medicine	auricular acupressure + TEAS
Standard pharmacotherapy	-1.56 (-2.93, -0.19)							
auricular acupressure	-2.49 (-4.07, -0.91)	-0.93 (-2.17, 0.31)						
acupuncture + auricular acupressure	0.30 (-1.86, 2.46)	1.86 (-0.70, 4.42)	2.79 (0.11, 5.47)					
body/auricular acupuncture + aromatherapy	-2.93 (-5.53, -0.33)	-1.37 (-3.58, 0.84)	-0.44 (-2.98, 2.10)	-3.23 (-6.61, 0.15)				
auricular acupressure + tDCS	-2.34 (-4.93, 0.25)	-0.78 (-2.97, 1.41)	0.15 (-2.37, 2.67)	-2.64 (-6.01, 0.73)	0.59 (-2.53, 3.71)			
auricular acupressure + Chinese herbal medicine	-2.56 (-5.45, 0.33)	-1.00 (-3.69, 1.69)	-0.07 (-2.58, 2.44)	-2.86 (-6.47, 0.75)	0.37 (-3.11, 3.85)	-0.22 (-3.69, 3.25)		
auricular acupressure + TEAS	-0.20 (-2.87, 2.47)	1.36 (-1.64, 4.36)	2.29 (-0.81, 5.39)	-0.50 (-2.93, 3.93)	2.73 (-1.00, 6.46)	2.14 (-1.57, 5.85)	2.36 (-1.57, 6.30)	
aural electrical stimulation	-2.06 (-3.84, -0.28)	-0.50 (-1.92, 0.92)	0.43 (-0.62, 1.48)	-2.36 (-5.16, 0.44)	0.87 (-1.76, 3.50)	0.28 (-2.33, 2.89)	0.50 (-1.78, 2.78)	-1.86 (-5.07, 1.35)

Table P5.2.8 Network Meta-analysis of FTND (Sensitivity) (MD, 95% CI)

Interventions	Placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular acupressure + tDCS	auricular acupressure + Chinese herbal medicine
Standard pharmacotherapy	-1.00 (-2.43,0.44)						
auricular acupressure	-1.48 (-3.38,0.41)	-0.49 (-1.73,0.76)					
acupuncture + auricular acupressure	0.30 (-1.64,2.24)	1.30 (-1.12,3.71)	1.78 (-0.93,4.50)				
body/auricular acupuncture + aromatherapy	-2.37 (-4.83,0.10)	-1.37 (-3.38,0.64)	-0.88 (-3.24,1.48)	-2.67 (-5.80,0.47)			
auricular acupressure + tDCS	-1.78 (-4.22,0.67)	-0.78 (-2.76,1.20)	-0.29 (-2.63,2.05)	-2.08 (-5.20,1.05)	0.59 (-2.23,3.41)		
auricular acupressure + Chinese herbal medicine	-1.65 (-4.51,1.22)	-0.65 (-3.13,1.83)	-0.16 (-2.45,2.13)	-1.95 (-5.41,1.52)	0.72 (-2.47,3.91)	0.13 (-3.05,3.31)	
auricular acupressure + TEAS	-1.15 (-3.12,0.83)	-0.15 (-1.51,1.21)	0.34 (-0.63,1.30)	-1.45 (-4.22,1.32)	1.22 (-1.20,3.64)	0.63 (-1.77,3.04)	0.50 (-1.58,2.58)

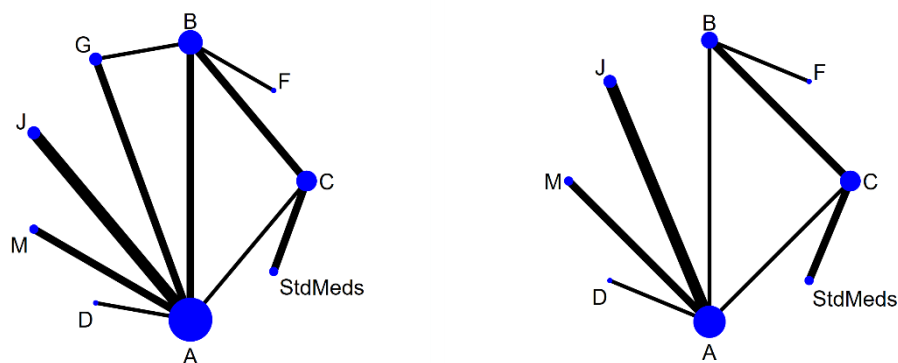
3. Sensitivity Analysis for Cigarette Consumption: Network Structure and SUCRA

Rankings Before and After Excluding Intervention G

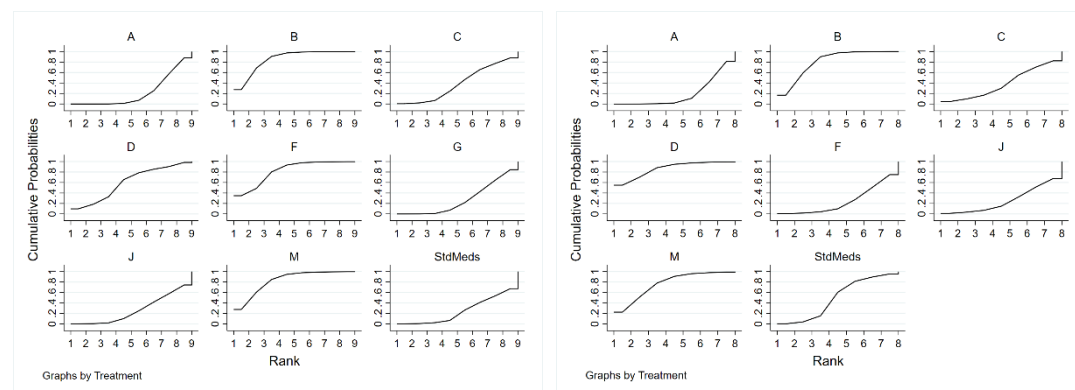
Two studies (Li Lu-bo 2011 and GUO Bao 2020) involving intervention G were excluded due to significant global inconsistency.

Table P5.3 Studies excluded in the intervention duration sensitivity analysis

Parameter	Before exclusion	After exclusion
Number of studies	15	13
Number of intervention nodes	9 (A, B, C, D, F, G, J, M, StdMeds)	8 (all except G)
Number of direct comparisons	13	11
Removed studies	—	Li Lu-bo 2011; GUO Bao 2020
Global inconsistency P-value	0.002	0.203



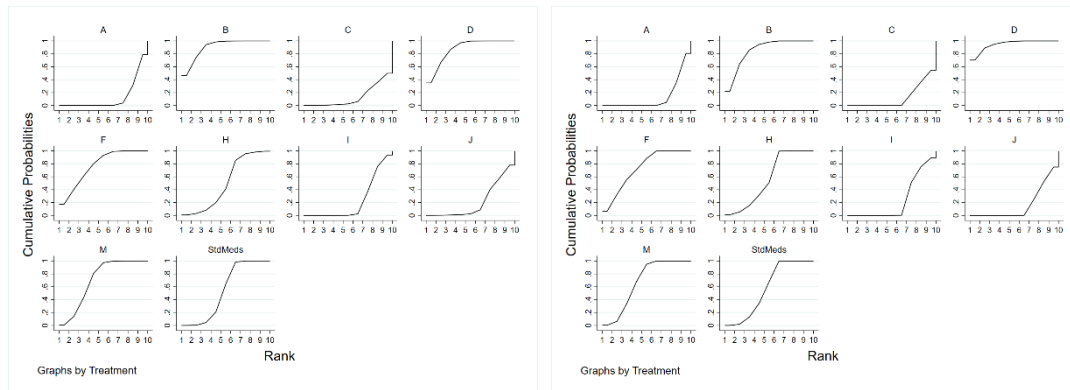
*Network plots for cigarette consumption outcome. (Left: before exclusion; Right: after exclusion)



* SUCRA Rankings Before and After Resolving Inconsistency. (Left: before exclusion; Right: after exclusion)

4. Sensitivity Analysis for MNWS Using Standardized Mean Differences (SMD)

To assess whether potential differences in MNWS versions across studies could affect the results, the MNWS outcome was re-analyzed using standardized mean differences (SMD) with Hedges' g correction. The SUCRA rankings from the SMD analysis were nearly identical to those obtained with MD, confirming the robustness of the findings.



*primary analysis (left) and sensitivity analysis (right).

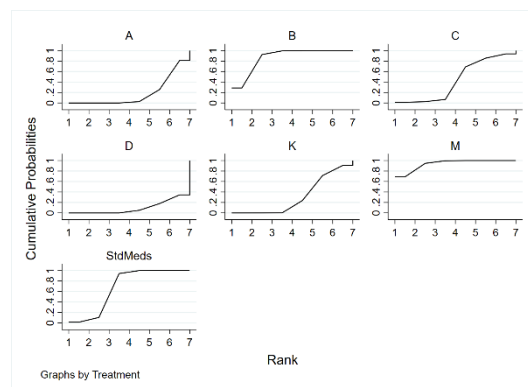
End of Part 5.

Part 6. Subgroup Analysis by Follow-up Duration (Smoking Cessation)

This subgroup analysis evaluates whether follow-up duration influences the comparative efficacy estimates for smoking cessation. Studies were stratified into two subgroups: ≤ 8 weeks and >8 weeks, based on the median follow-up duration across the included studies.

1 ≤ 8 Weeks Subgroup

This subgroup included 7 interventions (A, Std Meds, B, C, D, K, and M). The SUCRA rankings were consistent with the primary analysis: aural electrical stimulation (M) ranked highest (SUCRA = 93.8%), followed by auricular acupressure (B, SUCRA = 86.7%) and standard pharmacotherapy (Std Meds, SUCRA = 67.7%).



* SUCRA Rankings for the ≤ 8 weeks subgroup.

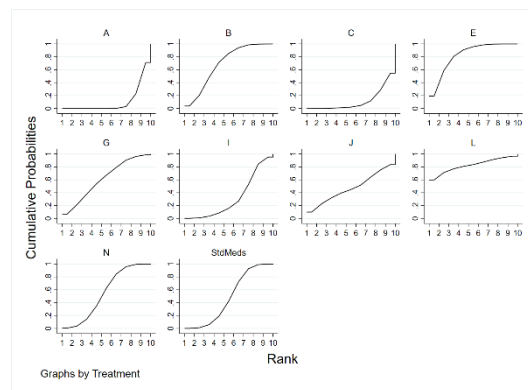
Table P6.1 League table for the ≤ 8 weeks subgroup (OR, 95% CI)

Interventions	placebo/minimal intervention	Standard pharmacotherapy	auricular acupressure	acupuncture + auricular acupressure	body/auricular acupuncture + aromatherapy	auricular electroacupuncture
Standard pharmacotherapy	7.78					
auricular	(3.21,18.83)	1.58				

acupressure	(4.22,35.69)	(0.87,2.87)				
acupuncture + auricular acupressure	2.18 (0.57,8.41)	0.28 (0.06,1.41)	0.18 (0.03,0.99)			
body/auricular acupuncture + aromatherapy	0.70 (0.23,2.14)	0.09 (0.02,0.38)	0.06 (0.01,0.27)	0.32 (0.06,1.86)		
auricular electroacupuncture	1.34 (0.59,3.03)	0.17 (0.05,0.57)	0.11 (0.03,0.42)	0.61 (0.13,2.97)	1.90 (0.48,7.58)	
aural electrical stimulation	14.98 (4.52,49.69)	1.93 (0.86,4.33)	1.22 (0.59,2.53)	6.87 (1.13,41.76)	1 21.30 (4.14,109.54)	11.22 (2.62,47.96)

2 >8 Weeks Subgroup

This subgroup included 10 interventions (A, Std Meds, B, C, E, G, I, J, L, and N). Laser auricular acupuncture (E, SUCRA = 82.7%) and body and auricular acupressure (L, SUCRA = 82.5%) ranked highest, while auricular acupressure (B, SUCRA = 69.1%) remained among the top-ranked interventions.



* SUCRA Rankings for the >8 weeks subgroup.

Table P6.2 League table for the >8 weeks subgroup (OR, 95% CI)

Interventions	placebo/mini mal intervention	Standard pharmacoth erapy	auricular acupressu re	acupunc ture + auricular acupressu re	laser auricular acupunctur e	auricular acupressure + psychothera py	auricular acupressure + TEAS	auricular acupunctur e	body and auricular acupressu re	aural electrical stimulation
Standard pharmacotherapy	2.87 (1.43,5.79)									
auricular acupressure	4.47 (2.01,9.94)	1.56 (0.64,3.81)								
acupuncture + auricular acupressure	0.93 (0.31,2.79)	0.32 (0.09,1.19)	0.21 (0.05,0.81)							
laser auricular acupuncture	6.64 (2.73,16.11)	2.31 (0.88,6.06)	1.48 (0.47,4.66)	7.15 (1.74,29.43)						
auricular acupressure + psychotherapy	3.85 (0.95,15.64)	1.34 (0.37,4.83)	0.86 (0.21,3.54)	4.15 (0.70,24.69)	0.58 (0.12,2.79)					
auricular acupressure + TEAS	1.79 (0.73,4.40)	0.62 (0.20,1.94)	0.40 (0.12,1.33)	1.92 (0.46,7.99)	0.27 (0.08,0.95)	0.46 (0.09,2.44)				
auricular acupuncture	2.66 (0.22,31.93)	0.92 (0.07,12.23)	0.59 (0.04,8.09)	2.86 (0.19,43.44)	0.40 (0.03,5.61)	0.69 (0.04,11.98)	1.49 (0.11,20.94)			
body and auricular acupressure	13.52 (0.63,291.83)	4.70 (0.20,109.85)	3.02 (0.13,72.24)	14.57 (0.56,38.94)	2.04 (0.08,49.85)	3.51 (0.12,102.81)	7.57 (0.31,185.98)	5.09 (0.10,264.80)		
auricular electroacupunctur e + auricular	3.31 (1.39,7.89)	1.15 (0.60,2.22)	0.74 (0.30,1.80)	3.57 (0.88,14.52)	0.50 (0.16,1.53)	0.86 (0.29,2.59)	1.85 (0.53,6.43)	1.25 (0.09,17.35)	0.24 (0.01,5.96)	0.33 (0.01, 7.63)

acupressure

End of Part 6.

End of Supplementary File1.