

Complementary and Integrative Medicine Therapies					
Mood and Anxiety Disorders					
Modality	Description	Beneficial effects	Possible harms	How to access	References
<b>Acupuncture</b>	CIM treatment using fine needles to rebalance the body	<ul style="list-style-type: none"> <li>Cognitive benefits in vascular dementia and Alzheimer's disease</li> <li>Decreases inflammation</li> <li>Improves muscle tone, movements in Parkinson's disease</li> <li>Improves sleep, anxiety, depression, chronic pain</li> </ul>	<ul style="list-style-type: none"> <li>Infection</li> <li>Minor bruising or bleeding</li> <li>Soreness</li> </ul>	<ul style="list-style-type: none"> <li>Physicians: American Academy of Medical Acupuncture (AAMA): <a href="https://tinyurl.com/7ra4wy6h">https://tinyurl.com/7ra4wy6h</a></li> <li>Non-physicians: certification from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)</li> </ul>	Tang Y et al, <i>Medicine (Baltimore)</i> 2019;98(43):e17648
<b>Forest bathing</b>	Spending time in nature among trees	Positive effects on cardiovascular and immune systems, mental health	Unknown	Any outdoor space under trees	Stier-Jarmer M et al, <i>Int J Environ Res Public Health</i> 2021;18(4):1770
<b>Light therapy</b>	<ul style="list-style-type: none"> <li>Morning use of light</li> <li>Walking outside in the morning and before sunset</li> </ul>	Improves mood and sleep	<ul style="list-style-type: none"> <li>Headache</li> <li>Irritability</li> <li>Mania in patients with bipolar disorder</li> <li>Sleep disturbance</li> </ul>	Buy a lightbox (aim for 10,000 lux) (covered by some insurance plans)	Zhao X et al, <i>J Affect Disord</i> 2018;232:291–299
<b>Sound healing</b>	Uses sounds such as voice, drumming, or music bowls	Improves emotional wellbeing	<ul style="list-style-type: none"> <li>Discomfort</li> <li>Singing bowls can trigger seizures in patients with epilepsy</li> </ul>	<ul style="list-style-type: none"> <li>Local studio offering sound baths</li> <li>Online sessions</li> </ul>	Goldsby TL et al, <i>J Evid Based Complementary Altern Med</i> 2017;22(3):401–406
<b>Swimming</b>	Physical activity in water	Improves depression and anxiety	<ul style="list-style-type: none"> <li>Drowning</li> <li>Infections</li> </ul>	Any body of water	Silva LAD et al, <i>Clinics (Sao Paulo)</i> 2019;74:e322
Neurocognitive Disorders					
<b>Aromatherapy (eg, lavender)</b>	Use of essential oils	Calming effect on anxiety and agitation	<ul style="list-style-type: none"> <li>Can irritate mucous membranes</li> <li>Can be toxic if ingested</li> </ul>	<ul style="list-style-type: none"> <li>Essential oil diffusers or humidifiers</li> <li>Essential oil massage</li> <li>Essential oils in bath or shower</li> </ul>	Moorman Li R et al, <i>J Drug Assess</i> 2017;6(1):1–5
<b>Enrichment activities</b>	Dancing, painting	Plastic effects on the brain	Overstimulation	<ul style="list-style-type: none"> <li>Online classes</li> <li>Search local classes</li> <li>Senior centers</li> </ul>	Arafa A et al, <i>BMC Neurol</i> 2022;22(1):395
<b>Meditation, mindfulness, and yoga</b>	<ul style="list-style-type: none"> <li>Mind and body practice combining postures, breathing, and meditation</li> <li>May use chanting, mudras, and visualization</li> <li>Practice of bringing attention to the present without judgment</li> </ul>	"Brain fitness" effect	<ul style="list-style-type: none"> <li>Overstretching</li> <li>Perceptual hypersensitivity</li> <li>Temporary discomfort</li> <li>Unusual experiences, eg hallucinations</li> </ul>	<ul style="list-style-type: none"> <li>Local yoga studios</li> <li>Guided meditations online</li> <li>Mobile apps (eg, Calm, Headspace)</li> <li>UCLA Mindful Awareness Research Center: <a href="https://tinyurl.com/2djtbnf6">https://tinyurl.com/2djtbnf6</a></li> </ul>	Krause-Sorio B et al, <i>J Alzheimer's Dis</i> 2022;87(2):569–581
<b>Music therapy</b>	Listening or playing an instrument	<ul style="list-style-type: none"> <li>Decreases agitation</li> <li>Reduces stress and improves mood</li> </ul>	<ul style="list-style-type: none"> <li>Increases anxiety</li> <li>Overstimulation</li> <li>Triggers memories</li> </ul>	Local music schools	Pedersen SKA et al, <i>Front Psychol</i> 2017;8:742