

INIOST Study Report 2022

An overview of osteopathic studies published worldwide in 2022

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The Institute for Osteopathic Studies (INIOST) operates the osteopathic database OSTLIB (ostlib.de). As in previous years, osteopathic studies were evaluated according to various criteria for the year 2022. A selection is presented in the following overview.

In 2022, 429 articles and studies* on osteopathy were written worldwide. This number does not include editorials, book reviews, corrections, and announcements. Also not included are 28 studies on an original osteopathic single technique (Muscle Energy Technique), since the majority of them were performed by physiotherapists and the osteopathic therapeutic context was not given in most cases. Of the 429 contributions to the field, 121 were articles and interviews with no discernible study design. These articles were not considered in the following analysis. Of the remaining 308 studies, 243 were published in journals. 65 studies were not published. Of these, 12 were MSc and DO theses and 53 were conference abstracts or poster presentations.

Accordingly, the review is based on 308 studies. Of these studies, seven were pilot studies and five were draft protocols.

In contrast to previous years, case studies (N=53) and randomized controlled trials (N=52) were the most frequently chosen study design among osteopathic studies in 2022 (Table 1). All case studies were from the therapeutic area, and among RCTs, this was the case for 46 studies.

Three of these were pilot studies and two were protocols. Cross-sectional studies came in third (N=48). These systematized surveys were primarily among patients and therapists (N=23) or, in the educational setting, among students and faculty (N=19). This type of study was predominantly conducted in the USA (N=35), but very rarely in Germany (N=1).

**Table 1. Studies sorted by Study design
N=308**

Number	Study design
53	Case reports
52	Randomized controlled trials
48	Cross sectional studies
30	Systematic reviews
24	Retrospective study
16	Controlled clinical trial
16	Clinical trial
12	Qualitative study
10	Narrative reviews
8	Scoping review
7	Cohort studies
4	Observational studies
6	Case series
6	Meta analysis
3	Pretest-Posttest design
3	Case-control studies
2	Animal studies
2	Longitudinal studies
2	Mixed-method studies
2	Explorative studies
1	Descriptive study
1	Epidemiological study

Nearly 30% of the studies (N=89) focused on the musculoskeletal system, 13% (N=39) were from the field of pediatrics, and slightly more than 8% (N=26) were related to the nervous system (Table 2). Only a few studies dealt with psychological aspects (N=4), the endocrine system (N=3), the area of head, teeth, eyes and vision (N=4) and the area of aging (N=1).

A total of 60% of all studies (N=183) were conducted in the therapeutic field. In addition, studies on education (N=48) and on professional concerns of osteopaths (N=42) were strongly represented. In contrast to previous years, the area of diagnostics was increasingly investigated with 27 studies. (Table 3).

As in previous years, the United States represented the largest proportion of scientific papers with close to 50% (N= 152). Also significant is the research contribution of Italian (N=22) and German osteopaths (N=18). With the inclusion of the Russian Osteopathic Journal in the database, studies from Russia are represented for the first time and in significant numbers (N=27). In contrast, only three studies each came from France and Belgium, and only one study each from the Netherlands and Sweden (Table 4).

In 2022, 131 of 243 published studies were open access, meaning that nearly 54% of the studies were freely available for download from the journals' websites. The osteopathic studies from 2022 were published in 78 different journals. Of 243 studies, 128 or 53% appeared in osteopathic journals. Tables 5 and 6 show the most frequent publications in osteopathic and non-osteopathic journals.

Number	Field of research
89 studies	Musculoskeletal system
39 studies	Pediatrics
26 studies	Nervous system
17 studies	Gynecology, childbirth
16 studies	Immune system
15 studies	Digestive system
11 studies	Injuries
11 studies	Cardiovascular system
10 studies	Ears, nose, throat, tongue, speech
9 studies	Headache
7 studies	Respiratory system
7 studies	Urologic system
6 studies	Cancer, tumor
5 studies	Head, teeth
5 studies	Skin
4 studies	Psychiatric, psychologic, psychosocial and learning
4 studies	Trauma
3 studies	Endocrine system
3 studies	Drugs, addiction
2 studies	Eyes, vision
2 studies	Sleep, sleep disorder
1 study	Geriatrics

Table 3. Studies according to superior areas (multiple answers possible)

Number	Field
183 studies	Therapy
48 studien	Education
42 studies	Profession / practice
27 studies	Diagnosis
19 studies	Basic research
7 studies	Research
2 studies	Animal experiment
1 studies	History
1 studies	Sport

Table 5. Publications in osteopathic journals from N= 243

Number	Journal
41 studies	Journal of Osteopathic Medicine
34 studies	International Journal of Osteopathic Medicine
29 studies	Russian Osteopathic Journal
11 Studien	The AAO Journal
8 Studien	Osteopathische Medizin
3 Studien	DO – Zeitschrift für Osteopathie
2 studies	Osteopathic Family Physician

Table 4. Studies by country N=308

Number	Country
152 studies	USA
27 studies	Russia
22 studies	Italy
18 studies	Germany
11 studies	Australia
10 studies	United Kingdom
9 studies	Brasilia
7 studies	Spain
7 studies	Austria
6 studies	Canada
5 studies	Portugal
4 studies	Turkey
3 studies	Argentina
3 studies	Belgium
3 studies	China
3 studies	New Zealand
3 studies	France
2 studies	Poland
1 study each	Egypt, Grenada, Denmark, Romania, Malta, Lithuania, Nepal, Netherlands, Sweden, Saudi Arabia, Japan Greek, Philippines

Table 6. Most frequent publications in non-osteopathic journals from N=243

Number	Journal
22 studies	Cureus
9 studies	Healthcare
4 studies	Journal of Bodywork and Movement Therapies
3 studies	PLos One
3 studies	Family Medicine

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