

<b>Author Year</b> <b>Country</b> <b>PE德罗 Score</b> <b>Research Design</b> <b>Total Sample Size</b>	<b>Methods</b>	<b>Outcome</b>
<p>Allison et al. 2016 Canada RCT PEDro=8 N=20</p>	<p><b>Population:</b> 48.7±14.0 yr; Gender: males=10, females=10; Time since injury=13.1±10.8 yr; Level of injury: C=12, T=6, L=2; Severity of injury: AIS A=7, B=2, C=3, D=8; Type of pain=neuropathic.</p> <p><b>Intervention:</b> Participants were randomized to either a control group or an anti-inflammatory diet group for 12 wks.</p> <p><b>Outcome Measures:</b> Center for epidemiological studies depression scale (CES-D), self-report neuropathic pain questionnaire (NPQ), change in inflammatory mediators (IL-2, IL-6, IL-1β, TNF-α and IFN-γ) and relationship between pain and inflammatory mediators.</p>	<ol style="list-style-type: none"> <li>1. Significant group X time interaction for CES-D score (p=0.01) and significant reduction in CES-D score from baseline to 3 mo (p&lt;0.01).</li> <li>2. Significant group X time interaction for sensory component of self-report neuropathic pain scores (p&lt;0.01).</li> <li>3. Significant reduction in pain sensory scores from baseline to 3 mo in the treatment group (p&lt;0.01).</li> <li>4. Significant increase in pain sensory scores from baseline to 1 mo in control group (p=0.04) but not from baseline to 3 mo (p=0.21).</li> <li>5. No significant group X interaction for the affective component of the self-report neuropathic pain scores (p=0.17).</li> <li>6. Change scores of sensitivity pain found not to be significantly different between treatment and control groups (p=0.35) and no significant changes within the group for sensitivity pain scores (treatment: p=0.19; control: p=0.96).</li> <li>7. Proinflammatory composite score (average of IL-2, IL-6, IL-1β, TNF-α and IFN-γ) was significantly different between the control and treatment groups (p=0.01) and there was a significant reduction found in the treatment group from baseline to 3 mo (p=0.02) but no significant change in the control group (p=0.07).</li> <li>8. Mann-Whitney test indicated significantly different change scores between the treatment group and the control group for IFN-γ (p=0.01), IL-1β (p=0.01), and IL-2 (p=0.01) and a trend for CRP (p = 0.10).</li> <li>9. Friedman test showed a statistically significant reduction in IFN-γ (p=0.01), IL-1β (p&lt;0.01), IL-6 (p&lt;0.05), and a trend for CRP (p=0.10) in the treatment group and no significant changes in the control group (p&gt;0.05).</li> <li>10. Wilcoxon signed-rank test indicated a significant reduction in IFN-γ (p=0.01) and IL-1β (p&lt;0.01) as well as a trend for IL-6 (p=0.08) in the treatment group with no significant changes in control group (p&gt;0.05).</li> <li>11. Significant positive correlation between reduced pain score and PGE2 (p=0.01).</li> </ol>

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		12. Significant positive correlation between change in sensitivity score and proinflammatory cytokines IL-1 $\beta$ and IL-2 and eicosanoid PGE2 ( $p=0.008$ ).
Allison and Ditor, 2018 Canada Secondary Analysis of RCT (Allison et al. 2016) N=5	<p><b>Population:</b> Mean age=51.5<math>\pm</math>15.3 yr; Gender: males=1, females=4; Time since injury=12.8<math>\pm</math>11.3 yr; Level of injury: C=2, T=3, L=0; Severity of injury: AIS A=2, B/C=0, D=3; Type of pain=neuropathic.</p> <p><b>Intervention:</b> Original study - Participants were randomized to either a control group or an anti-inflammatory diet group for 12 wks.</p> <p>This study – Taking a look at 5 of the original participants 1 yr later and making assessments.</p> <p><b>Outcome Measures:</b> Dietary compliance and center for epidemiological studies depression scale (CES-D), neuropathic pain questionnaire (NPQ).</p>	<ol style="list-style-type: none"> <li>1. Dietary compliance significantly varied between end of the study and the 1 yr follow-up (<math>p&lt;0.01</math>) and a significant reduction in compliance scores from 3 mo to 1 yr (<math>p&lt;0.01</math>) as they were no longer significantly different from baseline (<math>p=0.18</math>).</li> <li>2. CES-D showed a trend toward an increase from 3 mo to 1 yr follow-up (<math>p=0.10</math>) as they were no longer significantly different from baseline (<math>p=0.74</math>).</li> <li>3. No significant difference in NPQ sensory scores from 3 mo to follow-up (<math>p=0.42</math>), and scores remained significantly different from baseline (<math>p=0.02</math>).</li> <li>4. Significant increase in NPQ affective scores from 3 mo to follow-up (<math>p=0.05</math>) as they were not longer significantly different from baseline (<math>p=0.24</math>).</li> <li>5. No significant difference in NPQ sensitivity scores from 3 mo to follow-up (<math>p=0.34</math>) but follow-up scores were also not significantly different from baseline (<math>p=0.15</math>).</li> </ol>