Seated Tai Chi versus usual activities in older people using wheelchairs: A randomized controlled trial

Chen-Yuan Hsu, Wendy Moyle, Marie Cooke, Cindy Jones

E-mail: chen0904@mail.dyu.edu.tw

ABSTRACT

Objective: Compare the effect of seated Tai Chi exercise (intervention) to usual activities on quality of life and depression symptoms in older people using wheelchairs.

Design: Randomized controlled trial.

Setting: One long-term care facility in Taiwan.

Participants: 86 long-term care residents were screened; 60 were eligible and randomized to Tai Chi group (n = 30), or usual activity (n = 30).

Intervention: One certified trainer provided the intervention group with 40 min of seated Tai Chi exercise, three times a week for 26 weeks. Trial registration ACTRN12613000029796.

Main outcome measures: Quality of Life (WHOQOL (BREF)); depression symptoms (GDS-SF)

Results: Participants in the Tai Chi group (M = 3.76, SD = 3.65) recorded significantly lower GDS-SF scores than participants in the control (M = 7.76, SD = 5.15) and the Tai Chi group registered significantly higher scores across overall QOL \[p = 0.03\], general health \[p = 0.04\], and the associated domains: physical health \[p = 0.00\], psychological health \[p = 0.02\], social relations \[p = 0.00\], and environment \[p = 0.00\].

Conclusions: The findings highlight the importance of Tai Chi in improving QOL and depression in this population.

Keywords: Depression
Long-term care
Quality of life
Tai Chi

REFERENCES