

Liste von Studien zu Qigong und Taijiquan (chronologisch)

zusammengestellt von der SGQT 2015

Comprehensive Therapeutic Benefits of Taiji – A Critical Review.

Klein PJ; Adams WD.

AM J Phys Med Rehabil 2004;88:735-745.

<http://www.ncbi.nlm.nih.gov/pubmed/15314540>

Psychophysiological outcomes of health qigong for chronic conditions: A systematic review.

Bobby H.P. NG; Hector W.H. Tsang.

Psychophysiology 2009;46:257–269.

<http://www.ncbi.nlm.nih.gov/pubmed/19170945>

A Review of Clinical Trials of Tai Chi and Qigong in Older Adults.

Carol E. Rogers; Linda K. Larkey; Colleen Keller.

Western Journal of Nursing Research 2009;31(2):245-279.

<http://www.ncbi.nlm.nih.gov/pubmed/19179544>

Qigong Practice – A Pathway to Health and Healing.

Ruth McCaffrey, ND, ARNP-BC; Nancy L. Fowler, RN, BSN.

Holistic Nursing Practice 2003;17(2):110-116.

http://journals.lww.com/hnpjjournal/Abstract/2003/03000/Qigong_Practice_A_Pathway_to_Health_and_Healing.6.aspx

The Aerobic Capacity and Ventilatory Efficiency During Exercise in Qigong and Tai Chi Chuan Practitioners.

Ching Lan; Shih-Wie Chou; Ssu-Yuan Chen; Jin-Shin Lai; May-Kuen Wong.

The American Journal of Chinese Medicine 2004;32(1):141-150.

<http://www.worldscientific.com/doi/abs/10.1142/S0192415X04001734>

Qigong for cancer treatment: A systematic review of controlled clinical trials.

Myeong Soo Lee; Kevin W Chen; Kenneth M Sancier; Edzard Ernst.

Acta Oncologica 2007;46:717-722.

<http://www.ncbi.nlm.nih.gov/pubmed/17653892>

Biopsychosocial Effects of Qigong as a Mindful Exercise for People with Anxiety Disorders: A Speculative Review.
Yvonne W.Y. Chow, M.SSc.; Hector W.H. Tsang, Ph.D.
The Journal of Alternative and Complementary Medicine 2007;13(8):831–839.
<http://www.ncbi.nlm.nih.gov/pubmed/17983339>

Baduanjin Alleviates the Symptoms of Knee Osteoarthritis.
Bingchen An, M.D., Kerong Dai, M.D., Zhenan Zhu, M.D., You Wang, M.D., Yongqiang Hao, M.D.; Tingting Tang, M.D.; Huangqing Yan, M.SC.
The Journal of Alternative and Complementary Medicine 2008;14(2):167–174.
<http://www.ncbi.nlm.nih.gov/pubmed/18315512>

Qigong Stress Reduction in Hospital Staff.
Jay M. Griffith, M.D.; Joseph P. Hasley, M.A.; Hong Liu; Daniel G. Severn, D.O.; Latoya H. Conner, B.A.; Lawrence E. Adler, M.D.
The Journal of Alternative and Complementary Medicine 2008;14(8):939–945.
<http://www.ncbi.nlm.nih.gov/pubmed/18823261>

A Review on Neurobiological and Psychological Mechanisms Underlying the Anti-depressive Effect of Qigong Exercise.
Hector W. H. Tsang; Kelvin M. T. Fung.
Journal of Health Psychology 2008;13(7):857–863.
<http://www.ncbi.nlm.nih.gov/pubmed/18809635>

Challenges Inherent to T'ai Chi Research: Part I—T'ai Chi as a Complex Multicomponent Intervention.
Peter M. Wayne, Ph.D.; Ted J. Kaptchuk.
The Journal of Alternative and Complementary Medicine 2008;14(1):95–102.
<http://www.ncbi.nlm.nih.gov/pubmed/18199021>

The Effects of a Multimodal Intervention on Outcomes of Persons With Early-Stage Dementia.
Sandy C. Burgener, PhD, APRN-BC, FAAN; Yang Yang, PhD; Ruth Gilbert, MA; Sara Marsh-Yant, MSW.
American Journal of Alzheimer's Disease and Other Dementias 2008;23(4):382–394.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3014218/>

Qigong Ameliorates Symptoms of Chronic Fatigue: A Pilot Uncontrolled Study.

Naropa J. Mike Craske; Warren Turner; Joseph Zammit-Maempe; Myeong Soo Lee.

CAM 2009;6(2):265–270.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2686618/>

Qigong for Type 2 Diabetes Care: A Systematic Review.

Myeong Soo Lee; Kevin W. Chen; Tae-Young Choi; Edzard Ernst.

Complementary Therapies in Medicine 2009;17:236–242.

<http://www.ncbi.nlm.nih.gov/pubmed/19632552>

Internal Qigong for Pain Conditions: A Systematic Review.

Myeong Soo Lee; Max H. Pittler; Edzard Ernst.

The Journal of Pain 2009;10(11):1121-1127.

<http://www.ncbi.nlm.nih.gov/pubmed/19559656>

Serum Cytokines, Mood and Sleep after a Qigong Program: Is Qigong an Effective Psychobiological Tool?

Juan M. Manzanque; Francisca M. Vera; Francisco M. Rodriguez; Gaspar J Garcia; Laura Leyva; Maria J. Blanca.

Journal of Health Psychology 2009;14(1):60–67.

<http://www.ncbi.nlm.nih.gov/pubmed/19129338>

Effects of Qigong in Patients with Burnout: A randomized Controlled Trial.

Therese Stenlund, RPT, PhD; Lisbeth Slunga Birgander, MD, PhD; Bernt Lindahl, MD, PhD; Leif Nilsson, PhD; Christina Ahlgren, RPT, PhD.

J Rehabil Med 2009;41:761–767

<http://www.ncbi.nlm.nih.gov/pubmed/19774311>

Qigong and Exercise Therapy for Elderly Patients With Chronic Neck Pain (QIBANE): A Randomized Controlled Study.

Philipp von Trott; Anna Maria Wiedemann; Rainer Lüdtkke; Anett Reißhauer; Stefan N. Willich; Claudia M. Witt.

The Journal of Pain 2009;10(5):501-508.

<http://www.ncbi.nlm.nih.gov/pubmed/19231298>

Tai Chi on psychological well-being: systematic review and meta-analysis.
Chenchen Wang; Raveendhara Bannuru; Judith Ramel; Bruce Kupelnick;
Tammy Scott; Christopher H. Schmid.
BMC Complementary and Alternative Medicine 2010;10:23.
<http://www.biomedcentral.com/1472-6882/10/23>

A Randomized Trial of Tai Chi for Fibromyalgia.
Chenchen Wang, M.D., M.P.H.; Christopher H. Schmid, Ph.D.; Ramel
Rones, B.S.; Robert Kalish, M.D.; Janeth Yinh, M.D.; Don L. Goldenberg,
M.D.; Yoojin Lee, M.S.; Timothy McAlindon, M.D., M.P.H.
The New England Journal of Medicine 2010;363:743-54.
<http://www.nejm.org/doi/full/10.1056/NEJMoa0912611>

Taiji und Stressprotektion: Psychobiologische Untersuchungen.
Marko Nedeljkovic.
Selbstverlag, Bern, 2012. (Dissertation der Universität Bern)
<http://www.space2be.ch/wp-content/uploads/2010/12/Dissertation-MN-FINAL.pdf>

A Systematic Review of the Effectiveness of Qigong Exercise in Cardiac
Rehabilitation.
Cecilia Lai-Wan Chan; Chong-Wen Wang; Rainbow Tin-Hung Ho; Andy
Hau-Yan Ho; Eric Tat-Chi Ziea; Vivian Chi-Woon Taam Wong; Siu-Man Ng.
The American Journal of Chinese Medicine, 2012;40(2):255–267.
<http://www.ncbi.nlm.nih.gov/pubmed/22419421>

Qigong Exercise for the Treatment of Fibromyalgia: A Systematic Review
of Randomized Controlled Trials.
Cecilia L. W. Chan, PhD; Chong-Wen Wang, PhD; Rainbow T. H. Ho, PhD;
Siu-Man Ng, PhD; Eric T. C. Ziea, MD, PhD; Vivian Taam Wong, FRCP.
The Journal of Alternative and Complementary Medicine 2012;18(7):641-
646.
<http://www.ncbi.nlm.nih.gov/pubmed/22757663>

Qualitative Analysis of a Controlled Trial of Qigong for Fibromyalgia:
Advancing Understanding of an Emerging Health Practice.
Jana Sawynok, PhD; Mary Lynch, MD.
The Journal of Alternative and Complementary Medicine 2014;20(8):606-
617.
<http://www.ncbi.nlm.nih.gov/pubmed/25072523>