香港教育大學 The Education University of Hong Kong

unesco Chair

Chinese Martial Arts and Culture Conference 2025
中華武術與文化研討會

Session 5: Paper Presentation Chinese Martial Arts and Education

A review of the experience and clinical evidence of using Health Qigong as Occupational Therapy media in HK

29th Apr 2025 15:30 – 15:50 (Block E-P)

Dr Bacon Ng（吳鳳亮 博士） www.baconng.org
Health Qigong Coach of Health Qigong Association of HK, China
（中國香港健身氣功總會教練）
Representative of SIG (Health Qi-gong) National Traditional Sports Research Group, HKOTA（香港職業治療學會（健身氣功)民族傳統運動研究組 代表）

1

Authors & Acknowledgement

- Bacon F. L .NG, HKOTA[1]
- Priscilla SIU, HKOTA[1]
- Gloria CHEUNG, HKOTA[1]
- Stella CHAN, HKOTA[1]
- Hannah KU, HKOTA[1]
- Ashley NG, HKOTA[1]
- Damian SIU, HKOTA[1]
- Tony C. F. HUANG, HKOTA[1]
- Shun Yiu WONG, HKOTA[1]
- Xiao HAN, HQAHK*
- Kai Deng CHEN, HQAHK*
- Sanne S. L. Fong, HKOTA[1]

HKOTA = Hong Kong Occupational Therapy Association
(香港職業治療學會)
Website: https://hkota.org.hk/
Facebook: https://www.facebook.com/HongKongOTA/?locale=zh_HK
IG: https://www.instagram.com/hongkongota/
Youtube: https://www.youtube.com/@HONGKONGOTA

HQAHK = Health Qigong Association of Hong Kong, China
(中國香港健身氣功總會) www.hqgahk.com
*coaches of HQAHK

All right reserved

2

Archives - Local Newspaper（本地傳媒報導)

Ming Pao 2004

港聞 A6

患病老人練氣功身心更健康

患奇難雜症20年
練功半年病痛消

The Sun 2008

八段錦紓老人癡呆抑鬱症

八種招式 練習靈活

All right reserved

3

Archives - Local Newspaper (本地傳媒報導）

The Sun 2005

毋須常服藥 長者易練習

氣功降血壓 不輸蝕傳統運動

Qigong classes helping heart patients physically and mentally

SCMP 2008

Oriental Daily News 2008

八段錦打救冠心病患者

兼治情緒病 助重拾自信

阿婆練功一年 行山助過仔女

八段錦助冠心病者康復

Apple Daily 2008

八段錦助冠心病者康復

一周練五次 每次50分鐘

All right reserved

4

Archives - Local Newspaper (本地傳媒報導)

Sing Pao 2009

All right reserved Apple Daily 2009 Dr Bacon Ng 29 Apr 2025 Oriental Daily 2009

5

Archives - Collaboration

Development Bureau（發展局）and HKCIC (建造業議會)

Construction Safety Week 2014, 15, 16 (Train-the-trainer programme)

6

Archives - Collaboration

Largest Health Qigong lesson (833 participants) under the Guinness World Record Event on 26 May 2014

All right reserved

7

Collaboration with Development Council & Construction Industry Council (發展局和建造業議會)

https://www.safetyweek.hk

Free download

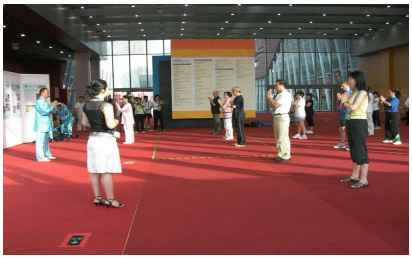
- https://www.safetyweek.hk /web/video.php?mid=112

8

Professional Exchange

HGQ Workshop at CSM (ANZCA, FPM, HKCA) 2011

HK Rehabilitation Medicine 2007, PRC



HQG Workshop at ISCEMIS 2008

HQG Performance at APOTC 2007

9

Recent Professional Exchange

HK Representative Selection Competition（香港區選拔賽）for 2025 National Games（全運會）dated 16 Mar 2025

HQG Performance at Health Carnival of Pulmonary Function on 8 Mar 2025

10

Background - Qigong (氣功)

- Ancient martial arts with roots in
  - Taoism 道 – 行氣 (Flow of qi)
  - Buddhism 釋 –坐禪 (Dhyana) Introspection
  - Confucianism 儒– 心齋 (Minimize distraction)
  - KungFu 武 –内功 (Internal Strength)
  - Chinese Medicine 醫 - 導引(Guide the flow)
  - Philosophy 哲學

通过自我意念去控制呼吸

行氣玉佩銘：
「行氣，宋則遵、(遵)則神、(神)則下、(下)則定、(定)則固、(固)則萌、(萌)則長、(長)則退、(退)則天(顛)、(天)几舂在上、地几舂在下。順則生、逆則死。」

战国初年（380 BC）

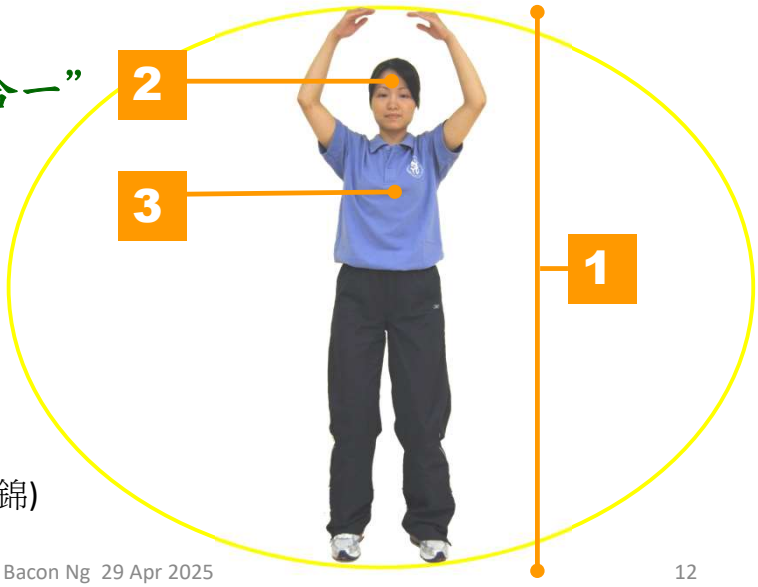
All right reserved

11

Background - Health Qigong Focus

A state of BALANCE / HOMEOSTASIS “三調合一”

Regulate
1) Body 調身
2) Mind 調心
3) Breathing 調息



Yijinjing (易筋經), Wuqinxi (五禽戲), Liuzijue (六字訣) and Baduanjin (八段錦)

All right reserved

12

Mechanism and Benefit of Health Qigong

- ↓ Corticotrophin (促腎上線皮質激素) & aldosterone (醛固酮) (Ryu H, et al, 1996)
- ↓ C-reactive protein (inflammation) (Hung H et al, 2016)
- ↓ Cholesterol, Blood Pressure (Ng and Tsang, 2015; B. F. L. Ng, 2018; Tao S & Li Z, 2023)
- ↑ IFNγ : IL10 (Type 1 vs 2 Cytokines ratio, ie. favour cell-mediated immunity) (Oh B et al, 2020)
- ↑ Mast cells (Mastocyte) activity (rich in histamine, cytokines, chemokines and proteases), immune response (Wang, Ayati, & Zhang, 2010)
- ↑ Adiponectin (脂聯素) (Chan J et al, 2017)
- ↑ Telomerase activity (端粒酶) (Ho et al., 2013, Yau et al., 2014

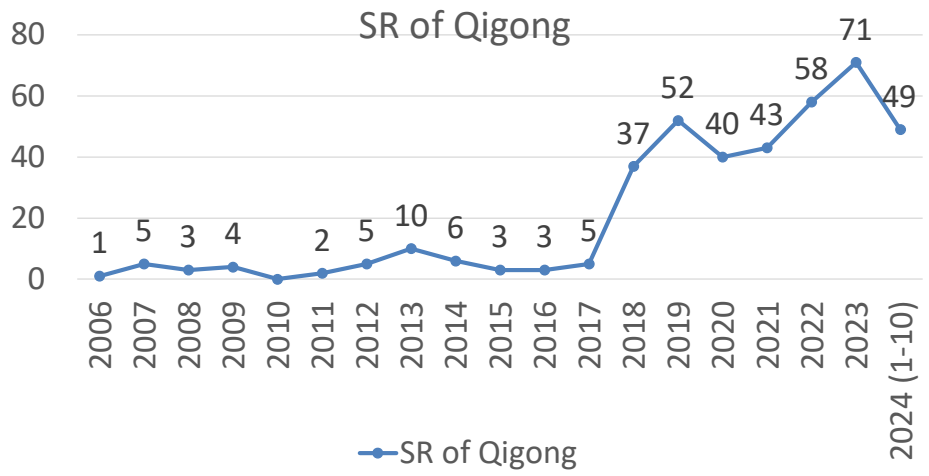
- ↓ HPA Axis activity (「下視丘/腦垂體/腎上腺」的軸) (Tsang et al., 2003, 2006; Ponzio E et al, 2015)
- ↑ Parasympathetic Nervous System Activity (副交感神經系統) (So W et al, 2019)

All right reserved

13

Systematic Reviews (SR) (06-24)

around 400



All right reserved

14

Evidences of SRs

- Network meta-Analysis (Li et al., 2022):
  - WQX improved lung function and 6-MWT,
  - YJJ enhanced QOL Taichi and HQ in older adults reported that both physical and cognitive improvement (Park et al., 2023).
- Bayesian Network Meta-analysis (Zeng et al., 2024) of breast cancer survivors showed that mindfulness-based interventions (eg HQ) > exercise interventions in improving cognitive function, especially in verbal memory and executive function.
- Bibliometric analysis of 14 countries, which showed that Baduanjin is the most frequently researched 55% than Wuqinxi (7%) and Yijinjing (7%) (Zhang et al., 2020).

All right reserved

15

Population

- Pulmonary rehabilitation, such as Chronic obstructive pulmonary disease (COPD) (Ng et al., 2014)
- Fibromyalgia, (Chan, Wang and Ho, 2012),
- Cardiac rehabilitation (Cecilia L.W. Chan et al., 2012)
- Supportive for cancer (Cecilia L W Chan *et al.*, 2012)
- Immunity (Wang et al., 2012)
- Depressive and anxiety (F. Wang et al., 2013; C.-W. Wang et al., 2013).
- Diabetic mellitus (Ng and Tsang, 2015; Ng, 2018)
- Muscular-skeletal pain (Zhang at al, 2019; Li et al., 2021)
- Osteoarthritis (Li et al., 2020)
- People with mental health (Zou et al., 2018)
- ...

All right reserved

16

Health Benefit

- Improve physical and mental health
- Improve cardiovascular function
- Improve balance and flexibility
- Improve quality of life (QoL)
- Reduce blood pressure and stress
- Reduce pain level
- ...

All right reserved

17

Modification & Exercise Prescription

- Modification of Baduanjin to sitting format facilitated wheelchair bound chronic illness to improve physical and mental wellbeing (Lloyd, Tsang and Deane, 2009; Lee *et al.*, 2020; Lu *et al.*, 2020).
- SIG recommended a minimum effective activity level of health Qigong:
  - At least 30-minute per session
  - At least 3-time a week
  - At least 5 weeks continuously
  - Fade away if ceased to practice at 6 months

All right reserved

18

Local Field Trials in HA Hospitals

- 23 presentations published in HA Convention between 2012 to 2024 covered 12 hospitals
- Systematic Review (1), RCTs (4), groups comparison (4) and pre and post cohort design (14). T
- chronic low back pain, cardiac rehabilitation, mild cognitive impairment, anxiety disorder, dementia, stroke survivors, rheumatoid arthritis, oncology and staff with Injury-on-duty.
- Outcome improvements in physical function (pain, tolerance and balance), psychological health (depression and anxiety), cardiovascular function (blood pressure and cholesterol), Quality of Life and efficacy of self-management.
- Details in Table 1-1, 1-2, 1-3

All right reserved

19

Table 1-1

Author	Patient Group	Intervention (Qigong Forms)	Comparison	Outcome indicators	Significant findings	Hospital
(Chan, 2019)	22 Chronic Pain	10 sessions BDJ	Pre-post	PSEQ, WHO-5	WHO-5 (11.05 vs 13.32), PSEQ (28.68 vs 29.77), *Psy Well-being (p<0.00)	AHNH
(Chan, 2017)	18 Head & Neck cancer patients	BDJ	Pre-post	AROM, QOL	*Lateral flexion of cervical	PYNEH
(Chan, 2021)	187 Mood disorder	HQCT vs MBCT	Waitlist (RCT)	Anxiety & depression symptoms, sleep quality, self-efficacy	Both groups improved and HQCT more reduction in mood symptoms	QMH
(Cheung, 2014)	33 staff	BDJ	Control (2 groups)	Physical function	*S/L days, UL(87%), LL(77%), and neck function (90%), Stamina (80%), work performance (87%)	TMH
(Ho, 2024)	19 Cardiac	HQ, stress management, lifestyle modification	Pre-post	WHO-5, DASS-21, SAS, MET, MET-mins	*WHO-5, *SAS, *METS, *MET-mins	POH
(Hui, 2024)	17 terminal ill (cancer or end-stage renal failure)	HQ	Pre-post	WHO-5, NRS, EQOL	*NRS on fatigue *Anxiety of EQOL	WTSH

All righ

20

Table 1-2

(Lee, 2013)	4 MCI	LZJ	Pre-post	QOL-AD	Perceived cognitive function of QOL-AD	PWH
(Lee, 2016)	21 MCI	LZJ	Walking group (RCT)	MoCA, CTT, QOL-AD, PA Compliance	No Statistical Significance, *CTT for HQ Compliance sub-group	PWH
(Lee, 2018)	12 RA	BDJ	Pre-post	TST, CAIMS, SF36	*TST lower limb strength *SF36 physical	QEH
(Leung, 2021)	19 staff	BDJ	Pre-post	Posture, immunity, breathing, relaxation	*Posture awareness, *immunity, *breathing, *relaxation	PMH
(Liu, 2013)	25 DM	HQ	Walking (2 groups)	HbA1C. LDL, TG, BP, HRV, QOL(Psy), SF36	No significant	UCH
(Lui, 2019)	19 cardiac	BDJ	Pre-post	SF36	Stress reduction	QEH
(A. P. C. Ng, 2016)	24 cardiac	HQ gp,	Lifestyle modification gp (2 Groups)	Heart rate, BP, SF36	Both gp improved	PWH
(Ng, 2017)	53 Cardiac	HQ gp	Lifestyle modification gp (2 groups)	BMI, WHR, BP, QOL, self-management	Both groups improved physical health, compliance higher in lifestyle group	PWH
(A. P. C. Ng, 2018)	Breast cancer survivors	HQ gp of MMFT	Pre-post	Fatigue QOL, FACIT-F, FACT-B	*Fatigue, +ve change in FACT-B	PWH
(T. H. Ng, 2016)	50 COPD	BDJ 3D VR motion	Pre-post	Correct posture	Kinect VR facilitated learning accurate posture	SH

All right reserved

21

Table 1-3

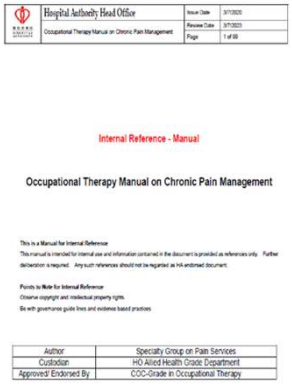
(So, 2017)	Geriatric Day	BDJ as Fall prevention	Pre-post	ABC, MBI, balance	Improvement ADL and IADL	PMH
(So C. T., 2021)	19 Staff	BDJ & YJJ for IOD prevention	Pre-post	Posture, emotion, Sleep	*Posture, *sleep, flexibility, IOD risk reduction after post-training 9 months	PMH
(Tong, 2014)	34 chronic diseases (hypertension or DM)	BDJ	Pre-post	perception well-being, pain control, fall efficacy, physical condition	*Perception well-being, * pain control, *fall efficacy, * physical condition	CMC
(Wong, 2013)	113 Chronic LBP	BDJ	Pre-post	Pain VAS, HADS, PCS, PSEQ	*Pain VAS, *PCS, *PSEQ	UCH
(Wong, 2015)	41 Chronic LBP	HQ gp	Function Rehabilitation Gp (RCT)	Pain VAS, HADS, PCS, PSEQ, ODI, Sit and reach test	*Pain VAS, *PSEQ, *Sit and reach in HQ Gp	UCH
(Wong, 2016)	72 Chronic LBP	HQ gp	Function Rehabilitation gp (RCT)	Pain, Physical, ODI, Sit & Reach	*Pain, * Depression, * Self-efficacy	UCH
(Yeung, 2012)	Systematic Review for elderly	Tai Chi Qigong	13 RCTs	ditto	*QOL, *physical, *Musculoskeletal, *cardiovascular, *psychological, *balance and fall, *endocrine and *immune	UCH

All right reserved

22

Pain programs in Hospitals as examples

Queen Elizabeth Hospital, KCC	Occupational Therapy Service in KCC Pain Centre
Alice Ho Miu Ling Nethersole Hospital, NTEC	Comprehensive Out-patient Pain Engagement Program (COPE) and integrated Back Pain program (IBP)
United Christian Hospital, KEC	STEPS Program
Hong Kong West Cluster-QMH	Chronic Pain Management Program in HKW Cluster – SHINE
Pok Oi Hospital, NTWC	New Thought Way Change (NTWC) Pain Program
Princess Margaret Hospital, KWC	Multidisciplinary Chronic Pain Services (MCPS)


Hospital Authority Head Office

Internal Reference - Manual

Occupational Therapy Manual on Chronic Pain Management

All right reserved

23

HA Go Apps in Pain control in HA Hospitals

Follow-up home program/ before discharge

- HA Go Apps Health Qigong prescription

For Diagnostics Group

- Knee Osteoarthritis
- Cumulative Trauma disorder: CTS, TE, etc.

All right reserved

24

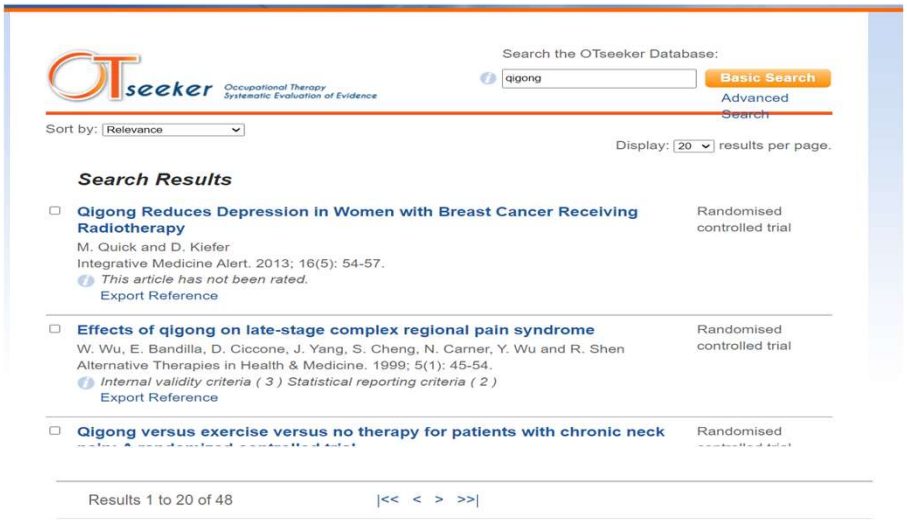
Discussion

- Limitation: This review focuses on health qigong due to time constraints
- Other martial arts are definitely beneficial as well during EBP search
- EBP Database searching, such as the
  - Cochrane database,
  - China National Knowledge Infrastructure (CNKI)
  - OT Seeker or Hong Kong Public Library
  - DeepSeek
- Sharing through education and promotion could definitely benefit more people in the primary health care.

All right reserved

25

OT Seeker https://www.otseeker.com/Search/BasicSearch.aspx



All right reserved

26

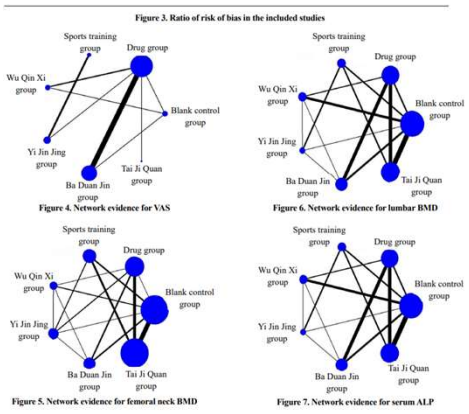
CNKI

	篇名	作者	刊名	發表時間	被引	下載	操作
1	推拿功法易筋經“協調平衡”特點探析	裘樂天;蘇芳;陳張;陳家正;王曉東	武術研究	2024-10-21		38	
2	易筋經防治腰椎間盤突出癥研究進展 网络首发	利濤;呂智慎;吳雙;周星辰;陳龍豪	陝西中醫藥大學學報	2024-10-17 14:07		186	
3	易筋經對原發性痛經的干預研究	劉蓬鵬;杜雪;肖微;	中國中醫藥現代遠程教育	2024-10-14		123	
4	導引功法在慢性筋骨病中的臨床研究進展	周家輝;沈欽榮;	中國民間療法	2024-09-13		206	
5	The socialization of older adults with depression in Group Qigong training, - Taijiquan, Baduanjin, Yi Jin Jing	Ting Qiu;Gaohua Zhang;Fengli Zhou;Han Jiang	Current Psychology	2024-09-10			
6	以易筋經為例探討單兵功法學的軍訓組合教學特點	鑼宇君;蔣珞茗;顧偉;尤鵬利;王新	中國中醫藥現代遠程教育	2024-09-02		46	
7	傳統功法干預肌少癥的研究進展 网络首发	王行楊;劉元祿;楊永菊;關雪峰;	實用中醫內科雜志	2024-08-16 10:10		479	

All right reserved

27

Hong Kong Public Library



4.1 Network evidence map

- The line between two circles = direct comparison bet’n the two interventions
- The size of the circle presents the sample size of this intervention,
- The thickness of the line = the no. of studies

Ref: 李永杰, 牛芯蕊, 扈盛. 不同中国传统养生功法对骨质疏松症的疗效评价:网状Meta分析[J]. 针灸推拿医学（英文版）,2021,19(4):258-270.

All right reserved

28

Conclusion

- This review intends to offer a snapshot of the contribution of selected researchers of integrating Health Qigong into OT clinical practice in HK as well as the work of the SIG of HKOTA in the past 18 years.
- We emphasize education & prescribe the choice of Health Qigoing style that match individual needs.
- We work towards the targets of the "Outline of the Healthy China 2030 Plan"「"健康中国2030"规划纲要」and join together with other disciplines and educators

All right reserved

29

Reference 1-1

- Chan, B.C.M. (2019) 'Physical and Psychological Enhancement in Patients with Chronic Pain who Participating Health Qigong Program: a Pilot Study', in HA Convention 2019. Hospital Authority.
- Chan, Cecilia L.W. et al. (2012) 'A systematic review of the effectiveness of qigong exercise in cardiac rehabilitation.', The American journal of Chinese medicine, 40(2), pp. 255–67. Available at: https://doi.org/10.1142/S0192415X12500206.
- Chan, Cecilia L W et al. (2012) 'A systematic review of the effectiveness of qigong exercise in supportive cancer care.', Supportive care in cancer : official journal of the Multinational Association of Supportive Care in Cancer, 20(6), pp. 1121–33. Available at: https://doi.org/10.1007/s00520-011-1378-3.
- Chan, C.L.W., Wang, C. and Ho, R.T.H. (2012) 'Qigong Exercise for the Treatment of Fibromyalgia : A Systematic Review of Randomized Controlled Trials', 18(7), pp. 641–646. Available at: https://doi.org/10.1089/acm.2011.0347.
- Chan, J. (2017) 'Tripartite Collaboration Project: the effectiveness of Health Qigong Baduanjin (BDJ) on Head & Neck (H&N) cancer patients', in HA Convention 2017. Hospital Authority.
- Chan, W. (2021) 'A Randomized Controlled Trial on the Comparative Effectiveness of Mindfulness-based Cognitive Therapy and Health Qigong-based Cognitive Therapy among Chinese People with Depression and Anxiety Disorders', in HA Convention 2021. Hospital Authority.
- Cheung, S. (2014) 'Kaizen Project - Introduction of Health Qigong with OT Colleague', in HA Convention 2014. Hospital Authority.

All right reserved

30

Reference 1-2

- Ho, A. (2024) 'Cardiac Rehabilitation: Impact of Relaxation Management and Lifestyle Modification in Psychological Health, Quality of Life and Physical Capacity', in HA Convention 2024. Hospital Authority.
- Ho, R.T. et al. (2013) 'The regulation of HPA activity and anti-aging effect of Qigong exercise for patients with chronic fatigue syndrome: telomerase activity and salivary cortisol', Annals of Behavioral Medicine, 45(S2), pp. s307-D-213.
- Hui, Y.S. (2024) 'A pilot study of adapted Health Qigong program in Occupational Therapy for patients with terminal conditions in palliative setting', in HA Convention 2024. Hospital Authority.
- Lee, A.T.M. (2013) 'Pilot Study on the Benefits of Health Qigong LiuZiJue Practice for Patients with Mild Cognitive Impairment', in HA Convention 2013. Hospital Authority.
- Lee, A.T.M. (2016) 'The Benefits of Health Qigong for Patients with Mild Cognitive Impairment (MCI): Randomized Clinical Trial', in HA Convention 2016. Hospital Authority.
- Lee, M. (2018) 'Service Enhancement: Effects of Health Qigong (Ba Duan Jin) on Disease Activity, Physical Function, Self-perceived Health Status and Quality of Life of People with Rheumatoid Arthritis in Short and Long Term Follow-up', in HA Convention 2018. Hospital Authority.
- Lee, P. et al. (2020) 'Qigong Reduces Depressive Symptoms of Taiwanese Elderly with Chronic Physical Illness: A Randomized Controlled Trial', Journal of Alternative and Complementary Medicine, 26(1). Available at: https://doi.org/10.1089/acm.2019.0354.
- Leung, K.H. (2021) 'Evaluating the long-term effects of Health Qigong as an intervention to promote physical and psychological health and reduce the Injury on Duty incidents', in HA Convention 2021. Hospital Authority.

All right reserved

31

Reference 1-3

- Li R., Chen H., Feng J., Xiao Y., Zhang H., Lam CW., Xiao H. (2020) Effectiveness of Traditional Chinese Exercise for Symptoms of Knee Osteoarthritis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. International Journal of Environmental Research and Public Health. 2020 Oct 27;17(21):7873.
- Li Z, Zhuang J, Zhang S, He Q, Zhao R, Alima T, Fang L. (2021). Therapeutic Effects of Traditional Chinese Exercises on Musculoskeletal Pain: A Systematic Review and Meta-Analysis. Pain Research and Management. 2021: 5584997. doi: 10.1155/2021/5584997
- Li, L. et al. (2022) 'Network Meta-Analysis of the Effects of Different Types of Traditional Chinese Exercises on Pulmonary Function, Endurance Capacity and Quality of Life in Patients With COPD', Frontiers in Medicine, 9(806025), pp. 1–13. Available at: https://doi.org/10.3389/fmed.2022.806025.
- Liu, Z., Hu, H., Wen, X., Liu, X., Xu, X., Wang, Z., Li, L., & Liu, H. (2023). Baduanjin improves neck pain and functional movement in middle-aged and elderly people: A systematic review and meta-analysis of randomized controlled trials. Frontiers in medicine, 9, 920102. https://doi.org/10.3389/fmed.2022.920102
- Liu, S. (2013) 'Effect of Health Qigong on Type II Diabetic Patients-- A Comparative Group Study', in HA Convention 2013. Hospital Authority.
- Lloyd, C., Tsang, H. and Deane, F. (2009) 'Qigong as a mindful exercise intervention for people living with mental ill health', International Journal of Therapy and Rehabilitation, 16(7), pp. 393–399. Available at: http://hdl.handle.net/10072/40157 (Accessed: 23 March 2025).

All right reserved

32

Reference 1-4

- Ng, B.H.P. et al. (2014) 'Traditional Chinese exercises for pulmonary rehabilitation: evidence from a systematic review', Journal Of Cardiopulmonary Rehabilitation And Prevention, 34(6), pp. 367–377. Available at: https://doi.org/10.1097/HCR.0000000000000062.
- Ng, T.H. (2016) 'Application of Kinect Virtual Reality (VR) technology in Baduanjin training for COPD patients', in HA Convention 2016. Hospital Authority.
- Park, M. et al. (2023) 'Effects of Tai Chi and Qigong on cognitive and physical functions in older adults: systematic review, meta-analysis, and meta-regression of randomized clinical trials', BMC Geriatrics, 23(1). Available at: https://doi.org/10.1186/s12877-023-04070-2.
- So C. T. (2021) 'Using Health Qigong practice as an intervention to prevent further Injury on Duty incidents and promote staff wellness', in HA Convention 2021. Hospital Authority.
- So, L. (2017) 'Fall prevention program in Geriatric Day Hospital (GDH), Princess Margaret Hospital', in HA Convention 2017. Hospital Authority.
- Tong, A. (2014) 'Health Qigong in Occupational Therapy services in West Kowloon GOPC: Preliminary outcome', in HA Convention 2014. Hospital Authority.
- Tsang, H.W.H. et al. (2003) 'The effect of Qigong on general and psychosocial health of elderly with chronic physical illnesses: a randomized clinical trial', International Journal of Geriatric Psychiatry, 18(5), pp. 441–449. Available at: https://doi.org/10.1002/gps.861.
- Tsang, H.W.H. et al. (2006) 'Effect of a qigong exercise programme on elderly with depression', International Journal of Geriatric Psychiatry, 21(9), pp. 890–897. Available at: https://doi.org/10.1002/gps.1582.

All right reserved

33

Reference 1-5

- Wang, C.W. et al. (2012) 'The effect of qigong exercise on immunity and infections: a systematic review of controlled trials.', The American journal of Chinese medicine, 40(6), pp. 1143–56. Available at: https://doi.org/10.1142/S0192415X1250084X.
- Wang, C.-W. et al. (2013) 'The Effect of Qigong on Depressive and Anxiety Symptoms: A Systematic Review and Meta-Analysis of Randomized Controlled Trials', Evidence-Based Complementary and Alternative Medicine, 2013(ID 716094), pp. 1–13. Available at: https://doi.org/10.1155/2013/716094.
- Wang, F. et al. (2013) 'The effects of qigong on anxiety, depression, and psychological well-being: a systematic review and meta-analysis.', Evidence-based complementary and alternative medicine : eCAM, 2013, p. 152738. Available at: https://doi.org/10.1155/2013/152738.
- Wong, H.Y. (2013) 'Innovative Chronic Pain Management Group (CPMG) reduces pain catastrophizing and enhance self-efficacy in pain management', in HA Convention 2013. Hospital Authority.
- Wong, H.Y. (2015) 'Effect of Health Qigong in enhancement of functional ability for person with Chronic non-specific Low Back Pain (LBP): Preliminary Results', in HA Convention 2015. Hospital Authority.
- Wong, J. (2016) 'Functional and Psychosocial Effect of Health Qigong in Patients with Chronic Non-specific Low Back Pain: A Phase II Randomized Controlled Trial', in HA Convention 2016. Hospital Authority.
- Yau, S.Y. et al. (2014) 'Physical exercise-induced hippocampal neurogenesis and antidepressant effects are mediated by the adipocyte hormone adiponectin.', Proceedings of the National Academy of Sciences of the United States of America, 111(44), pp. 15810–5. Available at: https://doi.org/10.1073/pnas.1415219111.

All right reserved

34

Reference 1-6

- Yeung, C.H. (2012) 'A Systematic Literature Review: The Effectiveness of Tai Chi Qigong on Physiological & Psychological Health outcomes in elderly', in HA Convention 2012. Hospital Authority.
- Zeng, Q. et al. (2024) 'Comparative Effects of Exercise Interventions and Mindfulness-Based Interventions for Cognitive Impairment and Quality of Life in Breast Cancer Survivors during or after Cancer Treatment: A Systematic Review and Bayesian Network Meta-analysis', American Journal of Physical Medicine and Rehabilitation, 103(9), pp. 777–788. Available at: https://doi.org/10.1097/PHM.0000000000002531.
- Zhang, Y., Loprinzi, P. D., Yang, L., Liu, J., Liu, S., & Zou, L. (2019). The Beneficial Effects of Traditional Chinese Exercises for Adults with Low Back Pain: A Meta-Analysis of Randomized Controlled Trials. Medicina (Kaunas, Lithuania), 55(5), 118. https://doi.org/10.3390/medicina55050118
- Zhang, Y.-P. et al. (2020) 'Evidence Base of Clinical Studies on Qi Gong: A Bibliometric Analysis', Complementary Therapies in Medicine, 50(102392), pp. 1–8. Available at: https://doi.org/10.1016/j.ctim.2020.102392.
- Zou, L., Yeung, A., Quan, X., Boyden, S. D., & Wang, H. (2018). A Systematic Review and Meta-Analysis of Mindfulness-Based (Baduanjin) Exercise for Alleviating Musculoskeletal Pain and Improving Sleep Quality in People with Chronic Diseases. International journal of environmental research and public health, 15(2), 206. https://doi.org/10.3390/ijerph15020206

All right reserved