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A Bibliography of Recent Medical Research on Qigong

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ABSTRACT

Qigong has been around for more than 4,000 years. It contains aspects of martial arts, philosophy, theology, mindfulness, meditation, exercise, and Traditional Chinese Medicine (TCM). It is a subfield of health economics. Practicing qigong exercises on a regular basis can improve health and cause the body to function more efficiently. Thus, it is also a subfield of applied microeconomics in the sense that it increases efficiency. Numerous medical studies have been done on the effect of qigong on various health conditions. This bibliography lists recent medical studies that have been published on qigong between January 1, 2019 and August 31, 2020,

categorized by medical ailment, which makes it possible to find relevant articles on a number of diseases and ailments easily. The present bibliography is part of a series on the economics of qigong. Other studies in this series are listed at the end of this bibliography.

Key Words: qigong, chi gong, chi kung, health qigong, medical qigong, traditional Chinese medicine, TCM, martial arts, tai chi, taiji chuan, 氣功, 气功, 氣功, 기공

JEL Codes: I00, I10, I12, I19, Y50, Z20, Z21, Z29

METHODOLOGY

Many articles, books, dissertations and other papers have been published on qigong and tai chi over the years. The present bibliography lists the medical studies on qigong that have been published between January 1, 2019 and August 31, 2020 and posted to the PubMed database as of August 31, 2020.

ANXIETY

Li, Z., Liu, S., Wang, L., & Smith, L. (2019). Mind-Body Exercise for Anxiety and Depression in COPD Patients: A Systematic Review and Meta-Analysis. *International journal of environmental research and public health*, 17(1), 22.

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Liu, F., Cui, J., Liu, X., Chen, K. W., Chen, X., & Li, R. (2020). The effect of tai chi and Qigong exercise on depression and anxiety of individuals with substance use disorders: a systematic review and meta-analysis. *BMC complementary medicine and therapies*, 20(1), 161.

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ARTHRITIS

Chen, X., Cui, J., Li, R., Norton, R., Park, J., Kong, J., & Yeung, A. (2019). Dao Yin (a.k.a. Qigong): Origin, Development, Potential Mechanisms, and Clinical Applications. *Evidence-based complementary and alternative medicine : eCAM*, 2019, 3705120.

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Ye, J., Zheng, Q., Zou, L., Yu, Q., Veronese, N., Grabovac, I., Stefanac, S., Tzeng, H. M., & Yu, J. J. (2020). Mindful Exercise (Baduanjin) as an Adjuvant Treatment for Older Adults (60 Years Old and Over) of Knee Osteoarthritis: A Randomized Controlled Trial. *Evidence-based complementary and alternative medicine : eCAM*, 2020, 9869161. <https://doi.org/10.1155/2020/9869161>

Zeng, Z. P., Liu, Y. B., Fang, J., Liu, Y., Luo, J., & Yang, M. (2020). Effects of Baduanjin exercise for knee osteoarthritis: A systematic review and meta-analysis. *Complementary therapies in medicine*, 48, 102279. <https://doi.org/10.1016/j.ctim.2019.102279>

ATTENTION DEFICIT

Duarte, L., Gonçalves, M., Mendes, P., Matos, L. C., Greten, H. J., & Machado, J. (2020). Can Qigong improve attention in adolescents? A prospective randomised controlled trial. *Journal of bodywork and movement therapies*, 24(1), 175–181. <https://doi.org/10.1016/j.jbmt.2019.05.005>

AUTISM

Rodrigues JM, Mestre M, Fredes LI. Qigong in the treatment of children with autism spectrum disorder: A systematic review. *J Integr Med*. 2019;17(4):250-260. doi:10.1016/j.joim.2019.04.003

BACK PAIN

Chen, X., Cui, J., Li, R., Norton, R., Park, J., Kong, J., & Yeung, A. (2019). Dao Yin (a.k.a. Qigong): Origin, Development, Potential Mechanisms, and Clinical Applications. *Evidence-based complementary and alternative medicine : eCAM*, 2019, 3705120. <https://doi.org/10.1155/2019/3705120>

Park, J., Krause-Parello, C. A., & Barnes, C. M. (2020). A Narrative Review of Movement-Based Mind-Body Interventions: Effects of Yoga, Tai Chi, and Qigong for Back Pain Patients. *Holistic nursing practice*, 34(1), 3–23. <https://doi.org/10.1097/HNP.0000000000000360>

Zou, L., Zhang, Y., Yang, L., Loprinzi, P. D., Yeung, A. S., Kong, J., Chen, K. W., Song, W., Xiao, T., & Li, H. (2019). Are Mindful Exercises Safe and Beneficial for Treating Chronic Lower Back Pain? A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of clinical medicine*, 8(5), 628. <https://doi.org/10.3390/jcm8050628>

BLOOD PRESSURE

Liu, D., Yi, L., Sheng, M., Wang, G., & Zou, Y. (2020). The Efficacy of Tai Chi and Qigong Exercises on Blood Pressure and Blood Levels of Nitric Oxide and Endothelin-1 in Patients with Essential Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Evidence-based complementary and alternative medicine : eCAM*, 2020, 3267971. <https://doi.org/10.1155/2020/3267971>

Park, J. E., Yang, C. S., Jung, S. Y., Kim, A. R., Lee, M., & Choi, S. M. (2019). Exploring the effects of expert-led qigong and self-practice qigong on blood pressure. *Integrative medicine research*, 8(4), 271–272. <https://doi.org/10.1016/j.imr.2019.11.004>

CANCER

Arring, N. M., Barton, D. L., Brooks, T., & Zick, S. M. (2019). Integrative Therapies for Cancer-Related Fatigue. *Cancer journal (Sudbury, Mass.)*, 25(5), 349–356. <https://doi.org/10.1097/PPO.0000000000000396>

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Chang, P. S., & Knobf, T. (2019). Qigong Exercise and Tai Chi in Cancer Care. *Asia-Pacific journal of oncology nursing*, 6(4), 315–317. https://doi.org/10.4103/apjon.apjon_34_19

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CANCER (Breast)

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Osypiuk, K., Ligibel, J., Giobbie-Hurder, A., Vergara-Diaz, G., Bonato, P., Quinn, R., Ng, W., & Wayne, P. M. (2020). Qigong Mind-Body Exercise as a Biopsychosocial Therapy for Persistent Post-Surgical Pain in Breast Cancer: A Pilot Study. *Integrative cancer therapies, 19*, 1534735419893766. <https://doi.org/10.1177/1534735419893766>

Zhang, Q., Gao, X., Liu, S., Yu, L., Zhu, J., & Qiu, S. (2020). Therapies for cognitive impairment in breast cancer survivors treated with chemotherapy: A protocol for systematic review. *Medicine, 99*(19), e20092. <https://doi.org/10.1097/MD.00000000000020092>

CANCER (Lung)

Henshall, C. L., Allin, L., & Aveyard, H. (2019). A Systematic Review and Narrative Synthesis to Explore the Effectiveness of Exercise-Based Interventions in Improving Fatigue, Dyspnea, and Depression in Lung Cancer Survivors. *Cancer nursing, 42*(4), 295–306. <https://doi.org/10.1097>

CANCER (Prostate)

Kinney, A. Y., Blair, C. K., Guest, D. D., Ani, J. K., Harding, E. M., Amorim, F., Boyce, T., Rodman, J., Ford, C. G., Schwartz, M., Rosenberg, L., Foran, O., Gardner, J., Lin, Y., Arap, W., & Irwin, M. R. (2019). Biobehavioral effects of Tai Chi Qigong in men with prostate cancer: Study design of a three-arm randomized clinical trial. *Contemporary clinical trials communications, 16*, 100431. <https://doi.org/10.1016/j.conctc.2019.100431>

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COGNITIVE PERFORMANCE

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COPD

Li, Z., Liu, S., Wang, L., & Smith, L. (2019). Mind-Body Exercise for Anxiety and Depression in COPD Patients: A Systematic Review and Meta-Analysis. *International journal of environmental research and public health*, 17(1), 22. <https://doi.org/10.3390/ijerph17010022>

COVID-19

Chen, J. M., Wang, Z. Y., Chen, Y. J., & Ni, J. (2020). The Application of Eight-Segment Pulmonary Rehabilitation Exercise in People With Coronavirus Disease 2019. *Frontiers in physiology*, 11, 646. <https://doi.org/10.3389/fphys.2020.00646>

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DEPRESSION

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DYSPNEA

Henshall, C. L., Allin, L., & Aveyard, H. (2019). A Systematic Review and Narrative Synthesis to Explore the Effectiveness of Exercise-Based Interventions in Improving Fatigue, Dyspnea, and Depression in Lung Cancer Survivors. *Cancer nursing*, 42(4), 295–306. <https://doi.org/10.1097>

FALUN GONG QIGONG

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FIBROMYALGIA

Sarmiento, C., Moon, S., Pfeifer, T., Smirnova, I. V., Colgrove, Y., Lai, S. M., & Liu, W. (2020). The therapeutic efficacy of Qigong exercise on the main symptoms of fibromyalgia: A pilot randomized clinical trial. *Integrative medicine research*, 9(4), 100416. <https://doi.org/10.1016/j.imr.2020.100416>

FRAILITY

Liu, X., Seah, J., Pang, B., Tsao, M. A., Gu, F., Ng, W. C., Tay, J., Ng, T. P., & Wee, S. L. (2020). A single-arm feasibility study of community-delivered Baduanjin (Qigong practice of the eight Brocades) training for frail older adults. *Pilot and feasibility studies*, 6, 105. <https://doi.org/10.1186/s40814-020-00649-3>

GENERAL STUDIES

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GERIATRICS

Liu, X., Seah, J., Pang, B., Tsao, M. A., Gu, F., Ng, W. C., Tay, J., Ng, T. P., & Wee, S. L. (2020). A single-arm feasibility study of community-delivered Baduanjin (Qigong practice of the eight Brocades) training for frail older adults. *Pilot and feasibility studies*, 6, 105. <https://doi.org/10.1186/s40814-020-00649-3>

HEART DISEASE

Chen, X., Cui, J., Li, R., Norton, R., Park, J., Kong, J., & Yeung, A. (2019). Dao Yin (a.k.a. Qigong): Origin, Development, Potential Mechanisms, and Clinical Applications. *Evidence-based complementary and alternative medicine : eCAM*, 2019, 3705120. <https://doi.org/10.1155/2019/3705120>

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HYPERTENSION

Dong, D. G., Yu, Z. D., & Yu, Z. S. (2020). *Zhongguo ying yong sheng li xue za zhi = Zhongguo yingyong shenglixue zazhi = Chinese journal of applied physiology*, 36(2), 157–160. <https://doi.org/10.12047/j.cjap.5924.2020.035>

Liu, D., Yi, L., Sheng, M., Wang, G., & Zou, Y. (2020). The Efficacy of Tai Chi and Qigong Exercises on Blood Pressure and Blood Levels of Nitric Oxide and Endothelin-1 in Patients with Essential Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Evidence-based complementary and alternative medicine : eCAM*, 2020, 3267971. <https://doi.org/10.1155/2020/3267971>

IMMUNE SYSTEM

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