

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
#130		艾灸联合太极拳及 Jacobson 渐进式肌肉放松训练干预运动性失眠临床疗效评价. / Evaluation of Therapy Effects of Moxibustion Combined with Tai Chi and Jacobson's Progressive Relaxation Training on Exercise-induced Insomnia	2016	Journal of Shenyang Sport University	35	5	75-80	3.Intervention out of scope
#2641		Proceedings 35th International Association for Human Caring Conference The Universality of Caring May 24 to May 28, 2014 Kyoto International Conference Center Kyoto, Japan	2014	International Journal for Human Caring	18	3	68-127	3.Intervention out of scope
#2645		D-32 Free Communication/Poster - Physical Activity Interventions in Older Adults	2013	Medicine & Science in Sports & Exercise	45		365-371	3.Intervention out of scope
Actrn 2005	Actrn,	Late life intervention to improve function in elderly patients with depression	2005	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12605000475640				3.Intervention out of scope
Actrn 2005	Actrn,	Home versus centre-based rehabilitation of older community dwelling fallers	2005	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12605000056695				3.Intervention out of scope
Actrn 2007	Actrn,	Chinese medical exercises for metabolic syndrome and diabetes control	2007	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12607000528459				3.Intervention out of scope
Actrn 2012	Actrn,	Telerehabilitation to improve outcomes for people with stroke: the ACTIV trial	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12612000464864				3.Intervention out of scope
Actrn 2012	Actrn,	Improving balance and mobility with a yoga program for older people	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12612001265864				3.Intervention out of scope
Actrn 2015	Actrn,	Preoperative group shoulder program for patients awaiting shoulder surgery	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12615000764538				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Actrn 2017	Actrn,	Slip and trip training for falls prevention in older adults	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12617000564358				3.Intervention out of scope
Actrn 2017	Actrn,	Effectiveness of a combination of Tai Chi plus Thera-bands on stress, depression, anxiety, pain, and well-being in older sedentary office workers: a pilot randomized controlled trial	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12617001628336				3.Intervention out of scope
Bademli 2019	Bademli, Kerime; Lok, Neslihan; Canbaz, Muammer; Lok, Sefa	Effects of Physical Activity Program on cognitive function and sleep quality in elderly with mild cognitive impairment: A randomized controlled trial	2019	Perspectives in Psychiatric Care	55	3	401-408	3.Intervention out of scope
Capodaglio 2007	Capodaglio, P.	Life-style improvements following low-intensity strength training in elderly over 75 years...Proceedings of the 9th Congress of European Federation for Research in Rehabilitation, Budapest, Hungary, 26-29 August 2007	2007	International Journal of Rehabilitation Research	30		97-98	3.Intervention out of scope
Castro-Sanchez 2012	Castro-Sanchez, A. M.; Mataran-Penarocha, G. A.; Lara-Palomo, I.; Saavedra-Hernandez, M.; Arroyo-Morales, M.; Moreno-Lorenzo, C.	Hydrotherapy for the treatment of pain in people with multiple sclerosis: a randomized controlled trial	2012	Evidence-Based Complementary & Alternative Medicine: eCAM	2012			3.Intervention out of scope
Chi 2013	Chi, Ctr Trc	Promoting Mental Well-being of Pregnant Women with Mindfulness-Based Childbirth and Parenting (MBCP) in Hong Kong	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-TRC-13004070				3.Intervention out of scope
Chi 2014	Chi, Ctr Trc	The effect of traditional exercise 'Baduanjin' for physical Functioning of Ankylosing spondylitis: a randomized, controlled, prospective study	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-TRC-14004650				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Chi 2016	Chi, Ctr Iir	Effect of Community-Based Social Skills Training on outcomes in Patients with schizophrenia: a Randomized Controlled Trial Study	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IIR-16007894				3.Intervention out of scope
Chi 2016	Chi, Ctr Ior	Effect of Community-Based Social Skills Training and Tai-Chi Exercise on Outcomes in Patients with Relatively Stable Schizophrenia: a Randomized, One-year Study	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IOR-16007893				3.Intervention out of scope
Chi 2016	Chi, Ctr Ior	Biomechanics effects of Tai chi in patients with knee osteoarthritis	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IOR-16010042				3.Intervention out of scope
Chi 2017	Chi, Ctr Inr	Chinese Herbal and Tai Chi for Senile osteoporosis: study protocol for a randomized, controlled trial	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-INR-17011596				3.Intervention out of scope
Chi 2017	Chi, Ctr Ior	Study on the Establishment and Verification of BMFI Evaluation Indexes for Old People Bsaed on Theory of Focus on Both Tendons and Bones	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IOR-17012261				3.Intervention out of scope
ChiCtr 2018	ChiCtr,	The effects of 12 week tap dance training on ankle function in older woman	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR1800014714				3.Intervention out of scope
ChiCtr 2018	ChiCtr,	'Taiji' Huoxiang zhengqi Oral liquid in the treatment of gastrointestinal type cold: a randomized, double-blind, placebo parallel control, multicenter clinical trial	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR1800014834				3.Intervention out of scope
ChiCtr 2018	ChiCtr,	Multicenter, randomized, double-blind, double-simulated, parallel controlled trial for the effect of Taiji water on uric acid level in gout patients with hyperuricemia	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR1800020227				3.Intervention out of scope
ChiCtr 2018	ChiCtr,	Effect of Baduanjin Exercise on the Elderly's Sleep	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR1800014706				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
ChiCtr 2019	ChiCtr,	Chinese herbal formula Huoxiang Zhengqi for diarrhea-predominant irritable bowel syndrome with dampness pattern (CHAIRS): a double-blinded randomized controlled trial	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR1900026837				3.Intervention out of scope
ChiCtr 2019	ChiCtr,	The effects of Ai Chi on patients with chronic low back pain: a multicenter, randomized, single-blind, three-arm, parallel controlled trial	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR1900022921				3.Intervention out of scope
Ctri 2017	Ctri,	EFFECTIVENESS OF AN INTEGRATED INTERVENTION PROGRAM FOR ALCOHOLISM (IIPA)	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009346				3.Intervention out of scope
deSantana 2010	de Santana, J. S.; de Almeida, A. P. G.; Brandao, P. M. C.	Os efeitos do metodo Ai Chi em pacientes portadoras da sindrome fibromialgica (The effect of Ai Chi method in fibromyalgic patients) [Portuguese]	2010	Ciencia & Saude Coletiva 2010 Jun;15(Suppl 1):1433-1438				3.Intervention out of scope
Hui 2007	Hui, G.; Kaijun, N.; Yano, H.; Ogamo, K.; Nakajima, K.; Wang, Y.; Motokawa, A.; Suzuki, L.; Fujita, K.; Saitou, T.; Nagatomi, R.	The effect of a new exercise program including Tai Chi Chuan and Kung Fu gymnastics elements for the physical fitness of older subjects who have lower physical fitness - Compared to a well-accepted exercise program. [Japanese]	2007	Japanese Journal of Physical Fitness and Sports Medicine	56	2	241-256	3.Intervention out of scope
Ishitsuka 2011	Ishitsuka, Kenta; Yasuda, Toshihiro	Effect of Low-intensity Strength Training on Blood Pressure of Elderly Patients with Hypertension	2011	Medicine & Science in Sports & Exercise	43		281-282	3.Intervention out of scope
Isrctn 2009	Isrctn,	Traditional Chinese Medicine in Routine care of Orthopaedic Rehabilitation - sustainability and acceptance by patients of the German Pension Fund	2009	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN40932605				3.Intervention out of scope
Isrctn 2010	Isrctn,	Recovery through healthy living in acute psychiatric setting	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN37185489				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Isrctn 2016	Isrctn,	To determine whether Ai-chi exercises (aquatic exercises) can improve balance, functional status and quality of life in patients with Parkinson's disease	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN26292510				3.Intervention out of scope
Jong 2016	Jong, M.; Van De Vijver, L.; Busch, M.; Fritsma, J.; Seldenrijk, R.	Integrative primary care management improves quality of life in patients with chronic musculoskeletal pain: A randomized controlled comparative study	2016	Journal of Alternative and Complementary Medicine	22 (6)		A5	3.Intervention out of scope
Jprn 2013	Jprn, Umin	Study of fall prevention among community-dwelling elderly	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000012058				3.Intervention out of scope
Jprn 2014	Jprn, Umin	The long term effectiveness of self-care program for breast-cancer-treatment-related lymphedema	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000012985				3.Intervention out of scope
Jprn 2014	Jprn, Umin	The effectiveness of self-care program for breast-cancer-treatment-related lymphedema;randomized pilot study	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000014700				3.Intervention out of scope
Jprn 2017	Jprn, Umin	Physiological and Psychological Changes of Primipara after First-time Interaction with Infant during Pregnancy	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000028471				3.Intervention out of scope
Kang 2016	Kang, R.; Wu, Y.; Li, Z.; Jiang, J.; Gao, Q.; Yu, Y.; Gao, K.; Yan, Y.; He, Y.	Effect of Community-Based Social Skills Training and Tai-Chi Exercise on Outcomes in Patients with Chronic Schizophrenia: A Randomized, One-Year Study	2016	Psychopathology	49	5	345-355	3.Intervention out of scope
Kazar-Toth 2017	Kazar-Toth, K.; Karoczi, C. K.; Monek, B.; Gacserne, C.; Kovacs, E.; Poor, G.; Miko, I.	HPR efficacy of different types of exercise programs in osteoporosis with high risk of falls	2017	Annals of the Rheumatic Diseases	76 (Supplement 2)	June	1482	3.Intervention out of scope
Lee 2004	Lee, M. S.; Lee, M. S.; Kim, H. J.; Choi, E. S.	Effects of qigong on blood pressure, high-density lipoprotein cholesterol and other lipid levels in essential hypertension patients	2004	International Journal of Neuroscience	114	7	777-786	3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Lei 2013	Lei, Y. Q.; Li, R. L.; Lin, Q. F.; Han, Z. Y.; Wu, C. H.; Huang, X. H.	(Zengshi Taichi acupuncture for 65 patients with pseudobulbar palsy after stroke) [Chinese - simplified characters]	2013	Liaoning Zhongyi Zazhi [Liaoning Journal of Traditional Chinese Medicine] 2013 Apr;40(4):780-781				3.Intervention out of scope
Li 2012	Li, G.; Wang, J. C.	The meaning of wrapping strength in Chen-style Taijiquan in the treatment of prolapse of lumbar intervertebral disc	2012	Journal of harbin medical university [harbin yi ke da xue xue bao]	46	8	403-404	3.Intervention out of scope
Li 2019	Li, Z.; Cao, Y.; Tao, S.	The rehabilitative effects of Baduanjin Qigong in chronic kidney disease (1-3 stage)	2019	Basic and Clinical Pharmacology and Toxicology	124 (Supplement 3)		36-37	3.Intervention out of scope
Liao 2019	Liao, S. J.; Chong, M. C.; Tan, M. P.; Chua, Y. P.	Tai Chi with music improves quality of life among community-dwelling older persons with mild to moderate depressive symptoms: A cluster randomized controlled trial	2019	Geriatric Nursing	40	2	154-159	3.Intervention out of scope
Lin 2018	Lin, Z.; Jing, Z.; Shu-Lin, Q.; Ye-Hui, L.; Xue-Hui, S.; Zhen-Guang, L.; Jing-Jing, W.; Yan, Z.	Effect of acupuncture plus Tai Ji Quan on the recovery of neurological function and depression state in post-stroke depression patients	2018	Journal of Acupuncture and Tuina Science	16	2	96-103	3.Intervention out of scope
Lu 2015	Lu, T.; Song, Q. H.; Xu, R. M.; Zhang, L. Y.	Effect of Tai Chi exercise in combination with auricular plaster on patients with lumbar muscle strain	2015	International journal of clinical and experimental medicine	8	2	2949-53	3.Intervention out of scope
Manko 2013	Manko, G.; Ziolkowski, A.; Mirski, A.; Klosinski, M.	The effectiveness of selected Tai Chi exercises in a program of strategic rehabilitation aimed at improving the self-care skills of patients aroused from prolonged coma after severe TBI	2013	Medical Science Monitor	19		767-72	3.Intervention out of scope
McDermott 2015	McDermott, K.; Kumar, D.; Goldman, V.; Feng, H.; Mehling, W.; Moskowitz, J. T.; Souza, R. B.; Hecht, F. M.	Training in ChiRunning to reduce blood pressure: a randomized controlled pilot study	2015	BMC Complementary & Alternative Medicine	15		368	3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nagatomi 2009	Nagatomi, R.; Niu, K.; Uchimaru, J.; Guo, H.; Korpelainen, R.; Heikkinen, R.; Sato, K.; Kishimoto, K.; Vainionpaa, A.; Sakai, A.; Salo, S.; Itoi, E.; Komatsu, S.; Jamsa, T.	Effect of office-based impact exercise on bone in premenopausal Japanese women: Sendai Bone Health Concept Study	2009	Bone	1)		S111-S112	3.Intervention out of scope
Nct 2006	Nct,	Vitamin D Dose-Response Study to Establish Dietary Requirements in Infants	2006	https://clinicaltrials.gov/show/NCT00381914				3.Intervention out of scope
Nct 2007	Nct,	Pool-based Exercise in Fibromyalgia Management	2007	https://clinicaltrials.gov/show/NCT00550641				3.Intervention out of scope
Nct 2008	Nct,	Ai Chi Versus Stretching in Fibromyalgia Management	2008	https://clinicaltrials.gov/show/NCT00600574				3.Intervention out of scope
Nct 2009	Nct,	Genotype Based Personalized Prescription of Nevirapine	2009	https://clinicaltrials.gov/show/NCT00986063				3.Intervention out of scope
Nct 2009	Nct,	ActiveStep Comparative Effectiveness Trial	2009	https://clinicaltrials.gov/show/NCT01006967				3.Intervention out of scope
Nct 2009	Nct,	A Structured Qi-gong Program for Hospitalized Older Adults	2009	https://clinicaltrials.gov/show/NCT00944788				3.Intervention out of scope
Nct 2009	Nct,	Non-contact Boxing Training and Traditional Therapeutic Exercise for Persons With Parkinson's Disease	2009	https://clinicaltrials.gov/show/NCT01014663				3.Intervention out of scope
Nct 2010	Nct,	Strength, Flexibility, And Balance Therapy After Stroke	2010	https://clinicaltrials.gov/show/NCT01109602				3.Intervention out of scope
Nct 2010	Nct,	Understanding Changes in Heart Function After Exercise in People With Stroke	2010	https://clinicaltrials.gov/show/NCT01189045				3.Intervention out of scope
Nct 2010	Nct,	Efficacy of Mindful Tai Chi on Obese or Overweight Adults: a Randomized Controlled Clinical Trial	2010	https://clinicaltrials.gov/show/NCT01264029				3.Intervention out of scope
Nct 2010	Nct,	High-dose Simvastatin for Aneurysmal Subarachnoid Haemorrhage	2010	https://clinicaltrials.gov/show/NCT01077206				3.Intervention out of scope
Nct 2010	Nct,	Effect of Simvastatin and Ezetimibe on Lipid and Inflammation	2010	https://clinicaltrials.gov/show/NCT01103648				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2011	Nct,	The Effects of Aerobics Training on Balance in Patients With Multiple Sclerosis	2011	https://clinicaltrials.gov/show/NCT01453868				3.Intervention out of scope
Nct 2012	Nct,	Cognitive Activation Therapy for MCI: a Randomized Control Study	2012	https://clinicaltrials.gov/show/NCT01641328				3.Intervention out of scope
Nct 2012	Nct,	Running Against Prehypertension Trial (RAPT): a Pilot Trial	2012	https://clinicaltrials.gov/show/NCT01587183				3.Intervention out of scope
Nct 2012	Nct,	Effects of Daily Nutritional Supplementation in Combination With a Eurhythmic Training (NUDAL)	2012	https://clinicaltrials.gov/show/NCT01539200				3.Intervention out of scope
Nct 2013	Nct,	Efficacy Study on Symptomatic Control of Patient With Knee Osteoarthritis Between 14% of Plai (Plaivana®) to Placebo Gels	2013	https://clinicaltrials.gov/show/NCT01836393				3.Intervention out of scope
Nct 2013	Nct,	A Randomized, Non-inferiority Clinical Trial of CVA Telerehabilitation Treatments - TelePhysioTaiChi	2013	https://clinicaltrials.gov/show/NCT01848080				3.Intervention out of scope
Nct 2013	Nct,	Prevention of Vitamin D Deficiency Following Pediatric CHD Surgery: a Phase II Dose Evaluation Randomized Controlled Trial Comparing Usual Care With a High Dose Pre-operative Supplementation Regimen Based on the Institute of Medicine Daily Upper Tolerable Intake Level	2013	https://clinicaltrials.gov/show/NCT01838447				3.Intervention out of scope
Nct 2014	Nct,	PROACTIVE Study Evaluation of the Impact of a Multidimensional Geriatric Intervention Program	2014	https://clinicaltrials.gov/show/NCT02216162				3.Intervention out of scope
Nct 2014	Nct,	Immediate Effect of Tai Chi Exercise in Healthy Volunteers	2014	https://clinicaltrials.gov/show/NCT02320747				3.Intervention out of scope
Nct 2014	Nct,	Cystic Fibrosis- Children and Adults Tai Chi Study	2014	https://clinicaltrials.gov/show/NCT02054377				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2014	Nct,	Improvement and Mechanism of Wheel-chair Music Aerobic Exercise on Depression and Insomnia Among the Elderly in Long-term Care Facilities	2014	https://clinicaltrials.gov/show/NCT02256020				3.Intervention out of scope
Nct 2015	Nct,	Motor Learning and Brain Changes in Autism	2015	https://clinicaltrials.gov/show/NCT02358317				3.Intervention out of scope
Nct 2015	Nct,	The Effect of a Higher Dose of Dehydroepiandrosterone (DHEA) Supplementation in Poor Responders	2015	https://clinicaltrials.gov/show/NCT02357472				3.Intervention out of scope
Nct 2015	Nct,	SMS Reminders to Improve Medication Adherence of Aromatase Inhibitors	2015	https://clinicaltrials.gov/show/NCT02524548				3.Intervention out of scope
Nct 2016	Nct,	Continuous Versus Single-Shot Adductor Canal Block in Total Knee Arthroplasty	2016	https://clinicaltrials.gov/show/NCT03145584				3.Intervention out of scope
Nct 2016	Nct,	Can Brief-mindfulness Interventions Improve Psychiatric Symptoms?	2016	https://clinicaltrials.gov/show/NCT02987426				3.Intervention out of scope
Nct 2016	Nct,	Adapted Yoga for Inactive Older Adults	2016	https://clinicaltrials.gov/show/NCT02663726				3.Intervention out of scope
Nct 2016	Nct,	NIV - NAVA vs NIV - PS for COPD Exacerbation	2016	https://clinicaltrials.gov/show/NCT02912689				3.Intervention out of scope
Nct 2016	Nct,	The MATCH Study: mindfulness And Tai Chi for Cancer Health	2016	https://clinicaltrials.gov/show/NCT02801123				3.Intervention out of scope
Nct 2017	Nct,	Efficacy and Safety of Hou Gu Mi Xi in Patients With Spleen Qi Deficiency and Mild Gastrointestinal Disorder	2017	https://clinicaltrials.gov/show/NCT03019042				3.Intervention out of scope
Nct 2017	Nct,	Function of Jiangzhong Hou GuÃ® Mi Xiã,¢ in Patients With Spleen Qi Deficiency and Peptic Ulcer Diseases	2017	https://clinicaltrials.gov/show/NCT03320538				3.Intervention out of scope
Nct 2017	Nct,	Efficacy and Safety of Hou Gu Mi Xi in Patients With Spleen Qi Deficiency and Non-organic Gastrointestinal Disorders	2017	https://clinicaltrials.gov/show/NCT03019042				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2017	Nct,	Efficacy and Safety of Hou Gu Mi Xi in Patients With Peptic Ulcer Diseases	2017	https://clinicaltrials.gov/show/NCT03320538				3.Intervention out of scope
Nct 2017	Nct,	Efficacy and Safety of Hou Gu Mi Xi in Patients With Spleen Qi Deficiency and Radical Gastrectomy for Gastric Cancer	2017	https://clinicaltrials.gov/show/NCT03025152				3.Intervention out of scope
Nct 2017	Nct,	Exercise Using Chinese Yoga Improving Insomnia	2017	https://clinicaltrials.gov/show/NCT03251755				3.Intervention out of scope
Nct 2017	Nct,	Hyperbaric Oxygen Compared to Pharmaceutical Therapies for Fibromyalgia Syndrome	2017	https://clinicaltrials.gov/show/NCT03325959				3.Intervention out of scope
Nct 2017	Nct,	Proprioception and Meditation	2017	https://clinicaltrials.gov/show/NCT03079817				3.Intervention out of scope
Nct 2017	Nct,	'Mindfulness-Based Joyful Sleep' Intervention in Young and Middle-aged Individuals With Insomnia	2017	https://clinicaltrials.gov/show/NCT03268629				3.Intervention out of scope
Nct 2018	Nct,	Ai Chi Method for Children With Asthma	2018	https://clinicaltrials.gov/show/NCT03392129				3.Intervention out of scope
Nct 2018	Nct,	A Randomized Control Trial Treating Depression With Yoga and Coherent Breathing Versus Walking in Veterans	2018	https://clinicaltrials.gov/show/NCT03489122				3.Intervention out of scope
Nct 2018	Nct,	The Effects of an Exergame Training on Body and Brain of Older Adults	2018	https://clinicaltrials.gov/show/NCT03676452				3.Intervention out of scope
Nct 2018	Nct,	An Evaluation of Changes in Psychological Health to a Yoga Program for Medical Residents	2018	https://clinicaltrials.gov/show/NCT03687450				3.Intervention out of scope
Nct 2018	Nct,	Effectiveness of a Multimodal Mindfulness Program to Alleviate Graduate Student Stress	2018	https://clinicaltrials.gov/show/NCT03704779				3.Intervention out of scope
Nct 2018	Nct,	Comparisons of SWI, WWI and CI in Potentially Difficult Colonoscopy	2018	https://clinicaltrials.gov/show/NCT03571061				3.Intervention out of scope
Nct 2018	Nct,	Community-based Rehabilitation and Fall Prevention Program After Total Knee Arthroplasty	2018	https://clinicaltrials.gov/show/NCT03615638				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2018	Nct,	Effectiveness of a Community-based Tai Chi Rehabilitation Program for Patients After Total Knee Arthroplasty	2018	https://clinicaltrials.gov/show/NCT03565380				3.Intervention out of scope
Nct 2019	Nct,	Aquatic Therapy in Patients With Acquired Brain Injury	2019	https://clinicaltrials.gov/show/NCT04168164				3.Intervention out of scope
Nct 2019	Nct,	A Care Model for Elderly Hip-fractured Persons With Cognitive Impairment and Their Family Caregivers	2019	https://clinicaltrials.gov/show/NCT03894709				3.Intervention out of scope
Nct 2019	Nct,	Deep Diaphragmatic Breathing: neurobiological and Anti-inflammatory Effects	2019	https://clinicaltrials.gov/show/NCT04102813				3.Intervention out of scope
Nct 2019	Nct,	Investigating the Effectiveness of Vibration Therapy on Sarcopenia in Osteoarthritis Knee Patients	2019	https://clinicaltrials.gov/show/NCT03880344				3.Intervention out of scope
Nct 2019	Nct,	Lung Cancer Rehabilitation After Medical Treatment	2019	https://clinicaltrials.gov/show/NCT04185467				3.Intervention out of scope
Nct 2019	Nct,	Endophthalmitis Post Intravitreal Injections	2019	https://clinicaltrials.gov/show/NCT04035369				3.Intervention out of scope
Nct 2019	Nct,	Connected Health to Decrease Opioid Use in Patients With Chronic Pain	2019	https://clinicaltrials.gov/show/NCT04013529				3.Intervention out of scope
Nct 2019	Nct,	Reactive Balance Training and Fitness	2019	https://clinicaltrials.gov/show/NCT04042961				3.Intervention out of scope
Nct 2019	Nct,	Balance Rehabilitation With Modified Visual Input in Patients With Neuropathy	2019	https://clinicaltrials.gov/show/NCT03881930				3.Intervention out of scope
Nct 2019	Nct,	Intensive Running Exercise Improves Parkinson's Motor and Non-motor Symptoms	2019	https://clinicaltrials.gov/show/NCT03974529				3.Intervention out of scope
Nct 2019	Nct,	Efficacy of Brisk Walking in Parkinson's Disease	2019	https://clinicaltrials.gov/show/NCT04048291				3.Intervention out of scope
Nct 2019	Nct,	Impact of Meditation and Reiki on Assisted Reproduction Techniques Outcomes	2019	https://clinicaltrials.gov/show/NCT04058262				3.Intervention out of scope
Nct 2019	Nct,	Effectiveness of Neural Therapy in Patients With Fibromyalgia	2019	https://clinicaltrials.gov/show/NCT04007172				3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2019	Nct,	Caring for Caregivers With Mind-body Exercise	2019	https://clinicaltrials.gov/show/NCT04019301				3.Intervention out of scope
Nct 2019	Nct,	Evaluation of the Benefit of Traditional Karate in Heart Failure for Cardiac Rehabilitation	2019	https://clinicaltrials.gov/show/NCT03884855				3.Intervention out of scope
Nct 2019	Nct,	Yoga-mindfulness for Chronic Arthritis Patients With Persistent Pain - a Pragmatic Randomized Controlled Trial	2019	https://clinicaltrials.gov/show/NCT04065958				3.Intervention out of scope
Nct 2020	Nct,	Home-based Exercise Rehabilitation With a Novel Digital Biofeedback System for Chronic Low Back Pain	2020	https://clinicaltrials.gov/show/NCT04401683				3.Intervention out of scope
Nct 2020	Nct,	Comparison of (Balance,Resistance,Aerobic,and CognitiveExercises) & (Balance Resistance Exercise)	2020	https://clinicaltrials.gov/show/NCT04293952				3.Intervention out of scope
Nct 2020	Nct,	Wii Fit as Balance Assessment and Training	2020	https://clinicaltrials.gov/show/NCT04302155				3.Intervention out of scope
Nct 2020	Nct,	Medical Qigong for Mobility and Balance Self-Confidence	2020	https://clinicaltrials.gov/show/NCT04430751				3.Intervention out of scope
Ntr 2013	Ntr,	Proeftuin Integrative Medicine	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=NTR4059				3.Intervention out of scope
Pei-Hsin 2018	Pei-Hsin, Ku; Ray-Yau, Wang; Szu-Fu, Chen; Yea-Ru, Yang; Ta-Chang, Lai	Effects of Ai Chi Intervention on Balance Performance in Individuals With Chronic Stroke...5th International Conference For Evidence Based Aquatic Therapy (ICEBAT), Apr 14-16, 2018, Las Vegas, Nevada	2018	Journal of Aquatic Physical Therapy	26	2	25-27	3.Intervention out of scope
Perez-DelaCruz 2015	Perez-De la Cruz, S.; Lambeck, J.	[Effects of a programme of aquatic Ai Chi exercise in patients with fibromyalgia. A pilot study]	2015	Revista de Neurologia	60	2	59-65	3.Intervention out of scope
PérezDelaCruz 2015	Pérez De la Cruz, Sagrario; Lambeck, Johan	Efectos de un programa de Ai Chi acuático en pacientes con fibromialgia. Estudio piloto	2015	Rev. neurol. (Ed. impr.)	60	2	59-65	3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Perezdelacruz 2017	Perez de la Cruz, S.	Effectiveness of aquatic therapy for the control of pain and increased functionality in people with Parkinson's disease: a randomized clinical trial	2017	European journal of physical & rehabilitation medicine.	53	6	825-832	3.Intervention out of scope
Perez-delaCruz 2018	Perez-de la Cruz, S.	A bicentric controlled study on the effects of aquatic Ai Chi in Parkinson disease	2018	Complementary Therapies in Medicine	36		147-153	3.Intervention out of scope
Perez-delaCruz 2019	Perez-de la Cruz, S.	Mental health in Parkinson's disease after receiving aquatic therapy: a clinical trial	2019	Acta Neurologica Belgica	119	2	193-200	3.Intervention out of scope
Perez-delaCruz 2020	Perez-de la Cruz, S.	Comparison of Aquatic Therapy vs. Dry Land Therapy to Improve Mobility of Chronic Stroke Patients	2020	International Journal of Environmental Research & Public Health [Electronic Resource]	17	13	1	3.Intervention out of scope
Perez-delaCruz 2020	Perez-de la Cruz, S.	Influence of an Aquatic Therapy Program on Perceived Pain, Stress, and Quality of Life in Chronic Stroke Patients: A Randomized Trial	2020	International Journal of Environmental Research & Public Health [Electronic Resource]	17	13	3	3.Intervention out of scope
R 2015	R. B. R. hvfzj	Physiotherapy techniques in Parkinson's Disease	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-4hvfzj				3.Intervention out of scope
RieglevanWest 2018	Riegle van West, K.; Stinear, C.; Buck, R.	The Effects of Poi on Physical and Cognitive Function in Healthy Older Adults	2018	Journal of Aging & Physical Activity			44805	3.Intervention out of scope
So 2019	So, B. C. L.; Ng, J. K.; Au, K. C. K.	A 4-week community aquatic physiotherapy program with Ai Chi or Bad Ragaz Ring Method improves disability and trunk muscle endurance in adults with chronic low back pain: A pilot study	2019	Journal of Back & Musculoskeletal Rehabilitation	32	5	755-767	3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Sultana 1998	Sultana, R.; Cremieux, J.; Gorgy, O.; Heurley, G.	Reeducation de l'equilibre d'ataxiques, de cerebelleux et de personnes agees a l'aide d'arts martiaux internes et externes adaptes. / Re-education of balance with martial arts in ataxic, cerebellar and elderly persons	1998	STAPS: Revue des Sciences & Techniques des Activites Physiques & Sportives	19	46/47	199-208	3.Intervention out of scope
Tctr 2017	Tctr,	Possible role of court-type Thai traditional massage during parturition: a randomized controlled trial	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=TCTR20171115003				3.Intervention out of scope
Tctr 2017	Tctr,	Reliability and Validity Study of Sino-Nasal Outcome Test 22 (Thai version) in Chronic Rhinosinusitis	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=TCTR20170320003				3.Intervention out of scope
Tctr 2018	Tctr,	Prefrontal cortex in aging and effect of aquatic therapy-from ANS and executive function perspective (PART II)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=TCTR20181116001				3.Intervention out of scope
Tctr 2019	Tctr,	EFFECTIVENESS OF MOBILE APPLICATION(EASYDM) FOR DIABETES CONTROL FOCUSING ON DIABETES MEDICATION ADHERENCE AMONG UNCONTROLLED DIABETES PATIENTS ATTENDING PRIMARY CARE UNITS IN BANGKOK THAILAND : RANDOMIZED CONTROLLED TRIAL	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=TCTR20190509002				3.Intervention out of scope
Tctr 2019	Tctr,	intravaginal probiotic supplementation prior to embryo transfer in the frozen thaw cycle may improve pregnancy rate: a randomized controlled study	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=TCTR20190429001				3.Intervention out of scope
Torstveit 2011	Torstveit, Monica K.; Rustaden, Anne Mette; Lohne-Seiler, Hilde	Effect of Exercise on Physical Function and Fall Risk among Elderly. A Randomized Controlled Trial	2011	Medicine & Science in Sports & Exercise	43		709-709	3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Tsang 2010	Tsang, T. W.; Kohn, M. R.; Chow, C. M.; Fiatarone Singh, M. A.	Kung fu training improves physical fitness measures in overweight/obese adolescents: the "martial fitness" study	2010	Journal of Obesity				3.Intervention out of scope
Villegas 2014	Villegas, I. L.; Israel, V.	Effect of the ai-chi method on functional activity, quality of life, and posture in patients with parkinson disease	2014	Topics in Geriatric Rehabilitation	30	4	282-289	3.Intervention out of scope
Vilpunaho 2019	Vilpunaho, T.; Kroger, H.; Honkanen, R.; Koivumaa-Honkanen, H.; Sirola, J.; Kuvaja-Kollner, V.; Sund, R.; Rikkonen, T.	Randomised controlled trial (RCT) study design for a large-scale municipal fall prevention exercise programme in community-living older women: study protocol for the Kuopio Fall Prevention Study (KFPS)	2019	BMJ Open	9	6	e028716	3.Intervention out of scope
Young 2018	Young, D. K.	Multicomponent intervention combining a cognitive stimulation group and tai chi to reduce cognitive decline among community-dwelling older adults with probable dementia: A multi-center, randomized controlled trial	2018	Dementia			1.5E+15	3.Intervention out of scope
Young 2018	Young, D. K. w; Ng, P. Y. n; Kwok, T.; Ho, F.; Cheng, D.; Mak, V.; Lau, A.	The effects of an expanded cognitive stimulation therapy model on the improvement of cognitive ability of elderly with mild stage dementia living in a community - a randomized waitlist controlled trial	2018	Aging & Mental Health			No Paginat ion Specified	3.Intervention out of scope
Young 2019	Young, D. K.; Ng, P. Y.; Kwok, T.; Ho, F.; Cheng, D.; Mak, V.; Lau, A.	The effects of an expanded cognitive stimulation therapy model on the improvement of cognitive ability of elderly with mild stage Dementia living in a community - a randomized waitlist controlled trial	2019	Aging & Mental Health	23	7	855-862	3.Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Zeng 2015	Zeng, R.; Lin, J.; Wu, S.; Chen, L.; Chen, S.; Gao, H.; Zheng, Y.; Ma, H.	A randomized controlled trial: preoperative home-based combined Tai Chi and Strength Training (TCST) to improve balance and aerobic capacity in patients with total hip arthroplasty (THA)	2015	Archives of Gerontology & Geriatrics	60	2	265-71	3.Intervention out of scope
Zhang 2018	Zhang, J.; Qin, S.; Zhou, Y.; Meng, L.; Su, H.; Zhao, S.	A randomized controlled trial of mindfulness-based Tai Chi Chuan for subthreshold depression adolescents	2018	Neuropsychiatric Disease & Treatment	14		2313-2321	3.Intervention out of scope
Carr 2016	Carr, S. B.; Ronan, P.; Robinson, N.; Agent, P.; Mian, A.; Madge, S.	A randomised controlled trial of tai chi in cystic fibrosis	2016	Pediatric Pulmonology	51 (Supplement 45)		376	4. Comparator out of scope
Chen 2000	Chen, S. Y.; Walker, M.	The comparison of gait characteristics between older tai-chi chuan practitioners and non practitioners	2000	In Hong, Y. (ed.), Proceedings of XVIII International symposium on biomechanics in sports, Hong Kong, Department of Sports Science and Physical Education. The Chinese University of Hong Kong, c2000, p.949.				4. Comparator out of scope
Chen 2020	Chen, P. J.; Penn, I. W.; Wei, S. H.; Chuang, L. R.; Sung, W. H.	Augmented reality-assisted training with selected Tai-Chi movements improves balance control and increases lower limb muscle strength in older adults: A prospective randomized trial	2020	Journal of Exercise Science & Fitness	18	3	142-147	4. Comparator out of scope
Chi 2011	Chi, Ctr Trc	The Relationship of Number and Effect on Adjunctive treatment to T2DM in Traditional Health-Care Qigong	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-TRC-11001464				4. Comparator out of scope
Chi 2017	Chi, Ctr Ipr	the effects of group-based vs individual-based Tai Chi training for motor and non-motor symptoms in patients with Parkinson's disease	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IPR-17010388				4. Comparator out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Drks 2018	Drks,	Combinatorial effects of tai chi training and nutrition on the power and coordination ability of older people	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00014945				4. Comparator out of scope
Du 2017	Du, Y.; Roberts, P.; Xu, Q.	The Effects of Tai Chi Practice With Asynchronous Music on Compliance and Fall-Related Risk Factors in Middle-Aged and Older Women: A Pilot Study	2017	Journal of Holistic Nursing	35	2	142-150	4. Comparator out of scope
Gatts 2005	Gatts, S. K.	Neural and biomechanical mechanisms underlying balance improvement with short term Tai Chi training in balance impaired older adults	2005		Ph.D.		101 p-101 p	4. Comparator out of scope
Gatts 2008	Gatts, S.	Neural mechanisms underlying balance control in Tai Chi	2008	Medicine & Sport Science	52		87-103	4. Comparator out of scope
Glickman-Simon 2017	Glickman-Simon, R.	Home-based Tai Chi Chuan May Reduce Fall Rate Compared to Lower Extremity Exercise Training in Older Adults with History of Falls	2017	Explore: The Journal of Science and Healing	13	1	79-80	4. Comparator out of scope
Jprn 2012	Jprn, Umin	Effect of a Tai Chi Yuttari-exercise program for the prevention of conditions requiring long-term care in community-dwelling elderly	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000006991				4. Comparator out of scope
Kaur 2013	Kaur, D.; Kumar, G.; Singh, A. K.	Mental tai chi-based exercise programme versus tai chi for multiple sclerosis patients: A pilot study	2013	Multiple Sclerosis	1)		312-313	4. Comparator out of scope
Kim 2014	Kim, T. H.; Eke Dogra, S.; Al-Sahab, B.; Tamim, H.	Comparison of functional fitness outcomes in experienced and inexperienced older adults after 16-week tai chi program	2014	Alternative Therapies in Health & Medicine	20	3	44701	4. Comparator out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Liu 2014	Liu, Y. W.; Tsui, C. M.	A randomized trial comparing Tai Chi with and without cognitive-behavioral intervention (CBI) to reduce fear of falling in community-dwelling elderly people	2014	Archives of Gerontology & Geriatrics	59	2	317-25	4. Comparator out of scope
Ma 2014	Ma, M.; Song, Q. H.; Xu, R. M.; Zhang, Q. H.; Shen, G. Q.; Guo, Y. H.; Wang, Y.	Treatment effect of the method of Tai Chi exercise in combination with inhalation of air negative oxygen ions on hyperlipidemia	2014	International journal of clinical and experimental medicine	7	8	2309-13	4. Comparator out of scope
Nct 2013	Nct,	Enhancing Performance of Cognitive Behavioral Therapy for Insomnia With an Integrative Mobile Platform	2013	https://clinicaltrials.gov/show/NCT01978626				4. Comparator out of scope
Nct 2014	Nct,	The Gentle Cardiac Rehabilitation Study	2014	https://clinicaltrials.gov/show/NCT02165254				4. Comparator out of scope
Nct 2018	Nct,	Effect of Tai Chi Exercise on Mechanical Joint Loading in Knee Osteoarthritis	2018	https://clinicaltrials.gov/show/NCT03621631				4. Comparator out of scope
Nct 2018	Nct,	Tai Chi in Rheumatoid Arthritis (TaiChiRA)	2018	https://clinicaltrials.gov/show/NCT03678363				4. Comparator out of scope
Nct 2020	Nct,	Health Outcomes of Two Different Tai Chi Interventions	2020	https://clinicaltrials.gov/show/NCT04407403				4. Comparator out of scope
Nct 2020	Nct,	Qui Gong Programme vs Short Form Sun Style Tai Chi in COPD Patients	2020	https://clinicaltrials.gov/show/NCT04357678				4. Comparator out of scope
Nissim 2019	Nissim, M.; Hutzler, Y.; Goldstein, A.	A walk on water: comparing the influence of Ai Chi and Tai Chi on fall risk and verbal working memory in ageing people with intellectual disabilities - a randomised controlled trial	2019	Journal of Intellectual Disability Research	63	6	603-613	4. Comparator out of scope
Qi 2019	Qi, M.; Moyle, W.; Jones, C.; Weeks, B.	Effects of Tai Chi Combined with Theraband Training on Physical Fitness, Psychological Well-being, and Pain in Older Sedentary Office Workers: A Pilot Randomized Controlled Trial	2019	Topics in Geriatric Rehabilitation	35	4	255-265	4. Comparator out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Salmoirago-Blotcher 2015	Salmoirago-Blotcher, E.; Wayne, P.; Bock, B. C.; Dunsiger, S.; Wu, W. C.; Stabile, L.; Yeh, G.	Design and methods of the Gentle Cardiac Rehabilitation Study--A behavioral study of tai chi exercise for patients not attending cardiac rehabilitation	2015	Contemporary Clinical Trials	43		243-51	4. Comparator out of scope
Wang 2009	Wang, W.; Sawada, M.; Noriyama, Y.; Arita, K.; Ota, T.; Kishimoto, T.	Effects of Qigong in Tai Chi in the elderly using General Health Questionnaire (GHQ)	2009	Journal of Nara Medical Association	60	44717	159-165	4. Comparator out of scope
Yang 2010	Yang, Q.; Fu, R. D.	(Study on antioxidant effect of Taijiquan to the middle-aged and elderly women) [Chinese - simplified characters]	2010	Liaoning Sport Science and Technology 2010 Aug;32(4):38-39				4. Comparator out of scope
Cao 2012	Cao, Ana Rey; Lacruz, Inma Canales	Mejoras cognitivas y perceptivo-motrices en personas mayores participantes en un programa de estimulación integral cognitivo-motriz	2012	Rev. bras. geriatr. gerontol	15	1	27-39	4. Comparator out of scope
Kleinert 2010	Kleinert, J; Kleinknecht, C; Sulprizio, M	Taijiquan as a group treatment in back pain patients: The role of teaching holistic thinking	2010	Chinesische Medizin	25	2	84-96.	4. Comparator out of scope
Actrn 2018	Actrn,	Wellbeing warriors: examining the effects of martial art training on mental health outcomes for secondary school students	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ACTRN12618001405202				5. Population out of scope
Bao 2015	Bao, X.; Jin, K.	The beneficial effect of Tai Chi on self-concept in adolescents	2015	International Journal of Psychology	50	2	101-5	5. Population out of scope
Bolanowski 2007	Bolanowski, M.; Pluskiewicz, W.; Skrzek, A.; Bolanowski, J.; Adamczyk, P.	Beneficial effects of Tai Chi on women's skeletal status assessed by quantitative ultrasound at the hand phalanges - One-year follow-up study	2007	Advances in Clinical and Experimental Medicine	16	5	675-681	5. Population out of scope
Chang 2014	Chang, T. C.	The effect of short term yoga and Tai-Chi education exercise on antioxidant capacity and oxidative stress measures	2014	Studies on Ethno-Medicine	8	1	41456	5. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Chung 2013	Chung, P. H.; Lin, G. L.; Liu, C.; Chuang, L. R.; Shiang, T. Y.	The effects of tai chi chuan combined with vibration training on balance control and lower extremity muscle power	2013	Journal of Sports Science & Medicine	12	1	19-26	5. Population out of scope
Converse 2014	Converse, A. K.; Ahlers, E. O.; Travers, B. G.; Davidson, R. J.	Tai chi training reduces self-report of inattention in healthy young adults	2014	Frontiers in Human Neuroscience	8		13	5. Population out of scope
Dechamps 2008	Dechamps, A.; Quintard, B.; Lafont, L.	Effects of a short-term tai-chi-chuan mind-body approach on self-efficacy, anxiety and mood among sedentary lifestyle students. . [References]	2008	Revue europeenne de psychologie appliquee [european review of applied psychology]	58	2	125-132	5. Population out of scope
Dietz 2014	Dietz, N. K.; Olmstead, R. E.; Irwin, M. R.	Tai chi chih and augmentation of EEG spectral analytic alpha and theta power: A randomized controlled trial in older adults	2014	Psychosomatic Medicine	76 (3)		A114-A115	5. Population out of scope
Guo 2018	Guo, L. X.; Liang, M. L.; Li, X. W.	Effects of Tai Chi and brisk walking on physical fitness of middle-aged adults	2018	Basic and Clinical Pharmacology and Toxicology	123 (Supplement 7)		25	5. Population out of scope
Hui 2006	Hui, S.; Wong, J.; Kwok, T.	Comparison of training effects in blood profiles, body composition, and aerobic fitness between Tai Chi Chuan and walking exercises. (Abstract)	2006	Journal of Science & Medicine in Sport	9	6 Oct Supplement	43-43	5. Population out of scope
Hui 2009	Hui, S. S.; Woo, J.; Kwok, T.	Evaluation of energy expenditure and cardiovascular health effects from Tai Chi and walking exercise	2009	Hong Kong Medical Journal	15 Suppl 2		44746	5. Population out of scope
Irct2016063024151N 2016	Irct2016063024151N,	the effect of tai chi and chin tuck on forward head posture	2016	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2016063024151N4				5. Population out of scope
Jin 1992	Jin, P.	Efficacy of Tai Chi, brisk walking, meditation, and reading in reducing mental and emotional stress	1992	Journal of Psychosomatic Research	36	4	361-70	5. Population out of scope
Kim 2020	Kim, C. Y.; Je, H. D.; Jeong, H.; Jeong, J. H.; Kim, H. D.	Effects of Tai Chi versus Taekkyon on balance, lower-extremity strength, and gait ability in community-dwelling older women: a single-blinded randomized clinical trial	2019	Journal of Back and Musculoskeletal Rehabilitation				5. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Kuo 1999	Kuo, T.; Huang, G.; Chen, J.; Yang, C.; Chang, S.; Lee, C.	Influence of tai chi chuan on autonomic control of heart rate - abstract	1999	In, Fifth IOC World Congress on Sport Sciences : book of abstracts, Canberra, Sports Medicine Australia, 1999, p.102.				5. Population out of scope
Liu 2018	Liu, M.; Cao, Y.	The impact of mind-body exercise (Sunstyle Tai Chi Chuan) on college students' anxiety and stress	2018	Basic and Clinical Pharmacology and Toxicology	124 (Supplement 2)		44	5. Population out of scope
Ma 2019	Ma, W.	An experimental study on stress management of college students by physical exercise	2019	Basic and Clinical Pharmacology and Toxicology	125 (Supplement 10)		20-Mar	5. Population out of scope
Martin 2019	Martin, A. C.; Candow, D.	Effects of Online Yoga and Tai Chi on Physical Health Outcome Measures of Adult Informal Caregivers	2019	International Journal of Yoga	12	1	37-44	5. Population out of scope
Mulcahy 2020	Mulcahy, A.; Holland, B.; Gosselin, K.; Pittman, A.	The Use of Tai-Chi to Reduce Anxiety Among Nursing Students Undergoing Simulation	2020	Nursing Education Perspectives	41	3	183-184	5. Population out of scope
Nct 2010	Nct,	Efficacy of Taiji Training as a Program for Stress Prevention	2010	https://clinicaltrials.gov/show/NCT01122706				5. Population out of scope
Nct 2014	Nct,	Study to Measure Relaxation From Different Types of Focused Breathing Exercises	2014	https://clinicaltrials.gov/show/NCT02226744				5. Population out of scope
Nct 2014	Nct,	Evaluation of Energy Expenditure and Cardiovascular Health Effects From Tai Chi and Walking Exercise	2014	https://clinicaltrials.gov/show/NCT02163798				5. Population out of scope
Nedeljkovic 2013	Nedeljkovic, M.; Wepfer, V.; Ausfeld-Hafter, B.; Wirtz, P. H.; Streitberger, K. M.	Influence of general self-efficacy as a mediator in Taiji-induced stress reduction - Results from a randomized controlled trial	2013	European Journal of Integrative Medicine	5	3	284-290	5. Population out of scope
Pan 1999	Pan, Z. J.; Cao, Y.	Influence of Taijiquan on lipopathy in the university students	1999	Chinese journal of sports medicine [zhong guo yun dong yi xue za zhi]	18	4	381-382	5. Population out of scope
Wang 2011	Wang, M. Y.; An, L. G.	Effects of 12 weeks' tai chi chuan practice on the immune function of female college students who lack physical exercise	2011	Biology of Sport	28	1	45-49	5. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Yamamoto 2016	Yamamoto, S.; Kagawa, K.; Hori, N.; Akezaki, Y.; Mori, K.; Nomura, T.	Preliminary validation of an exercise program suitable for pregnant women with abnormal glucose metabolism: inhibitory effects of Tai Chi Yuttari-exercise on plasma glucose elevation	2016	Journal of Physical Therapy Science	28	12	3411-3415	5. Population out of scope
Zhang 2006	Zhang, T. M.; Tan, Y. M.	Comparison of Yangko and Taijiquan in body building in the middle-ages and elderly women	2006	Chinese Journal of Clinical Rehabilitation	10	36	76-78	5. Population out of scope
Dechamps 2008	Dechamps, A.; Quintard, B.; Lafont, L.	Effects of a short-term tai-chi-chuan mind-body approach on self-efficacy, anxiety and mood among sedentary lifestyle students	2008	European Review of Applied Psychology / Revue Europeenne de Psychologie Appliquee	58	2	125-132	5. Population out of scope; 9. Publication not in English
Audette 2006	Audette, J. F.; Jin, Y. S.; Newcomer, R.; Stein, L.; Duncan, G.; Frontera, W. R.	Tai Chi versus brisk walking in elderly women	2006	Age & Ageing	35	4	388-93	5. Population out of scope; healthy aging
Black 2014	Black, D. S.; Irwin, M. R.; Olmstead, R.; Ji, E.; Crabb Breen, E.; Motivala, S. J.	Tai chi meditation effects on nuclear factor-kappaB signaling in lonely older adults: a randomized controlled trial	2014	Psychotherapy and Psychosomatics	83	5	315-317	5. Population out of scope; healthy aging
Black 2014	Nct,	Managing Stress and Social Ties for Health Aging	2010	https://clinicaltrials.gov/show/NCT01204021				5. Population out of scope; healthy aging
Chan 2017	Chan, A. W.; Yu, D. S.; Choi, K. C.	Effects of tai chi qigong on psychosocial well-being among hidden elderly, using elderly neighborhood volunteer approach: a pilot randomized controlled trial	2017	Clinical Interventions In Aging	12		85-96	5. Population out of scope; healthy aging
Chan 2017	Chan, A. W. K.; Yu, D. S. F.; Choi, K. C.; Chan, H. Y. L.; Wong, E. M. L.	Effects of a peer-assisted tai-chi-qigong programme on social isolation and psychological wellbeing in Chinese hidden elders: A pilot randomised controlled trial	2016	The Lancet	388 (SPEC.ISS 1)		23	5. Population out of scope; healthy aging
Cui 2017	Cui, J.; Fu, L.	Effect of taijiquan and slow walking on chinese elderly female's cardiovascular function and quality of life	2017	Biomedical Research (India)	28	21	9525-9528	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Duan 2016	Duan, G. X.; Wang, K.; Su, Y. H.; Tang, S. Y.; Jia, H. L.; Chen, X. M.; Xie, H. H.	Effects of Tai Chi on telomerase activity and gerotranscendence in middle aged and elderly adults in Chinese society	2016	International Journal of Nursing Sciences	3	3	235-241	5. Population out of scope; healthy aging
Frye 2007	Frye, B.; Scheinthal, S.; Kemarskaya, T.; Pruchno, R.	Tai chi and low impact exercise: Effects on the physical functioning and psychological well-being of older people	2007	Journal of Applied Gerontology	26	5	433-453	5. Population out of scope; healthy aging
Irwin 2007	Irwin, M. R.; Olmstead, R.; Oxman, M. N.	Augmenting immune responses to varicella zoster virus in older adults: a randomized, controlled trial of Tai Chi	2007	Journal of the American Geriatrics Society	55	4	511-7	5. Population out of scope; healthy aging
Irwin 2007	Irwin, M. R.; Olmstead, R.; Motivala, S. J.	Improving sleep quality in older adults with moderate sleep complaints: A randomized controlled trial of Tai Chi Chih	2008	Sleep	31	7	1001-8	5. Population out of scope; healthy aging
Irwin 2007	Irwin, M. R.; Olmstead, R.	Mitigating cellular inflammation in older adults: a randomized controlled trial of Tai Chi Chih	2012	American Journal of Geriatric Psychiatry	20	9	764-72	5. Population out of scope; healthy aging
Irwin 2007	Nct,	Shingles: immune Effects of Tai Chi	2005	https://clinicaltrials.gov/show/NCT00118885				5. Population out of scope; healthy aging
Kim 2009	Kim, H. D.; Han, J. T.; Cho, Y. H.	The effectiveness of community-based Tai Chi training on balance control during stair descent by older adults	2009	Journal of Physical Therapy Science	21	4	317-323	5. Population out of scope; healthy aging
Lelard 2010	Lelard, T.; Doutrelot, P. L.; David, P.; Ahmaidi, S.	Effects of a 12-week Tai Chi Chuan program versus a balance training program on postural control and walking ability in older people	2010	Archives of Physical Medicine & Rehabilitation	91	1	41883	5. Population out of scope; healthy aging
Li 2001	Li, F.; McAuley, E.; Harmer, P.; Duncan, T. E.; Chaumeton, N. R.	Tai Chi enhances self-efficacy and exercise behavior in older adults	2001	Journal of Aging and Physical Activity	9	2	161-171	5. Population out of scope; healthy aging
Li 2001	Li, F.; Harmer, P.; McAuley, E.; Fisher, K. J.; Duncan, T. E.; Duncan, S. C.	Tai Chi, self-efficacy, and physical function in the elderly	2001	Prevention Science	2	4	229-39	5. Population out of scope; healthy aging
Li 2001	Li, F.; Harmer, P.; McAuley, E.; Duncan, T. E.; Duncan, S. C.; Chaumeton, N.; Fisher, K. J.	An evaluation of the effects of Tai Chi exercise on physical function among older persons: a randomized controlled trial	2001	Annals of Behavioral Medicine	23	2	139-46	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Li 2001	Li, F.; Fisher, K. J.; Harmer, P.; McAuley, E.	Delineating the impact of Tai Chi training on physical function among the elderly	2002	American Journal of Preventive Medicine	23	2 Suppl	92-7	5. Population out of scope; healthy aging
Li 2001	Li, F.; Harmer, P.; Chaumeton, N. R.; Duncan, T. E.; Duncan, S. C.	Tai Chi as a means to enhance self-esteem: A randomized controlled trial	2002	Journal of Applied Gerontology	21	1	70-89	5. Population out of scope; healthy aging
Li 2001	Fisher, K. J.; Li, F.; Shirai, M.	Promoting health through Tai Chi: results from a controlled study	2003	Californian Journal of Health Promotion	1	4	79-87	5. Population out of scope; healthy aging
Li 2001	Li, Fuzhong; Duncan, Terry E.; Duncan, Susan C.; McAuley, Edward; Chaumeton, Nigel R.; Harmer, Peter	Enhancing the psychological well-being of elderly individuals through Tai Chi exercise: A latent growth curve analysis	2001	Structural Equation Modeling	8	1	53- 83	5. Population out of scope; healthy aging
Li 2008	Li, J. X.; Xu, D. Q.; Hong, Y.	Changes in muscle strength, endurance, and reaction of the lower extremities with Tai Chi intervention	2009	Journal of Biomechanics	42	8	967-71	5. Population out of scope; healthy aging
Li 2008	Li, J. X.; Xu, D. Q.; Hong, Y.	Effects of 16-week Tai Chi intervention on postural stability and proprioception of knee and ankle in older people	2008	Age & Ageing	37	5	575-8	5. Population out of scope; healthy aging
Lipsitz 2019	Wayne, P. M.; Gagnon, M. M.; Macklin, E. A.; Trivison, T. G.; Manor, B.; Lachman, M.; Thomas, C. P.; Lipsitz, L. A.	The Mind Body-Wellness in Supportive Housing (Mi-WiSH) study: Design and rationale of a cluster randomized controlled trial of Tai Chi in senior housing	2017	Contemporary Clinical Trials	60		96-104	5. Population out of scope; healthy aging
Lipsitz 2019	Lipsitz, L. A.; Macklin, E. A.; Trivison, T. G.; Manor, B.; Gagnon, P.; Tsai, T.; Aizpurua, I.; Lo, O. Y.; Wayne, P. M.	A Cluster Randomized Trial of Tai Chi vs Health Education in Subsidized Housing: The MI-WiSH Study	2019	Journal of the American Geriatrics Society	67	9	1812-1819	5. Population out of scope; healthy aging
Liu 2012	Liu, J.; Wang, X. Q.; Zheng, J. J.; Pan, Y. J.; Hua, Y. H.; Zhao, S. M.; Shen, L. Y.; Fan, S.; Zhong, J. G.	Effects of Tai Chi versus Proprioception Exercise Program on Neuromuscular Function of the Ankle in Elderly People: A Randomized Controlled Trial	2012	Evidence-Based Complementary & Alternative Medicine: eCAM	2012		265486	5. Population out of scope; healthy aging
Liu 2012	Chi, Ctr Trc	Effects of tai chi program versus proprioception exercise program on neuromuscular function of the ankle in elderly people	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-TRC-12002244				5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Lou 2017	Lou, Lin; Zou, Liye; Fang, Qun; Wang, Huiru; Liu, Yang; Tian, Zuguo; Han, Yunpeng	Effect of Taichi Softball on Function-Related Outcomes in Older Adults: A Randomized Control Trial	2017	Evidence-based Complementary & Alternative Medicine (eCAM)	2017		44805	5. Population out of scope; healthy aging
Lu 2012	Lu, W. A.; Kuo, C. D.	Effect of 3-month Tai Chi Chuan on heart rate variability, blood lipid and cytokine profiles in middle-aged and elderly individuals	2012	International Journal of Gerontology	6	4	267-272	5. Population out of scope; healthy aging
Lu 2013	Lu, X.; Hui-Chan, C. W.; Tsang, W. W.	Effects of Tai Chi training on arterial compliance and muscle strength in female seniors: a randomized clinical trial	2013	European Journal of Preventive Cardiology	20	2	238-45	5. Population out of scope; healthy aging
Lu 2016	Lu, X.; Siu, K. C.; Fu, S. N.; Hui-Chan, C. W.; Tsang, W. W.	Effects of Tai Chi training on postural control and cognitive performance while dual tasking - a randomized clinical trial	2016	Journal of Complementary & Integrative Medicine	13	2	181-7	5. Population out of scope; healthy aging
Mortimer 2012	Mortimer, J. A.; Ding, D.; Borenstein, A. R.; DeCarli, C.; Guo, Q.; Wu, Y.; Zhao, Q.; Chu, S.	Changes in brain volume and cognition in a randomized trial of exercise and social interaction in a community-based sample of non-demented Chinese elders	2012	Journal of Alzheimer's Disease	30	4	757-66	5. Population out of scope; healthy aging
Mortimer 2012	Nct,	Randomized Trial of Exercise and Social Interaction in a Community-Based Sample of Non-Demented Chinese Elders	2012	https://clinicaltrials.gov/show/NCT01696019				5. Population out of scope; healthy aging
Nct 2015	Nct,	Health Outcomes of Tai Chi in Subsidized Senior Housing	2015	https://clinicaltrials.gov/show/NCT02346136				5. Population out of scope; healthy aging
Nguyen 2012	Nguyen, M. H.; Kruse, A.	A randomized controlled trial of Tai chi for balance, sleep quality and cognitive performance in elderly Vietnamese	2012	Clinical Interventions In Aging	7		185-90	5. Population out of scope; healthy aging
Nguyen 2012	Nguyen, M. H.; Kruse, A.	The effects of Tai Chi training on physical fitness, perceived health, and blood pressure in elderly Vietnamese	2012	Open Access Journal of Sports Medicine	3		42552	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
NoorAini 2012	Noor Aini, A. H.; Nafeesa Najwa, A. K.; Ibrahim, I. A. A.; Prasamit, S. B.; Goon, J. A.; Musalmah, M.; Yasmin, A. M. Y.; Wan Zurinah, W. N.	Effects of Tai Chi exercise on physiological and biochemical changes among middle-aged adults	2012	Clinical and Experimental Medical Letters	53	3	101-105	5. Population out of scope; healthy aging
Noradechanunt 2017	Noradechanunt, C.; Worsley, A.; Groeller, H.	Thai Yoga improves physical function and well-being in older adults: A randomised controlled trial	2017	Journal of Science & Medicine in Sport	20	5	494-501	5. Population out of scope; healthy aging
Pereira 2008	Pereira, M. M.; Oliveira, R. J.; Silva, M. A. F.; Souza, L. H. R.; Vianna, L. G.	Effects of Tai Chi Chuan on knee extensor muscle strength and balance in elderly women	2008	Brazilian Journal of Physical Therapy / Revista Brasileira de Fisioterapia	12	2	121-126	5. Population out of scope; healthy aging
Pluchino 2012	Pluchino, A.; Lee, S. Y.; Asfour, S.; Roos, B. A.; Signorile, J. F.	Pilot study comparing changes in postural control after training using a video game balance board program and 2 standard activity-based balance intervention programs	2012	Archives of Physical Medicine & Rehabilitation	93	7	1138-46	5. Population out of scope; healthy aging
Rosado-Perez 2010	Rosado-Perez, J.; Santiago-Osorio, E.; Ortiz, R.; Mendoza-Nunez, V. M.	Tai chi diminishes oxidative stress in Mexican older adults	2012	Journal of Nutrition, Health & Aging	16	7	642-6	5. Population out of scope; healthy aging
Rosado-Perez 2010	Rosado-Perez, J.; Santiago-Osorio, E.; Ortiz, R.; Mendoza-Nunez, V. M.	Tai Chi improves oxidative stress in Mexican older adults	2010	Free Radical Biology and Medicine	1)		S225	5. Population out of scope; healthy aging
Son 2016	Son, N. K.; Ryu, Y. U.; Jeong, H. W.; Jang, Y. H.; Kim, H. D.	Comparison of 2 Different Exercise Approaches: Tai Chi Versus Otago, in Community-Dwelling Older Women	2016	Journal of Geriatric Physical Therapy	39	2	51-7	5. Population out of scope; healthy aging
Song 2014	Song, Q. H.; Zhang, Q. H.; Xu, R. M.; Ma, M.; Zhao, X. P.; Shen, G. Q.; Guo, Y. H.; Wang, Y.	Effect of Tai-chi exercise on lower limb muscle strength, bone mineral density and balance function of elderly women	2014	International journal of clinical and experimental medicine	7	6	1569-76	5. Population out of scope; healthy aging
Su 2015	Su, Z.; Zhao, J.; Wang, N.; Chen, Y.; Guo, Y.; Tian, Y.	Effects of Weighted Tai Chi on Leg Strength of Older Adults	2015	Journal of the American Geriatrics Society	63	10	2208-2210	5. Population out of scope; healthy aging
Suksom 2011	Suksom, D.; Siripatt, A.; Lapo, P.; Patumraj, S.	Effects of two modes of exercise on physical fitness and endothelial function in the elderly: exercise with a flexible stick versus Tai Chi	2011	Journal of the Medical Association of Thailand	94	1	123-32	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Sun 1996	Sun, W. Y.; Dosch, M.; Gilmore, G. D.; Pemberton, W.; Scarseth, T.	Effects of a tai chi chuan program on Hmong American older adults	1996	Educational gerontology	22		161-167	5. Population out of scope; healthy aging
Sun 2015	Sun, J.; Kanagawa, K.; Sasaki, J.; Ooki, S.; Xu, H.; Wang, L.	Tai chi improves cognitive and physical function in the elderly: a randomized controlled trial	2015	Journal of Physical Therapy Science	27	5	1467-71	5. Population out of scope; healthy aging
Sun 2016	Sun, W.; Zhang, C.; Song, Q.; Li, W.; Cong, Y.; Chang, S.; Mao, D.; Hong, Y.	Effect of 1-year regular Tai Chi on neuromuscular reaction in elderly women: a randomized controlled study	2016	Research in Sports Medicine	24	2	145-56	5. Population out of scope; healthy aging
Sun 2018	Sun, W.; Wang, L.; Zhang, C.; Song, Q.; Gu, H.; Mao, D.	Detraining effects of regular Tai Chi exercise on postural control ability in older women: A randomized controlled trial	2018	Journal of Exercise Science & Fitness	16	2	55-61	5. Population out of scope; healthy aging
Sun 2018	Sun, W.; Ma, X.; Wang, L.; Zhang, C.; Song, Q.; Gu, H.; Mao, D.	Effects of Tai Chi Chuan and Brisk Walking Exercise on Balance Ability in Elderly Women: A Randomized Controlled Trial	2019	Motor Control	23	1	100-114	5. Population out of scope; healthy aging
Tajik 2018	Tajik, A.; Rejeh, N.; Heravi-Karimooi, M.; Samady Kia, P.; Tadrissi, S. D.; Watts, T. E.; Griffiths, P.; Vaismoradi, M.	The effect of Tai Chi on quality of life in male older people: A randomized controlled clinical trial	2018	Complementary Therapies in Clinical Practice	33		191-196	5. Population out of scope; healthy aging
Tajik 2018	Irct201703267529N,	The impact of Tai Chi on the health of the elderly	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT201703267529N12				5. Population out of scope; healthy aging
Tao 2016	Tao, J.; Chen, X.; Liu, J.; Egorova, N.; Xue, X.; Liu, W.; Zheng, G.; Li, M.; Wu, J.; Hu, K.; Wang, Z.; Chen, L.; Kong, J.	Tai Chi Chuan and Baduanjin Mind-Body Training Changes Resting-State Low-Frequency Fluctuations in the Frontal Lobe of Older Adults: A Resting-State fMRI Study	2017	Frontiers in Human Neuroscience	11		514	5. Population out of scope; healthy aging
Tao 2016	Liu, J.; Tao, J.; Liu, W.; Huang, J.; Xue, X.; Li, M.; Yang, M.; Zhu, J.; Lang, C.; Park, J.; Tu, Y.; Wilson, G.; Chen, L.; Kong, J.	Different modulation effects of Tai Chi Chuan and Baduanjin on resting-state functional connectivity of the default mode network in older adults	2019	Social Cognitive & Affective Neuroscience	14	2	217-224	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Tao 2016	Tao, J.; Liu, J.; Liu, W.; Huang, J.; Xue, X.; Chen, X.; Wu, J.; Zheng, G.; Chen, B.; Li, M.; Sun, S.; Jorgenson, K.; Lang, C.; Hu, K.; Chen, S.; Chen, L.; Kong, J.	Tai Chi Chuan and Baduanjin Increase Grey Matter Volume in Older Adults: A Brain Imaging Study	2017	Journal of Alzheimer's Disease	60	2	389-400	5. Population out of scope; healthy aging
Tao 2016	Tao, J.; Liu, J.; Egorova, N.; Chen, X.; Sun, S.; Xue, X.; Huang, J.; Zheng, G.; Wang, Q.; Chen, L.; Kong, J.	Increased hippocampus-medial prefrontal cortex resting-state functional connectivity and memory function after Tai Chi Chuan practice in elder adults	2016	Frontiers in aging neuroscience	8 (FEB) (no pagination)	25		5. Population out of scope; healthy aging
Tao 2016	Chi, Ctr Ipr	Tai Chi and Baduanjin improve cognitive function and balance capability in elderly adults	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IPR-15006131				5. Population out of scope; healthy aging
Taylor-Piliae 2010	Taylor-Piliae, R. E.; Newell, K. A.; Cherin, R.; Lee, M. J.; King, A. C.; Haskell, W. L.	Effects of Tai Chi and Western exercise on physical and cognitive functioning in healthy community-dwelling older adults	2010	Journal of Aging & Physical Activity	18	3	261-79	5. Population out of scope; healthy aging
Thomas 2005	Thomas, G. N.; Hong, A. W.; Tomlinson, B.; Lau, E.; Lam, C. W.; Sanderson, J. E.; Woo, J.	Effects of Tai Chi and resistance training on cardiovascular risk factors in elderly Chinese subjects: a 12-month longitudinal, randomized, controlled intervention study	2005	Clinical Endocrinology	63	6	663-9	5. Population out of scope; healthy aging
VanWest 2018	Van West, K. R.	A spin on ageing: The effects of international poi on health	2018	Global Advances In Health and Medicine	7		243-244	5. Population out of scope; healthy aging
VanWest 2018	van West, Kate Riegler; Stinear, Cathy; Buck, Ralph	The effects of poi on physical and cognitive function in healthy older adults	2019	Journal of Aging and Physical Activity	27	1	44-52	5. Population out of scope; healthy aging
Wang 2016	Wang, H.; Wei, A.; Lu, Y.; Yu, B.; Chen, W.; Lu, Y.; Liu, Y.; Yu, D.; Zou, L.	Simplified Tai Chi Program Training versus Traditional Tai Chi on the Functional Movement Screening in Older Adults	2016	Evidence-Based Complementary & Alternative Medicine: eCAM	2016		5867810	5. Population out of scope; healthy aging
Wayne 2014	Wayne, P. M.; Manor, B.; Novak, V.; Costa, M. D.; Hausdorff, J. M.; Goldberger, A. L.; Ahn, A. C.; Yeh, G. Y.; Peng, C. K.; Lough, M.; Davis, R. B.; Quilty, M. T.; Lipsitz, L. A.	A systems biology approach to studying Tai Chi, physiological complexity and healthy aging: design and rationale of a pragmatic randomized controlled trial	2013	Contemporary Clinical Trials	34	1	21-34	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Wayne 2014	Wayne, P. M.; Hausdorff, J. M.; Lough, M.; Gow, B. J.; Lipsitz, L.; Novak, V.; Macklin, E. A.; Peng, C. K.; Manor, B.	Tai Chi Training may Reduce Dual Task Gait Variability, a Potential Mediator of Fall Risk, in Healthy Older Adults: Cross-Sectional and Randomized Trial Studies	2015	Frontiers in Human Neuroscience	9		332	5. Population out of scope; healthy aging
Wayne 2014	Wayne, P. M.; Gow, B. J.; Costa, M. D.; Peng, C. K.; Lipsitz, L. A.; Hausdorff, J. M.; Davis, R. B.; Walsh, J. N.; Lough, M.; Novak, V.; Yeh, G. Y.; Ahn, A. C.; Macklin, E. A.; Manor, B.	Complexity-Based Measures Inform Effects of Tai Chi Training on Standing Postural Control: Cross-Sectional and Randomized Trial Studies	2014	PLoS ONE [Electronic Resource]	9	12	e114731	5. Population out of scope; healthy aging
Wayne 2014	Walsh, J. N.; Manor, B.; Hausdorff, J.; Novak, V.; Lipsitz, L.; Gow, B.; Macklin, E. A.; Peng, C. K.; Wayne, P. M.	Impact of Short- and Long-term Tai Chi Mind-Body Exercise Training on Cognitive Function in Healthy Adults: Results From a Hybrid Observational Study and Randomized Trial	2015	Global Advances in Health & Medicine	4	4	38-48	5. Population out of scope; healthy aging
Wayne 2014	Gow, B. J.; Hausdorff, J. M.; Manor, B.; Lipsitz, L. A.; Macklin, E. A.; Bonato, P.; Novak, V.; Peng, C. K.; Ahn, A. C.; Wayne, P. M.	Can Tai Chi training impact fractal stride time dynamics, an index of gait health, in older adults? Cross-sectional and randomized trial studies	2017	PLoS ONE [Electronic Resource]	12	10	e0186212	5. Population out of scope; healthy aging
Wayne 2014	Wayne, P. M.; Gow, B. J.; Costa, M. D.; Peng, C. K.; Hausdorff, J. M.; Lipsitz, L. A.; Davis, R. B.; Novak, V.; Manor, B.	Do complexity-based measures of sway inform long- and short-term effects of Tai Chi training on balance in healthy adults?	2014	Journal of Alternative and Complementary Medicine	20 (5)		A25	5. Population out of scope; healthy aging
Wayne 2014	Nct,	Tai Chi, Physiologic Complexity, and Healthy Aging A randomised controlled trial of Tai Chi and resistance exercise on bone health, muscle strength and balance in community-living elderly people	2011	https://clinicaltrials.gov/show/NCT01340365				5. Population out of scope; healthy aging
Woo 2007	Woo, J.; Hong, A.; Lau, E.; Lynn, H.		2007	Age & Ageing	36	3	262-8	5. Population out of scope; healthy aging
Wu 2017	Wu, M. T.; Tang, P. F.; Goh, J. O. S.; Chou, T. L.; Chang, Y. K.; Hsu, Y. C.; Chen, Y. J.; Chen, N. C.; Tseng, W. I.; Gau, S. S.; Chiu, M. J.; Lan, C.	Task-Switching Performance Improvements After Tai Chi Chuan Training Are Associated With Greater Prefrontal Activation in Older Adults	2018	Frontiers in aging neuroscience	10		280	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Wu 2017	Wu, M. T.; Tang, P. F.; Hsu, Y. C.; Chen, Y. J.; Goh, J. O. S.; Chou, T. L.; Chang, Y. K.; Tseng, W. Yi; Gau, Ss-F.; Fang, S. C.	Benefits of tai chi chuan intervention on cognitive switch function are related to parietal functional and structural plasticity in middle-aged and older adults	2017	Alzheimer's & dementia	13	7	P531-	5. Population out of scope; healthy aging
Wu 2017	Nct,	Cognitive Effects of Tai Chi Chuan in Healthy Older Adults and Older Adults	2014	https://clinicaltrials.gov/show/NCT02270320				5. Population out of scope; healthy aging
Xiao 2014	Xiao, C. M.	Effects of long-term tai chi ball practice on balance performance in older adults	2014	Journal of the American Geriatrics Society	62	5	984-985	5. Population out of scope; healthy aging
Xiao 2015	Xiao, Chunmei; Kang, Yong; Zhuang, Yong-Chang	Effects of tai chi ball on estrogen levels, bone metabolism index, and muscle strength of perimenopausal women	2015	Journal of the American Geriatrics Society	63	12	2629-2631	5. Population out of scope; healthy aging
Yang 2007	Yang, Y.; Verkuilen, J. V.; Rosengren, K. S.; Grubisich, S. A.; Reed, M. R.; Hsiao-Wecksler, E. T.	Effect of combined Taiji and Qigong training on balance mechanisms: a randomized controlled trial of older adults	2007	Medical Science Monitor	13	8	CR339-48	5. Population out of scope; healthy aging
Yang 2019	Yang, Y.; Chen, T.; Shao, M.; Yan, S.; Yue, G. H.; Jiang, C.	Effects of Tai Chi Chuan on Inhibitory Control in Elderly Women: An fNIRS Study	2019	Frontiers in Human Neuroscience	13		476	5. Population out of scope; healthy aging
Yildirim 2016	Yildirim, P.; Oflluoglu, D.; Aydogan, S.; Akyuz, G.	Tai Chi vs. combined exercise prescription: A comparison of their effects on factors related to falls	2016	Journal of Back & Musculoskeletal Rehabilitation	29	3	493-501	5. Population out of scope; healthy aging
Zhang 2014	Zhang, X.; Ni, X.; Chen, P.	Study about the effects of different fitness sports on cognitive function and emotion of the aged	2014	Cell Biochemistry & Biophysics	70	3	1591-6	5. Population out of scope; healthy aging
Zhang 2015	Zhang, C.; Sun, W.; Yu, B.; Song, Q.; Mao, D.	Effects of exercise on ankle proprioception in adult women during 16 weeks of training and eight weeks of detraining	2015	Research in Sports Medicine	23	1	102-13	5. Population out of scope; healthy aging
Zhou 2015	Zhou, J.; Chang, S.; Cong, Y.; Qin, M.; Sun, W.; Lian, J.; Yao, J.; Li, W.; Hong, Y.	Effects of 24 weeks of Tai Chi Exercise on Postural Control among Elderly Women	2015	Research in Sports Medicine	23	3	302-14	5. Population out of scope; healthy aging

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Zhou 2015	Zhou J, Chang S, Cong, et al.	Corrigendum...Zhou J, Chang S, Cong, et al. Effects of 24 weeks of Tai Chi Exercise on Postural Control among Elderly Women. Research in Sports Medicine, 23(3), 302-314	2015		23		424-424	5. Population out of scope; healthy aging
Zou 2017	Zou, L.; Wang, C.; Tian, Z.; Wang, H.; Shu, Y.	Effect of Yang-Style Tai Chi on Gait Parameters and Musculoskeletal Flexibility in Healthy Chinese Older Women	2017	Sports	5	3	17	5. Population out of scope; healthy aging
Haas 2019	Haas, M.	Economic analysis of tai chi AS a means of preventing falls and related injuries among older adults. CHERE working paper 2006/4. Centre for Health Economics Research and Evaluation. Faculty of Business, University of Technology, Sydney	2019	https://www.uts.edu.au/sites/default/files/wp2006_3.pdf				6. Outcome out of scope (safety, cost)
Isrctn 2005	Isrctn,	Falls prevention for frail older adults: cost-efficacy analysis of balance training based on Tai Chi	2005	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ISRCTN11861569				6. Outcome out of scope (safety, cost)
Sherman 2020	Sherman, K. J.; Wellman, R. D.; Hawkes, R. J.; Phelan, E. A.; Lee, T.; Turner, J. A.	T'ai Chi for Chronic Low Back Pain in Older Adults: A Feasibility Trial	2020	Journal of Alternative & Complementary Medicine	26	3	176-189	6. Outcome out of scope (safety, cost)
Taylor-Piliae 2011	Taylor-Piliae, R. E.; Coull, B. M.	Community-based Yang-style Tai Chi is safe and feasible in chronic stroke: a pilot study	2012	Clinical Rehabilitation	26	2	121-31	6. Outcome out of scope (safety, cost)
Taylor-Piliae 2011	Taylor-Piliae, Ruth E.; Payne, Jeremy R.; Coull, Bruce M.	The Safety and Feasibility of a Tai Chi Intervention for Stroke Survivors: A Pilot Study	2011	Medicine & Science in Sports & Exercise	43		282-282	6. Outcome out of scope (safety, cost)
#132		Tai Chi Improves Balance for Parkinson's Patients	2012	IDEA Fitness Journal	9	6	83-83	7a. Opinion piece/editorial/commentary
#134		Tai Chi Improves Pain, Fatigue, Balance, Well-Being, Study Shows	2010	O&P Business News	19	14	38-38	7a. Opinion piece/editorial/commentary
#135		Tai Chi and Qigong Offer Many Health Benefits	2010	IDEA Fitness Journal	7	10	76-76	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
#136		More Evidence: Tha Chi Relieves Knee Pain	2009	IDEA Fitness Journal	6	2	76-76	7a. Opinion piece/editorial/commentary
#142		Tai Chi for shingles?	2007	Wellness Options		31	44844	7a. Opinion piece/editorial/commentary
#148		Tai chi exercise is safe and effective for improving balance and function for older women	2003	Sports Medicine Alert	9	44780	38-38	7a. Opinion piece/editorial/commentary
#2648		Tai chi prevents falls after a stroke	2013	Harvard Women's Health Watch	20	9	1-Aug	7a. Opinion piece/editorial/commentary
#2650		Tai Chi effective for COPD patients	2012	Nursing Times	108	34-35	44655	7a. Opinion piece/editorial/commentary
#2651		Tai chi helps Parkinson's patients with balance, movement	2012	Harvard Health Letter	37	6	44623	7a. Opinion piece/editorial/commentary
#2652		Tai Chi Reduces Incidence of Falls Among the Elderly	2012	PT in Motion	4	5	44907	7a. Opinion piece/editorial/commentary
#2654		Chinese martial art proves beneficial for osteoarthritis	2011	Nursing Standard	25	42	14-14	7a. Opinion piece/editorial/commentary
#2657		Adjunctive T'ai Chi Chih with escitalopram for geriatric depression	2011	Brown University Psychopharmacology Update	22	5	44654	7a. Opinion piece/editorial/commentary
#2658		Tai Chi Helps Relieve Depression in People Over 60	2011	Tufts University Health & Nutrition Letter	29	5	44593	7a. Opinion piece/editorial/commentary
#2660		Journal based CME	2010	Archives of Physical Medicine & Rehabilitation	91	1	165-166	7a. Opinion piece/editorial/commentary
#2664		Tai Chi exercise fails to prevent falls	2009	Primary Health Care	19	1	44718	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
#2667		News. Research roundup	2009	PT: Magazine of Physical Therapy	17	6	44-42	7a. Opinion piece/editorial/commentary
#2668		Clinical digest	2008	Nursing Standard	22	36	16-17	7a. Opinion piece/editorial/commentary
#2669		Afterthoughts	2008	Nephrology News & Issues	21	8	62-62	7a. Opinion piece/editorial/commentary
#2671		Tai chi for balance	2008	Journal of Chinese Medicine		86	68-68	7a. Opinion piece/editorial/commentary
#2672		Tai chi enhances flu shot	2008	Journal of Chinese Medicine		86	68-69	7a. Opinion piece/editorial/commentary
#2674		Clinical digest	2007	Nursing Standard	21	45	16-17	7a. Opinion piece/editorial/commentary
#2676	Anonymous,	Literature review; Tai Chi may prevent falls	2007	Nurse Practitioner	32	12	45-45	7a. Opinion piece/editorial/commentary
#2679	Anonymous,	Journal scan: T'ai Chi has benefits for survivors of myocardial infarctions	2007	Nursing Older People	19	5	38-39	7a. Opinion piece/editorial/commentary
#2681		Tai Chi boosts defenses against shingles	2007	Tufts University Health & Nutrition Letter	25	5	44-718	7a. Opinion piece/editorial/commentary
#2682		Making headlines	2007	Nurse Practitioner	32	5	13-13	7a. Opinion piece/editorial/commentary
#2683		Research briefs	2007	Geriatrics	62	10	44-776	7a. Opinion piece/editorial/commentary
#2684		Research database: international updates	2006	Positive Health		128	37-40	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
#2686		Functional balance can be improved by tai chi	2005	Geriatrics	60	2	44813	7a. Opinion piece/editorial/commentary
#2687		'Time out' for good behaviour	2004	Nursing Standard	18	27	44686	7a. Opinion piece/editorial/commentary
#2688		Can Tai Chi help people with cancer?	2004	Tufts University Health & Nutrition Letter	21	11	44686	7a. Opinion piece/editorial/commentary
#2691		What's new. Tai Chi: a prescription for improving balance and reducing falls... Journal of the American Geriatrics Society, May 1996	1996	Geriatrics	51	6	44876	7a. Opinion piece/editorial/commentary
Ahc 2018	Ahc, Media	Tai Chi or Aerobics: Which Is Better for Fibromyalgia?	2018	Integrative Medicine Alert	21	6	N.PAG-N.PAG	7a. Opinion piece/editorial/commentary
Alper 2011	Alper, B. S.; Glickman-Simon, R.	Tai chi, glucosamine, probiotics, acupuncture, and pelargonium sidoides	2011	Explore: The Journal of Science and Healing	7	6	392-395	7a. Opinion piece/editorial/commentary
Alper 2016	Alper, B. S.; Malone-Moses, M.; Manheimer, E. W.	Point-of-care application: 'Comparative effectiveness of Tai Chi versus physical therapy for knee osteoarthritis-A randomized trial'	2016	European Journal of Integrative Medicine	8	6	896-897	7a. Opinion piece/editorial/commentary
Archer 2013	Archer, Shirley	Tai Chi May Benefit Those With Rheumatological Diseases	2013	IDEA Fitness Journal	10	4	81-81	7a. Opinion piece/editorial/commentary
Archer 2014	Archer, Shirley	Tai Chi Benefits People With Hypertension	2014	IDEA Fitness Journal	11	1	82-82	7a. Opinion piece/editorial/commentary
Baker 2017	Baker, Jeffrey H.	Tai Chi for Knee Osteoarthritis	2017	Integrative Medicine Alert	20	5	44652	7a. Opinion piece/editorial/commentary
Bland 2010	Bland, P	Tai chi of benefit in fibromyalgia	2010	Practitioner	254	1735	8-10.	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Cromwell 2005	Cromwell, S. L.	Benefits of Tai Chi for sedentary Mexican-American women	2005	Communicating Nursing Research	38		259-259	7a. Opinion piece/editorial/commentary
Davies 2004	Davies, S.	Evaluating the benefits of Tai Chi	2004	Primary Health Care	14	6	44781	7a. Opinion piece/editorial/commentary
Dunlop 2011	Dunlop, R. A.	Supplementary evidence to support tai chi as an 'alternative' exercise for patients undergoing cardiac rehabilitation	2011	Focus on Alternative and Complementary Therapies	16	4	307-308	7a. Opinion piece/editorial/commentary
Dunlop 2011	Dunlop, R. A.	An inexpensive and accessible exercise regime significantly improves balance and reduces injuries in the elderly	2011	Focus on Alternative and Complementary Therapies	16	1	56-57	7a. Opinion piece/editorial/commentary
Edelstein 1997	Edelstein, Joan; Schein, Jerome D.	Abstracts of recent literature	1997	Journal of Rehabilitation Research & Development	34	3	332	7a. Opinion piece/editorial/commentary
Ehrlich 2010	Ehrlich, A.	Evidence-based medicine. Tai chi may improve symptoms and sleep in patients with fibromyalgia	2010	Clinical Advisor	13	10	124-124	7a. Opinion piece/editorial/commentary
Griebing 2012	Griebing, T. L.	Re: Tai Chi for lower urinary tract symptoms and quality of life in elderly patients with benign prostate hypertrophy: A randomized controlled trial	2012	Journal of Urology	188	1	227	7a. Opinion piece/editorial/commentary
Hagen 2010	Hagen, K. B.; Grotle, M.; Åsterås, N.; Fongen, C.	Tai Chi reduces pain and improves physical function for people with knee OA	2010	Journal of Physiotherapy (Australian Physiotherapy Association)	56	1	57-57	7a. Opinion piece/editorial/commentary
Hantikainen 2012	Hantikainen, V.; Betschon, E.	[Tai Chi in rheumatoid arthritis]. [German]	2012	Pflege Zeitschrift	65	8	486-487	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Innes 2007	Innes, K. E.; Vincet, H. K.; Taylor, A. G.	Chronic stress and insulin resistance-related indices of cardiovascular disease risk, part 2: a potential role for mind-body therapies [corrected] [published erratum appears in ALTERN THER HEALTH MED 2007 Nov-Dec;13(6):15]	2007	Alternative Therapies in Health & Medicine	13	5	44-51	7a. Opinion piece/editorial/commentary
Kuehn 2019	Kuehn, Bridget M.	Large Trial Finds Yoga Boosts Quality of Life and Return to Activity and Adds to Emerging Evidence for Rehabilitation Alternatives	2019	Circulation	139	11	1451-1453	7a. Opinion piece/editorial/commentary
Kuritzky 2010	Kuritzky, Louis	Tai chi for fibromyalgia	2010	Hospital Medicine Alert			21-22	7a. Opinion piece/editorial/commentary
Lee 2007	Lee, M. S.; Shen, C. L.	Effects of tai chi for knee osteoarthritis were not sustained after detraining	2007	Focus on Alternative & Complementary Therapies	12	4	281-282	7a. Opinion piece/editorial/commentary
Lee 2009	Lee, M. S.	Tai chi for postural stability: Not effective or insufficient duration?	2009	Focus on Alternative and Complementary Therapies	14	1	47-48	7a. Opinion piece/editorial/commentary
Lee 2011	Lee, M. S.	Is tai chi exercise programme beneficial for patients with coronary artery disease?	2011	Focus on Alternative and Complementary Therapies	16	1	60-61	7a. Opinion piece/editorial/commentary
LeeChen 2018	Lee Chen, Angela	Taiji Principles for the Improvement of Modern Posture	2018	Oriental Medicine			16-18	7a. Opinion piece/editorial/commentary
Li 2016	Li, F.	The public health benefits of Tai Ji Quan- Addressing the unmet needs of aging populations in the 21st century	2016	Journal of Sport and Health Science	5	3	304-307	7a. Opinion piece/editorial/commentary
Lo 2010	Lo, S. K.	Tai chi may improve psychological well-being but further clarification is needed	2010	Focus on Alternative and Complementary Therapies	15	1	42-43	7a. Opinion piece/editorial/commentary
Lundstedt 2013	Lundstedt, Janyce	Tai Chi for Great Health	2013	Perspectives (Church Health Center)	12	4	44781	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Mackintosh 2008	Mackintosh, S.	Hydrotherapy and Tai Chi each provide clinical improvements for older people with osteoarthritis	2008	Australian Journal of Physiotherapy	54	2	143-143	7a. Opinion piece/editorial/commentary
Posadzki 2012	Posadzki, P.	Tai chi improves self-efficacy and decreases the incidence of falls in older adults	2012	Focus on Alternative & Complementary Therapies	17	3	177-178	7a. Opinion piece/editorial/commentary
Robertshaw e 2009	Robertshawe, P.	Effect of T'ai Chi Chuan on cardiovascular risk factors in dyslipidemic patients	2009	Journal of the Australian Traditional-Medicine Society	15	1	23-23	7a. Opinion piece/editorial/commentary
Scianni 2015	Scianni, A.	Tai Chi improves balance and prevents falls in people with Parkinson's disease	2015	Journal of Physiotherapy	61	1	44	7a. Opinion piece/editorial/commentary
Selfridge 2010	Selfridge, Nancy J.	Tai Chi for Fibromyalgia: Marshalling the Art of Movement Against Pain	2010	Alternative Medicine Alert	13	11	126-127	7a. Opinion piece/editorial/commentary
Sigl-Erkel 2010	Sigl-Erkel, T.	A randomized trial of Tai Chi for fibromyalgia	2010	Deutsche Zeitschrift fur Akupunktur	53	4	40-41	7a. Opinion piece/editorial/commentary
Staud 2018	Staud, R.	Tai chi reduced severity of fibromyalgia symptoms at 24 weeks compared with aerobic exercise	2018	Annals of Internal Medicine	168	12	JC70	7a. Opinion piece/editorial/commentary
Straus 2008	Straus, S.	A 16-week tai chi programme prevented falls in healthy older adults	2008	Evidence Based Medicine	13	2	54-54	7a. Opinion piece/editorial/commentary
Tsang 2013	Tsang, W. W. N.	Tai Chi training is effective in reducing balance impairments and falls in patients with Parkinson's disease	2013	Journal of Physiotherapy	59	1	55	7a. Opinion piece/editorial/commentary
Udani 1998	Udani, J. K.; Ofman, J. J.	Tai Chi for the prevention of falls in the elderly	1998	Integrative Medicine	1	4	167-169	7a. Opinion piece/editorial/commentary
VanPelt 2012	Van Pelt, Jennifer	TAI CHI	2012	Today's Dietitian	14	10	76-78	7a. Opinion piece/editorial/commentary
Wang 2012	Wang, L.; Zhou, Q. A.; Xu, J. Y.; Yang, L. J.; Yang, B.; Du, H. X.	Observation of the rehabilitation function of taijiquan to depressive state after cerebral infarction	2012	Chinese community doctors [zhong guo she qu yi shi]	14	18	222	7a. Opinion piece/editorial/commentary

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Warber 2004	Warber, S. L.; Li, F.	More promise for the effects of tai chi: improvement in sleep quality for older adults	2004	Focus on Alternative & Complementary Therapies	9	4	304-305	7a. Opinion piece/editorial/commentary
Wayne 2016	Wayne, P. M.	T'ai Chi Is Effective for Knee Osteoarthritis and the Grief It Causes	2016	Journal of Alternative and Complementary Medicine	22	11	849-850	7a. Opinion piece/editorial/commentary
Wilson 2020	Wilson, L. M.; Raza, Z.; Garufi, L. C.; Keister, D.; Nashelsky, J.	Tai chi for fibromyalgia	2020	American Family Physician	101	5	304A	7a. Opinion piece/editorial/commentary
Yeh 2004	Yeh, G. Y.; Wood, M. J.; Lorell, B. H.; Stevenson, L. W.; Eisenberg, D. M.; Wayne, P. M.; Goldberger, A. L.; Davis, R. B.; Phillips, R. S.; Sherman, K. J.	Heart failure patients improve quality of life and exercise capacity with tai chi	2005	Focus on Alternative and Complementary Therapies	10	1	50-51	7a. Opinion piece/editorial/commentary
Yeh 2004	Moon, K. T.	Tai Chi improves quality of life in patients with chronic heart failure	2012	American Family Physician	85	9	918	7a. Opinion piece/editorial/commentary
Zhou 2010	Zhou, M.; Zhou, D.; He, L.; Zhang, F.; Wu, Y.; Van Eijk-Hustings, Y.	A randomized trial of tai chi for fibromyalgia	2010	New engl j med	363	23	2265-2267	7a. Opinion piece/editorial/commentary
#3081		Saúde das emoções						7a. Opinion piece/editorial/commentary; 9. Publication not in English
Anon 2008	Anon,	Terapias integrativas fazem história em Campinas	2008	Rev. bras. saúde fam	9	n.esp	20-25	7a. Opinion piece/editorial/commentary; 9. Publication not in English
Çetin 2019	Çetin, Âçeyesi S. Yaprak	ANKİLOZAN SPONDİLİTLİ BİREYLERDE TAI CHİ EGZERSİZ PROGRAMI	2019	Journal of Exercise Therapy & Rehabilitation	6		S30-S30	7a. Opinion piece/editorial/commentary; 9. Publication not in English
FloresMendoza 2005	Flores Mendonza, Fernando	Tai chi para personas de edad en los parques de Lima, Perú	2005	Revista Panamericana de Salud Pública (OPS) = Pan American Journal of Public Health (PAHO)	17	44717	448-9	7a. Opinion piece/editorial/commentary; 9. Publication not in English

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Konrat 2007	Konrat, C.; Belmin, J.	Risk for falling in institution is reduced only in pre-frail residents. [French]	2007	Revue de Geriatrie	32	2	143-145	7a. Opinion piece/editorial/commentary; 9. Publication not in English
Xing 2014	Xing, B.; Ding, L. M.; Wang, C. X.; Yang, F. B.; Liu, C. L.; Zhu, L.	Effect of Taiji quan on lung function in patients with COPD	2014	Chinese journal of gerontology	14		4046	7a. Opinion piece/editorial/commentary; 9. Publication not in English
Zhou 2009	Zhou, Y.; Wu, L.; Wang, D.	(The rehabilitative effects of Tai Ji-Quan training with east medical on middle-elderly COPD patients) [Chinese - simplified characters]	2009	Journal of Jilin Institute of Physical Education				7a. Opinion piece/editorial/commentary; 9. Publication not in English
Adamczewska 2019	Adamczewska, N.; Vassallo, M.; Thomas, P. W.; Thomas, S.; Barrado-Martin, Y.; Nyman, S. R.	Feasibility and Accuracy of Different Methods for Collecting Data on Falls among Older People with Dementia	2019	Alzheimer Disease and Associated Disorders	(no pagination)	364		7b. Publication type out of scope (not an intervention study)
Lee 2007	Lee, Y. K.	Promoting psychosocial health of elderly residential care home residents: implementation of a Tai Chi program	2007	Chinese university of hong kong (people's republic of china)				7b. Publication type out of scope (not an intervention study)
Ren 2020	Ren, Y.; Xue, H.; Li, A.	Effect of microscope intervention on taijiquan on clinical rehabilitation of elderly patients with knee arthritis	2020	Investigacion Clinica (Venezuela)	61	1	312-320	7b. Publication type out of scope (not an intervention study)
Wilker 2012	Wilker, E. H.; Yeh, G.; Wellenius, G. A.; Davis, R. B.; Phillips, R. S.; Mittleman, M. A.	Ambient temperature and biomarkers of heart failure: a repeated measures analysis	2012	Environmental Health Perspectives	120	8	1083-7	7b. Publication type out of scope (not an intervention study)
Xu 2012	Xu, ss	Observation on rehabilitation effect of Taijiquan practice in the hepatitis B carriers	2012	Chinese journal of traditional medical science and technology [zhong guo zhong yi yao ke ji za zhi]	19	6	551-552	7b. Publication type out of scope (not an intervention study)

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Busato 2009	Busato, Sheila; Kuniyoshi, Evaldo Shinji; Oi, Luci Lurico; Leite, Norvan Martino; Araújo, Lucia Elena Camargo de; Santos, Teresa Maria dos; Tanaka, Emília do Carmo Mansoldo; Eufrazio, Selma; Kozasa, Elisa Harumi; Leite, José Roberto; Souza, Roberta de; Santos, Álvaro da Silva Santos; Silva, Ana Lúcia	A RELAÇÃO DAS PRÁTICAS CORPORAIS E MEDITATIVAS COM A PROMOÇÃO DE SAÚDE E A CARACTERIZAÇÃO DO PERFIL DOS USUÁRIOS DA COORDENADORIA REGIONAL DE SAÚDE CENTRO OESTE – DADOS PRELIMINARES	2009				17-19	7b. Publication type out of scope (not an intervention study); 9. Publication not in English
#140		Balance/step training better than tai chi in preventing falls	2007	Active Living	16	2	29-29	7c. Publication type out of scope (grey literature)
#146		AN IMMUNITY OFFER	2004	Joe Weider's Muscle & Fitness Hers	5	1	20-20	7c. Publication type out of scope (grey literature)
Actrn 2016	Actrn,	Tai Chi for stress and cardiovascular function	2016	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ACTRN12616001204437 https://researchdirect.westernsydney.edu.au/islandora/object/uws:56595/datastream/PDF/view				7c. Publication type out of scope (grey literature)
Adler 2007	Adler, P. A.	The effects of Tai Chi on pain and function in older adults with osteoarthritis	2007		Ph.D.		142 p-142 p	7c. Publication type out of scope (grey literature)
BeebeNowen 2012	Beebe Nowen, E.	Effects of the addition of Tai Chi to diet education on the atherogenicity of lipoproteins in obese older women	2012				134	7c. Publication type out of scope (grey literature)
Castillo 2017	Castillo, Amparo Del Socorro	Stress reduction with Tai Chi for elderly Hispanics with diabetes	2017	Dissertation Abstracts International: Section B: The Sciences and Engineering	78	4-B(E)	No Pagination Specified	7c. Publication type out of scope (grey literature)

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Chan 2011	Chan, Wai Kiu	Evaluation of a Tai Chi Qigong Program in Promoting Physiological and Psychosocial Health Statuses in Chronic Obstructive Pulmonary Disease Clients	2011		Ph.D.		316 p-316 p	7c. Publication type out of scope (grey literature)
Chan 2013	Chan, Wai Kiu	Evaluation of a Tai Chi Qigong program in promoting physiological and psychosocial health statuses in chronic obstructive pulmonary disease clients	2013	Dissertation Abstracts International: Section B: The Sciences and Engineering	73	8-B(E)	No Pagination Specified	7c. Publication type out of scope (grey literature)
Chen 2007	Chen, G. L.	An experimental research on metacognition strategies exerting influences on Tai Ji Quan exercising	2007	Dissertation for master degree of hebei normal university			1-24	7c. Publication type out of scope (grey literature)
Galantino 1997	Galantino, M. L. A.	Blending traditional and alternative strategies for rehabilitation: measuring functional outcomes and quality of life issues in an AIDS population	1997		Ph.D.		241 p-241 p	7c. Publication type out of scope (grey literature)
Galantino 1997	Galantino, Mary Lou Anne	Blending traditional and alternative strategies for rehabilitation: Measuring functional outcomes and quality of life issues in an AIDS population	1997	Dissertation Abstracts International: Section B: The Sciences and Engineering	58	6-B	2992	7c. Publication type out of scope (grey literature)
Gatts 2006	Gatts, Strawberry K.	Neural and biomechanical mechanisms underlying balance improvement with short term Tai Chi training in balance impaired older adults	2006	Dissertation Abstracts International: Section B: The Sciences and Engineering	66	9-B	4771	7c. Publication type out of scope (grey literature)
Goelz 2016	Goelz, Donnalea Van Vleet	Tai Chi and its effect on Post-Traumatic Stress	2016	Dissertation Abstracts International: Section B: The Sciences and Engineering	77	3-B(E)	No Pagination Specified	7c. Publication type out of scope (grey literature)
Gong 2010	Gong, N. N.	Effect of tai chi and brisk walking exercise on hemorheology indexes of the Mid-aged and old women	2010	Dissertation for master degree of shandong institute of p.e. And sports			1-34	7c. Publication type out of scope (grey literature)

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Han 2009	Han, Y. T.; Li, W. P.; Mao, D. W.; Zhang, L.; Gao, L.	Effect of taijiquan and brisk walking on body composition in elderly women	2009	Conference proceedings of the 13th national academic congress of sport biomechanics[di shi san jie quan guo yun dong sheng wu li xue xue shu jiao liu da hui lun wen ji]			68-69	7c. Publication type out of scope (grey literature)
Heimlich 2000	Heimlich, D. J.	The role of three physical training programs on postural control in the elderly	2000					7c. Publication type out of scope (grey literature)
Hong 2004	Hong, W. L.	Tai Chi and resistance training exercise: would these really improve the health of the elderly?	2004					7c. Publication type out of scope (grey literature)
LaDue 2009	LaDue, L.	A quantitative study comparing tai chi and traditional balance exercises on emotional well-being, balance control and mobility efficacy in older adults	2009		Ph.D.		150 p-150 p	7c. Publication type out of scope (grey literature)
Leung 2018	Leung, Yuen Li	Effects of Tai Chi exercise for community-dwelling Chinese adults with metabolic syndrome	2018	Dissertation Abstracts International: Section B: The Sciences and Engineering	79	1-B(E)	No Pagination Specified	7c. Publication type out of scope (grey literature)
Liu 2010	Liu, D.	Effect of tai chi and brisk walking exercise on bone mass in the middle-aged elderly women	2010	Dissertation for master degree of shandong institute of p.e. And sports			1-31	7c. Publication type out of scope (grey literature)
Mustian 2003	Mustian, K. M.	Breast cancer, Tai Chi Chuan, and self-esteem: A randomized trial	2003		Ph.D.		217 p-217 p	7c. Publication type out of scope (grey literature)
Paterna 2003	Paterna, A. A.	The effectiveness of a recreational modality (Tai Chi Chuan) in enhancing health status in an older adult population	2003				124	7c. Publication type out of scope (grey literature)

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Pluchino 2010	Pluchino, Alessandra	A comparative analysis of changes in postural control following training using the Wii balance program and standardized falls prevention programs	2010		Ph.D.		42 p-42 p	7c. Publication type out of scope (grey literature)
Pluchino 2011	Pluchino, Alessandra	A comparative analysis of changes in postural control following training using the Wii balance program and standardized falls prevention programs	2011	Dissertation Abstracts International Section A: Humanities and Social Sciences	72	4-A	1404	7c. Publication type out of scope (grey literature)
Rausch 2008	Rausch, Sarah Michelle	Evaluating the psychosocial effects of two interventions, tai chi and spiritual growth groups, in women with breast cancer	2008	Dissertation Abstracts International: Section B: The Sciences and Engineering	68	8-B	5589	7c. Publication type out of scope (grey literature)
Siu 2018	Siu, Mei Yi	The effects of Tai Chi on cognition, instrumental activities of daily living, and health-related quality of life in community-dwelling older people with mild cognitive impairment	2018	Dissertation Abstracts International Section A: Humanities and Social Sciences	79	7-A(E)	No Paginat ion Specified	7c. Publication type out of scope (grey literature)
Slater 1997	Slater, J; Hunt, Ht	Postural vestibular integration and forms of dreaming: a preliminary report on the effects of brief T'ai Chi Chuan training	1997	Perceptual and Motor Skills	85	1	97-8.	7c. Publication type out of scope (grey literature)
Sun 2009	Sun, W.	Effect of Tai Chi and brisk walking exercise on balance in elderly women	2009	Dissertation for master degree of shandong institute of p.e. And sports			1-59	7c. Publication type out of scope (grey literature)
Teubert 1998	Teubert, S. E.; McKimmy, M. B.	The efficacy of a T'ai Chi intervention on functional balance and walking speed in the elderly	1998					7c. Publication type out of scope (grey literature)
Wei 2006	Wei, J. J.	Effects of Taijiquan and fit running on the cardiopulmonary function of male college students	2006	Dissertation for master degree of beijing sport university			1-47	7c. Publication type out of scope (grey literature)
Winsmann 2006	Winsmann, Fred	The effect of Tai Chi Chuan meditation on dissociation in a group of veterans	2006	Dissertation Abstracts International: Section B: The Sciences and Engineering	66	7-B	3965	7c. Publication type out of scope (grey literature)

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ye 2012	Ye, D.	Traditional Chinese medicine syndrome study on insomnia and Tai Chi treatment in Hongkong area	2012	Dissertation for doctor degree of china academy of chinese medical sciences			1-118	7c. Publication type out of scope (grey literature)
Zhang 2010	Zhang, X. L.	Influence of tai chi and brisk walking on the capacity of the breathing function of the elderly	2010	Dissertation for master degree of shandong institute of p.e. And sports			1-35	7c. Publication type out of scope (grey literature)
MendozaGutarra 2013	Mendoza Gutarra, Esteban Carlos	Prevención de caídas mediante la práctica del Tai Chi en adultos mayores - Lima, Mayo 2010 - Febrero 2011	2013				92-92	7c. Publication type out of scope (grey literature); 9. Publication not in English
Li 2011	Li, Z.	The clinical effectiveness of Tai Chi Chuan	2011	Chinese journal of esthetic medicine	20	6	129	8b. SR of RCTs or NRSIs
You 2019	You, T.; Ogawa, E. F.	Effects of T'ai Chi on Chronic Systemic Inflammation	2019	Journal of Alternative & Complementary Medicine	25	6	656-658	8b. SR of RCTs or NRSIs
#2644		C-19 Thematic Poster - So Many Benefits of Physical Activity Interventions with Older Adults	2013	Medicine & Science in Sports & Exercise	45		219-221	8b. SR of RCTs or NRSIs; 9. Publication not in English
Jimenez-Martin 2013	Jimenez-Martin, Pedro Jesus; Melendez-Ortega, Agustin; Albers, Ulrike; Lopez-Diaz, Alfonso	Tai Chi Chuan benefits on osteoarthritis, balance and quality of life	2013	RICYDE Revista internacional de Ciencias del Deporte / The International Journal of Sport Science	9	32	181-199	8b. SR of RCTs or NRSIs; 9. Publication not in English
Paula 2006	Paula, Fátima de Lima; Alves Junior, Edmundo de Drummond; Neves, Marco Antonio Orsini; Silva, Julio Guilherme; Machado, Dionis; Bastos, Víctor Hugo	Eficácia dos exercícios de Tai Chi Chuan na prevenção do risco de quedas em idosos	2006	Fisioter. Bras	7	2	155-158	8b. SR of RCTs or NRSIs; 9. Publication not in English
Schoene 2011	Schoene, D.; Steib, S.; Freiburger, E.	Tai Chi as intervention to reduce falls in older people. [German]	2011	Physikalische Medizin Rehabilitationsmedizin Kurortmedizin	21	4	199-202	8b. SR of RCTs or NRSIs; 9. Publication not in English
#2433		Hypoglycemic and antioxidant effect of Tai Chi exercise training in older adults with metabolic syndrome	2018	Clinical Interventions In Aging	13		pp 523-531	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
AmeliaElena 2013	Amelia Elena, Stan	THE ROLE OF WATER TAI CHI ON NEUROLOGICAL COMPONENTS IN AEROBIC AQUATIC PRACTICE IN THE ELDERLY	2013	Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health	13	1	28-37	8c. NRSI or non-randomised comparative study
AraÚJo-Gomes 2019	AraÚJo-Gomes, Rafaela Cristina; Valente-Santos, Marcia; De Souza Vale, Rodrigo Gomes; Drigo, Alexandre Janotta; Borba-Pinheiro, Claudio Joaquin	Effects of resistance training, tai chi chuan and mat pilates on multiple health variables in postmenopausal women	2019	Journal of Human Sport & Exercise	14	1	122-139	8c. NRSI or non-randomised comparative study
Ariayi 2017	Ariayi, E.; Sarchahi, A.; Javaheri, S. A. A. H.	Comparative study of the effect of Tai Chi and isometric exercises on the severity of pain and balance in patients with knee osteoarthritis	2017	Journal of Kerman University of Medical Sciences	24	4	268-277	8c. NRSI or non-randomised comparative study
Caldwell 2009	Caldwell, K.; Harrison, M.; Adams, M.; Triplett, N. T.	Effect of Pilates and taiji quan training on self-efficacy, sleep quality, mood, and physical performance of college students	2009	Journal of Bodywork & Movement Therapies	13	2	155-63	8c. NRSI or non-randomised comparative study
Caldwell 2010	Caldwell, K.; Harrison, M.; Adams, M.; Quin, R. H.; Greeson, J.	Developing mindfulness in college students through movement-based courses: effects on self-regulatory self-efficacy, mood, stress, and sleep quality	2010	Journal of American College Health	58	5	433-442	8c. NRSI or non-randomised comparative study
Caldwell 2011	Caldwell, K.; Emery, L.; Harrison, M.; Greeson, J.	Changes in mindfulness, well-being, and sleep quality in college students through taijiquan courses: a cohort control study	2011	Journal of Alternative & Complementary Medicine	17	10	931-8	8c. NRSI or non-randomised comparative study
Cha 2019	Cha, N. H.; Jeon, G. E.; Cho, Y.; Sok, S. R.	Effects of Tai Chi therapy on body mass index and physical index of intellectual disability	2019	Japan Journal of Nursing Science	(no pagination)	e12292		8c. NRSI or non-randomised comparative study
Chen 2007	Chen, K. M.; Hsu, Y. C.; Chen, W. T.; Tseng, H. F.	Well-being of institutionalized elders after Yang-style Tai Chi practice	2007	Journal of Clinical Nursing	16	5	845-52	8c. NRSI or non-randomised comparative study
Chen 2011	Chen, Yung-Sheng; Zhou, Shi; Cartwright, Colleen	Effect of 12 Weeks of Tai Chi Training on Soleus Hoffmann Reflex and Control of Static Posture in Older Adults	2011	Archives of Physical Medicine & Rehabilitation	92	6	886-891	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Chi 2014	Chi, Ctr Tqr	The clinical intervention study of Tai chi on early Ankylosing Spondylitis	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-TQR-14004860				8c. NRSI or non-randomised comparative study
Chi 2017	Chi, Ctr Onn	The Evaluation of Two Aquatic Physiotherapy Approaches (Ai Chi and Bad Ragaz Ring Method) on Adults with Chronic Low Back Pain in a Community Setting	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-ONN-17010791				8c. NRSI or non-randomised comparative study
Chi 2017	Chi, Ctr Iin	Effects of Tai Chi on cognition and instrumental activities of daily living in community dwelling older people with mild cognitive impairment	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IIN-17014220				8c. NRSI or non-randomised comparative study
Christou 2003	Christou, E. A.; Yang, Y.; Rosengren, K. S.	Taiji training improves knee extensor strength and force control in older adults	2003	Journals of Gerontology Series A-Biological Sciences & Medical Sciences	58	8	763-6	8c. NRSI or non-randomised comparative study
Hakim 2001	Hakim, R. M.; Segal, J.; Newton, R. A.; DuCette, J.	A fall risk reduction intervention for community-dwelling older adults	2001	Journal of Geriatric Physical Therapy	24	3	21-22	8c. NRSI or non-randomised comparative study
Hernandez-Monjaraz 2013	Hernandez-Monjaraz, B.; Betancourt-Rule, J. M.; Santiago-Osorio, E.; Mendoza-Nunez, V. M.	Effect of Tai Chi on oxidative stress and periodontal disease in older adults	2013	Free radical biology & medicine	65		S115	8c. NRSI or non-randomised comparative study
Hsu 2015	Hsu, Wei-Hsiu; Hsu, Robert Wen-Wei; Lin, Zin-Rong; Fan, Chun-Hao	Effects of circuit exercise and Tai Chi on body composition in middle-aged and older women	2015	Geriatrics & gerontology international	15	3	282-288	8c. NRSI or non-randomised comparative study
Irct20180314039092N, 2018	Irct20180314039092N,	The effect of Tai Chi exercise and Glucosamine supplementation on prevention of fall in the elderly women with knee osteoarthritis	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20180314039092N1				8c. NRSI or non-randomised comparative study
Isrctn 2016	Isrctn,	Seated and lying Tai Chi model for stroke patients	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN12392057				8c. NRSI or non-randomised comparative study
Kasai 2010	Kasai, J. Y.; Busse, A. L.; Magaldi, R. M.; Soci, M. A.; Rosa Pde, M.; Curiati, J. A.; Jacob Filho, W.	Effects of Tai Chi Chuan on cognition of elderly women with mild cognitive impairment	2010	Einstein	8	1	40-5	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Kenji 2014	Kenji, Iida; Yuko, Oguma	The Relationship Between Flow Experience and Sense of Coherence	2014	Holistic Nursing Practice	28	2	91-97	8c. NRSI or non-randomised comparative study
Kirsteins 1991	Kirsteins, A. E.; Dietz, F.; Hwang, S. M.	Evaluating the safety and potential use of a weight-bearing exercise, Tai-Chi Chuan, for rheumatoid arthritis patients	1991	American Journal of Physical Medicine & Rehabilitation	70	3	136-41	8c. NRSI or non-randomised comparative study
Lan 1998	Lan, C.; Lai, J.; Chen, S.; Wong, M.	12-month Tai Chi training in the elderly: its effect on health fitness	1998	Medicine & Science in Sports & Exercise	30	3	345-351	8c. NRSI or non-randomised comparative study
Lan 1998	Lan, C.; Lai, J. S.; Chen, S. Y.; Wong, M. K.	12-month Tai Chi training in the elderly: its effect on health fitness. / Effet de 12 mois d'entraînement de tai chi sur la santé de personnes âgées	1998	Medicine & Science in Sports & Exercise	30	3	345-351	8c. NRSI or non-randomised comparative study
Lane 2012	Lane, Suzie W. L.; Chun, Sanghee	Impact of seated Tai Chi on range of motion as a therapeutic recreation intervention	2012	American Journal of Recreation Therapy	11	4	14-18	8c. NRSI or non-randomised comparative study
Lee 2005	Lee, L. K. Y.; Tim, H. M.; Lee, D. T. F.; Woo, J.	Tai chi and health-related quality of life among Chinese nursing home residents	2005	Quality of Life Research	14	9	2049	8c. NRSI or non-randomised comparative study
Lee 2007	Lee, L. Y. K.; Lee, D. T. F.; Woo, J.	Effect of Tai Chi on state self-esteem and health-related quality of life in older Chinese residential care home residents [corrected] [published erratum appears in J CLIN NURS 2007 Sep;16(9):1592]	2007	Journal of Clinical Nursing (Wiley-Blackwell)	16	8	1580-1582	8c. NRSI or non-randomised comparative study
Lee 2007	Lee, Linda Y.; Lee, Diana T.; Woo, Jean	"Effect of Tai Chi on state self-esteem and health-related quality of life in older Chinese residential care home residents": Erratum	2007	Journal of Clinical Nursing	16	9	1592	8c. NRSI or non-randomised comparative study
Lee 2010	Lee, L. Y.; Lee, D. T.; Woo, J.	The psychosocial effect of Tai Chi on nursing home residents	2010	Journal of Clinical Nursing	19	44780	927-38	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Lee 2010	Lee, E.	The effect of Self-Help Tai Chi over 16 weeks in community program for older adults Korean American women	2010	Korean Journal of Women Health Nursing	16	1	87-94	8c. NRSI or non-randomised comparative study
Lo 2012	Lo, H. M.; Yeh, C. Y.; Chang, S. C.; Sung, H. C.; Smith, G. D.	A Tai Chi exercise programme improved exercise behaviour and reduced blood pressure in outpatients with hypertension	2012	International Journal of Nursing Practice	18	6	545-51	8c. NRSI or non-randomised comparative study
Lu 2013	Lu, X.; Siu, K. C.; Fu, S. N.; Hui-Chan, C. W.; Tsang, W. W.	Tai Chi practitioners have better postural control and selective attention in stepping down with and without a concurrent auditory response task	2013	European Journal of Applied Physiology	113	8	1939-45	8c. NRSI or non-randomised comparative study
Man 2010	Man, D. W.; Tsang, W. W.; Hui-Chan, C. W.	Do older t'ai chi practitioners have better attention and memory function?	2010	Journal of Alternative & Complementary Medicine	16	12	1259-64	8c. NRSI or non-randomised comparative study
Manson 2013	Manson, James; Rotondi, Michael; Jamnik, Veronica; Ardern, Chris; Tamim, Hala	Effect of tai chi on musculoskeletal health-related fitness and self-reported physical health changes in low income, multiple ethnicity mid to older adults	2013	BMC Geriatrics	13	1	114-114	8c. NRSI or non-randomised comparative study
Mihay 2003	Mihay, L.; Iltzsche, E.; Tribby, A.; Rushing, K.; Spears, J.; Wiltfong, H.; Schaub, D.; Chronister, A.	Balance and perceived confidence with performance of instrumental activities of daily living: a pilot study of Tai Chi inspired exercise with elderly retirement-community dwellers	2003	Physical & Occupational Therapy in Geriatrics	21	3	75-86	8c. NRSI or non-randomised comparative study
Mihay 2006	Mihay, L. M.; Boggs, K. M.; Breck, A. J.; Dokken, E. L.; NaThalang, G. C.	The effect of Tai Chi inspired exercise compared to strength training: a pilot study	2006	Physical & Occupational Therapy in Geriatrics	24	3	13-26	8c. NRSI or non-randomised comparative study
Motivala 2006	Motivala, S. J.; Sollers, J.; Thayer, J.; Irwin, M. R.	Tai Chi Chih acutely decreases sympathetic nervous system activity in older adults	2006	Journals of Gerontology Series A-Biological Sciences & Medical Sciences	61	11	1177-80	8c. NRSI or non-randomised comparative study
Nct 2003	Nct,	Cognitive-Behavioral Therapy and Tai Chi Chih for Patients With Rheumatoid Arthritis	2003	https://clinicaltrials.gov/show/NCT00072657				8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2008	Nct,	Effects of Qigong, Tai Chi and Yoga Practice in Older Adults	2008	https://clinicaltrials.gov/show/NCT00710853				8c. NRSI or non-randomised comparative study
Nct 2009	Nct,	Tai Chi/Qigong Exercise Persistence Among Residents of Senior Housing	2009	https://clinicaltrials.gov/show/NCT01006447				8c. NRSI or non-randomised comparative study
Nct 2013	Nct,	Community Dissemination of Tai Ji Quan	2013	https://clinicaltrials.gov/show/NCT01854931				8c. NRSI or non-randomised comparative study
Nct 2016	Nct,	The Effect of Exercise Intervention on the Community's Older Adults	2016	https://clinicaltrials.gov/show/NCT02936336				8c. NRSI or non-randomised comparative study
Nct 2018	Nct,	Effects of Tai Chi on Cognition, I-ADLs, and HRQOL in Older People With MCI	2018	https://clinicaltrials.gov/show/NCT03404765				8c. NRSI or non-randomised comparative study
Oh 2019	Oh, C.; Kang, H.	Effects of tai chi exercise on the body composition, self-efficacy and life satisfaction of older adults in Korean local community	2019	International Journal of Gerontology	13	2	134-138	8c. NRSI or non-randomised comparative study
Pan 2018	Pan, Jiahao; Liu, Cuixian; Li, Li	Long-term Tai Chi Exercise Lead to Enhanced Resistance Postural Perturbation Among Older Adults: 1544 Board #5 May 31 1:00 PM - 3:00 PM...ACSM 2018 -" American College of Sports Medicine Annual Meeting, May 29, 2018 - June 2, 2018, Minneapolis, MN, USA	2018	Medicine & Science in Sports & Exercise	50		372-372	8c. NRSI or non-randomised comparative study
Rahal 2015	Rahal, M. A.; Alonso, A. C.; Andrusaitis, F. R.; Rodrigues, T. S.; Speciali, D. S.; Greve, J. M.; Leme, L. E.	Analysis of static and dynamic balance in healthy elderly practitioners of Tai Chi Chuan versus ballroom dancing	2015	Clinics (Sao Paulo, Brazil)	70	3	157-61	8c. NRSI or non-randomised comparative study
Redwine 2012	Redwine, L. S.; Tsuang, M.; Rusiewicz, A.; Pandzic, I.; Cammarata, S.; Rutledge, T.; Hong, S.; Linke, S.; Mills, P. J.	A pilot study exploring the effects of a 12-week t'ai chi intervention on somatic symptoms of depression in patients with heart failure	2012	Journal of Alternative & Complementary Medicine	18	8	744-8	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Romero-Zurita 2012	Romero-Zurita, Alejandro; Carbonell-Baeza, Ana; Aparicio, Virginia A.; Ruiz, Jonatan R.; Tercedor, Pablo; Delgado-Fernández, Manuel	Effectiveness of a Tai-Chi Training and Detraining on Functional Capacity, Symptomatology and Psychological Outcomes in Women with Fibromyalgia	2012	Evidence-based Complementary & Alternative Medicine (eCAM)	2012		44805	8c. NRSI or non-randomised comparative study
Sarabzadeh 2019	Sarabzadeh, M.; Azari, B. B.; Helalizadeh, M.	The effect of six weeks of Tai Chi Chuan training on the motor skills of children with Autism Spectrum Disorder	2019	Journal of Bodywork & Movement Therapies	23	2	284-290	8c. NRSI or non-randomised comparative study
Schaller 1996	Schaller, K. J.	Tai Chi Chih: an exercise option for older adults	1996	Journal of Gerontological Nursing	22	10	44754	8c. NRSI or non-randomised comparative study
Shin 2015	Shin, J. H.; Lee, Y.; Kim, S. G.; Choi, B. Y.; Lee, H. S.; Bang, S. Y.	The beneficial effects of Tai Chi exercise on endothelial function and arterial stiffness in elderly women with rheumatoid arthritis	2015	Arthritis Research & Therapy	17		380	8c. NRSI or non-randomised comparative study
Siu 2007	Siu, A. M.; Chan, C. C.; Poon, P. K.; Chui, D. Y.; Chan, S. C.	Evaluation of the chronic disease self-management program in a Chinese population	2007	Patient Education & Counseling	65	1	42-50	8c. NRSI or non-randomised comparative study
Skalko 2016	Skalko, Thomas K.; Burgess, Lacey A.; Janke, Megan	A comparative study on the effects of Tai Chi and Matter of Balance on measures of balance and fall efficacy in older adults	2016	American Journal of Recreation Therapy	15	3	29-39	8c. NRSI or non-randomised comparative study
Zhuang 2014	Zhuang, J.; Huang, L.; Wu, Y.; Zhang, Y.	The effectiveness of a combined exercise intervention on physical fitness factors related to falls in community-dwelling older adults	2014	Clinical Interventions In Aging	9		131-40	3.Intervention out of scope
Song 2018	Song Q, Wang S, Wong D, et al.	Erratum...Song Q, Wang S, Wong D, et al. Long-term Tai Chi exercise increases body stability of the elderly during stair ascent under high and low illumination. Sports Biomechanics. 2017	2018		17		321-321	8c. NRSI or non-randomised comparative study
SumLam 2011	Sum Lam, Michael Huen; Cheung, Siu Yin; Chow, Bik Chu	The effects of Tai-Chi-Soft-Ball training on physical functional health of Chinese older adult	2011	Journal of Human Sport & Exercise	6	3	540-553	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Tsai 2011	Tsai, Chin-chueh; Tung, Jou-min; Chen, Lee-hwa; Chin, Pei-sung; Tung, Ya-hsin	Modified Aerobic Tai Chi Exercise Improved Physical Fitness and Functional Ability in a Middle-aged Population	2011	Medicine & Science in Sports & Exercise	43		915-915	8c. NRSI or non-randomised comparative study
Tsang 2015	Tsang, William W. N.; Gao, Kelly L.; Chan, K. M.; Purves, Sheila; Macfarlane, Duncan J.; Fong, Shirley S. M.	Sitting Tai Chi Improves the Balance Control and Muscle Strength of Community-Dwelling Persons with Spinal Cord Injuries: A Pilot Study	2015	Evidence-based Complementary & Alternative Medicine (eCAM)			44805	8c. NRSI or non-randomised comparative study
Viladrosa 2018	Viladrosa, M.; Lavedan, A.; Jurschik, P.; Mas-Alos, S.; Planas-Anzano, A.; Masot, O.	Differences in fitness level between women aged 60 and over participating in three different supervised exercise programs and a sedentary group	2018	Journal of Women & Aging	30	4	326-343	8c. NRSI or non-randomised comparative study
Wang 2016	Wang, Y. T.; Li, Z.; Yang, Y.; Zhong, Y.; Lee, S. Y.; Chen, S.; Chen, Y. P.	Effects of wheelchair Tai Chi on physical and mental health among elderly with disability	2016	Research in Sports Medicine	24	3	157-70	8c. NRSI or non-randomised comparative study
Wang 2017	Wang, Shao-Jun; Xu, Dong-Qing; Li, Jing-Xian	Effects of regular Tai Chi practice and jogging on neuromuscular reaction during lateral postural control in older people	2017	Research in Sports Medicine	25	1	111-117	8c. NRSI or non-randomised comparative study
Xu 1986	Xu, ShW; Wang, W. J.; Shen, Z. Y.	A study of the effect of 'TaiJiQuan' on endocrinology	1986	Chinese journal of sports medicine	5	3	150-151	8c. NRSI or non-randomised comparative study
Xu 2004	Xu, D.; Hong, Y.; Li, J.; Chan, K.; Xu, D.; Hong, Y.; Li, J.; Chan, K.	Effect of tai chi exercise on proprioception of ankle and knee joints in old people	2004	British Journal of Sports Medicine	38	1	50-54	8c. NRSI or non-randomised comparative study
Zhang 2014	Zhang, H. Y.; Qing, Y. Y.; Zhang, Y. Q.; Wang, K.; He, W.; Yuan, X. L.; Chen, X.	Effects of Tai-ji exercise motor imagery on walk function of patients with hemiplegia after stroke	2014	Journal of shanghai jiao tong university medical science	34	9	1268-1275	8c. NRSI or non-randomised comparative study

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Zhao 2000	Zhao, F.; Zhou, X.; Wei, K.; Liu, W.	Effects of tai chi exercise on gait pattern in the elderly	2000	In Hong, Y. (ed.), Proceedings of XVIII International symposium on biomechanics in sports, Hong Kong, Department of Sports Science and Physical Education. The Chinese University of Hong Kong, c2000, p.925-929.				8c. NRSI or non-randomised comparative study
Zhou 2019	Zhou, S.; Zhang, Y.; Kong, Z.; Loprinzi, P. D.; Hu, Y.; Ye, J.; Liu, S.; Yu, J. J.; Zou, L.	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial	2019	International Journal of Environmental Research & Public Health [Electronic Resource]	16	5	1	8c. NRSI or non-randomised comparative study
Chao 2012	Chao, Cheng Hsin Nery; Costa, Eduardo Caldas; Elsangedy, Hassan Mohamed; Savir, Paulo André Holanda; Alves, Emanuel Augusto; Okano, Alexandre Hideki	Efeito da prática do Tai Chi Chuan sobre a resistência aeróbia de idosos sedentárias	2012	Rev. bras. geriatr. gerontol	15	4	627-633	8c. NRSI or non-randomised comparative study 9. Publication not in English
GonzálezPastor 2013	González Pastor, Rocío Mónica	Efecto del tai chi en la calidad de sueño y somnolencia diurna en los integrantes del Club del Adulto Mayor de Lima Cercado, 2011	2013				40-40	8c. NRSI or non-randomised comparative study 9. Publication not in English
HernándezBarea 2011	Hernández Barea, Iskander; Cruz Torres, Walter; Rodríguez Alarcón, Norge M.; Gutierrez Aguilera, Nerza	Eficacia del Tai Chi Chuan en la prevención de caídas del adulto mayor	2011	Correo Cient Med Holguín	15	1		8c. NRSI or non-randomised comparative study 9. Publication not in English
Jong 2004	Jong, S. Y.; Fang, Y. Y.; Chao, Y. F.	[The effect of Tai-Chi-Qui-Gong exercises on patients' pulmonary function, exercise capacity, and quality of life after lobectomy]	2004	Hu Li Tsa Chih - Journal of Nursing	51	6	46-54	8c. NRSI or non-randomised comparative study 9. Publication not in English
Kan 2004	Kan, Y.; Zhao, Y.; Shao, H.	(Affect the insulin sensitivity of Tai Chi exercise for obesity with type 2 diabetic patients) [Chinese - simplified characters]	2004	Jilin Zhongyiyao [Jilin Journal of Traditional Chinese Medicine] 2004 Oct;24(10):11				8c. NRSI or non-randomised comparative study 9. Publication not in English

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Lee 2006	Lee, H. Y.	[Comparison of effects among Tai-Chi exercise, aquatic exercise, and a self-help program for patients with knee osteoarthritis]	2006	Daehan Ganho Haghoeji	36	3	571-80	8c. NRSI or non-randomised comparative study 9. Publication not in English
Lee 2008	Lee, H. Y.; Lee, K. J.	[Effects of Tai Chi exercise in elderly with knee osteoarthritis]	2008	Daehan Ganho Haghoeji	38	1	44784	8c. NRSI or non-randomised comparative study 9. Publication not in English
Lestage 2016	Lestage, P.; Xu, R.		2016	Journal de Therapie Comportementale et Cognitive.	20			8c. NRSI or non-randomised comparative study 9. Publication not in English
Nedeljkovic 2012	Nedeljkovic, Marko; Ausfeld-Hafter, Brigitte; Seiler, Roland; Wirtz, Petra H.	Reduction of physiological reactivity to psychosocial stress by Taiji practice-Who benefits the most? An investigation of moderating effects of self-reported dispositional psychological stress reactivity and mindfulness	2012	Zeitschrift fur Medizinische Psychologie	21	4	161-169	8c. NRSI or non-randomised comparative study 9. Publication not in English
Pereira 2011	Pereira, Márcio de Moura; Paula, Ana Patrícia de; Safons, Marisete Peralta; Nóbrega, Otávio de Tolêdo; Vianna, Lucy Gomes; Souza, Vinícius Carolino de	Interleucina-6, capacidade funcional e qualidade de vida em homens idosos com baixa massa óssea praticantes de tai chi chuan	2011	Rev. bras. ciênc. mov	19	3	23-28	8c. NRSI or non-randomised comparative study 9. Publication not in English
Ren 2006	Ren, L. J.	Influences of Taijiquan on the health care of elderly people. [Chinese]	2006	Chinese Journal of Clinical Rehabilitation	10	47	25-27	8c. NRSI or non-randomised comparative study 9. Publication not in English
Song 2009	Song, R.; Ahn, S.; So, H. Y.; Park, I. S.; Kim, H. L.; Joo, K. O.; Kim, J. S.	[Effects of Tai Chi exercise on cardiovascular risk factors and quality of life in post-menopausal women]	2009	Journal of Korean Academy of Nursing	39	1	136-44	8c. NRSI or non-randomised comparative study 9. Publication not in English
Yu 2015	Yu, J.; Kim, J.	[Effects of a physical activity program using exergame with elderly women]	2015	Journal of Korean Academy of Nursing	45	1	84-96	8c. NRSI or non-randomised comparative study 9. Publication not in English

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Zhou 2014	Zhou, M.; Peng, N.; Li, C.	An analysis of trends on effect of taijiquan training for lower- extremity strength among older adults. [Chinese]	2014	Chinese Journal of Rehabilitation Medicine	29	11	1050-1054	8c. NRSI or non-randomised comparative study 9. Publication not in English
박형 2013	박 형, 숙; 김 경, 남	타이치 운동과 교육 중재 프로그램이 제 2형 여성당뇨환자의 당대사, 성기능 장애 및 면역기능에 미치는 효과....Effects of 12 Weeks Tai Chi Exercise and Education Intervention Program on Glucose Control, Sexual Function and Immune Function for Women with Type 2 Diabetes	2013	Journal of Korean Academy of Fundamentals of Nursing	20	4	389-399	8c. NRSI or non-randomised comparative study 9. Publication not in English
Arce-Esquivel 2018	Arce-Esquivel, Arturo A.; Ballard, Joyce E.; Hermanns, Melinda L.; Rath, Linda R.; Murley, Brittany; Wang, Yong T.; Haas, Barbara K.	Long-term Effects of Tai Chi on Muscle Strength and Physical Function in Patients with Peripheral Neuropathy: 1982 Board #243 May 31 3:30 PM - 5:00 PM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, Minnesota	2018	Medicine & Science in Sports & Exercise	50		480-480	8d. Case series or other
Dantas 2016	Dantas, F. F.; da Silva Santana, F.; da Silva, T. S.; Cucato, G. G.; Farah, B. Q.; Ritti-Dias, R. M.	Acute Effects of T'ai Chi Chuan Exercise on Blood Pressure and Heart Rate in Peripheral Artery Disease Patients	2016	Journal of Alternative & Complementary Medicine	22	5	375-9	8d. Case series or other
Fox 2011	Fox, Tony; Dyer, Lindy; Mathew, Jason; Van Camp, Kelsey; Ke, Xiang; Hall, Courtney; Wang, Yong Tai	Effects Of Wheelchair Tai Chi On Selected Physical Functional Abilities For Individuals With SCI	2011	Medicine & Science in Sports & Exercise	43		280-280	8d. Case series or other
Galantino 2013	Galantino, Mary Lou; Callens, Mary L.; Cardena, Gregg J.; Piela, Nicole L.; Mao, Jun James	Tai chi for well-being of breast cancer survivors with aromatase inhibitor-associated arthralgias: a feasibility study	2013	Alternative Therapies in Health & Medicine	19	6	38-44	8d. Case series or other
Glasner 2017	Glasner, S.; Moore, A.; Lake, J.; Reid, M.; Gomez, L.; Jenkins, J.; Dominguez, B.; Candelario, J.	Changes in alcohol use among older HIV+ adults in response to a technology-assisted integrated CBT intervention combined with tai chi	2017	Alcoholism: Clinical and Experimental Research	41 (Supplement 1)		91A	8d. Case series or other

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Maris 2018	Maris, Stephen A.; Winter, Christa R.; Paolone, Vincent J.; Headley, Samuel A. E.	Comparing the Changes in Cardiovascular Function After Acute Exposure to Tai Chi or Walking: 1205 Board #13 May 31 8:00 AM - 9:30 AM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, Minnesota	2018	Medicine & Science in Sports & Exercise	50		277-277	8d. Case series or other
Marszalek 2016	Marszalek, J.; Price, L. L.; Harvey, W. F.; Driban, J. B.; Wang, C.	Outcome expectations for exercise are associated with self-efficacy and depression in patients with knee OA	2016	Journal of Alternative and Complementary Medicine	22 (6)		A83	8d. Case series or other
Mustata 2005	Mustata, S.; Cooper, L.; Langrick, N.; Simon, N.; Jassal, S. V.; Oreopoulos, D. G.	The effect of a Tai Chi exercise program on quality of life in patients on peritoneal dialysis: a pilot study	2005	Peritoneal Dialysis International	25	3	291-4	8d. Case series or other
Nct 2011	Nct,	Effects of Modified TaiChi Exercise on Maternal Stress, Fatigue, Sleep Quality, Biomarkers, and Infant Gestational Age and Birthweight	2011	https://clinicaltrials.gov/show/NCT01397318				8d. Case series or other
Nct 2020	Nct,	Improving Balance for Older Adults: disseminating Tai Chi Fundamentals Through Community Organizations	2020	https://clinicaltrials.gov/show/NCT04447001				8d. Case series or other
Peralta 2010	Peralta, C. R.; Adivino, K. L.; Calimag, M. A. B.; Lindog, M. A. B.; Manalili, J. M. T.; Tan, T. M. T.	Correlates of exercise recall and performance with exercise compliance among well-elderly aged 65-75 years old...7th Pan-Pacific Conference on Rehabilitation, Oct 23-24, 2010, Hong Kong	2010	Hong Kong Physiotherapy Journal	28		27-28	8d. Case series or other
Seto 2017	Seto, A.; Wu, T.; Price, L. L.; Han, X.; Harvey, W. F.; Wang, C.	The role of personality in patients with fibromyalgia	2017	Arthritis and Rheumatology. Conference: American College of Rheumatology/Association of Rheumatology Health Professionals Annual Scientific Meeting, ACR/ARHP	69	Supplement 10		8d. Case series or other

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Winser 2017	Winser, Stanley; Kannan, Priya; Tsang, William; Pang, Marco	Tai Chi for Improving Balance in Cerebellar Ataxia: A Feasibility Study...American Congress of Rehabilitation Medicine Annual Conference 23 - 28 October 2017, Atlanta, GA	2017	Archives of Physical Medicine & Rehabilitation	98	10	e113-e114	8d. Case series or other
Wu 2002	Wu, G.; Zhao, F.; Zhou, X.; Wei, L.	Improvement of isokinetic knee extensor strength and reduction of postural sway in the elderly from long-term Tai Chi exercise	2002	Archives of Physical Medicine & Rehabilitation	83	10	1364-9	8d. Case series or other
Yeh 2009	Yeh, S. H.; Chuang, H.; Lin, L. W.; Hsiao, C. Y.; Wang, P. W.; Liu, R. T.; Yang, K. D.	Regular Tai Chi Chuan exercise improves T cell helper function of patients with type 2 diabetes mellitus with an increase in T-bet transcription factor and IL-12 production	2009	British Journal of Sports Medicine	43	11	845-850	8d. Case series or other
DeCarvalho 2017	De Carvalho, R. S. T.; Joaquim, A. G.; Da Silva Xavier, J. J.; Suen, V. M. M.; Alves Ancheschi, L. M. M.	Tai Chi Chuan session promotes post-exercise hypotension and reduces cardiac overload in elderly hypertensive patients. [Portuguese]	2017	Medicina (Brazil)	50	5	297-306	8d. Case series or other; 9. Publication not in English
Guo 2015	Guo, F.	Effects of long-term Tai Ji Quan exercise on automatic nervous modulation in the elderly. [Chinese]	2015	Zhongguo ying yong sheng li xue za zhi = Zhongguo yingyong shenglixue zazhi = Chinese journal of applied physiology	31	2	158-163	8d. Case series or other; 9. Publication not in English
PérezdelaCruz 2016	Pérez de la Cruz, S.; García Luengo, A. V.; Lambeck, J.	Efectos de un programa de prevención de caídas con Ai Chi acuático en pacientes diagnosticados de parkinson	2016	Neurología (Barc., Ed. impr.)	31	3	176-182	8d. Case series or other; 9. Publication not in English
Roque Álvarez 2012	Roque Álvarez, Odalys; Tura Díaz, Mariela; Torres Marin, Juan; Medina Martínez, Lázara	Práctica de Tai Chi en ancianos, alternativa para mejorar su longevidad	2012	Rev. cienc. med. Pinar Rio	16	3	95-108	8d. Case series or other; 9. Publication not in English
Ni 2010	Ni, G. X.; Song, L.; Yu, B.; Huang, C. H.; Lin, J. H.	Tai Chi improves physical function in older chinese women with knee osteoarthritis (Retraction in: Journal of Clinical Rheumatology (2010) 16:7 (357))	2010	Journal of Clinical Rheumatology	16	2	64-67	11c. Withdrawn