ISRCTN14037337 https://doi.org/10.1186/ISRCTN14037337

Baduanjin combined with computerized cognitive remediation therapy for the treatment of schizophrenia : a 8-week randomized controlled trial

Submission date
14/03/2026

Recruitment status
No longer recruiting

Registration date
12/05/2026

Overall study status
Completed

Last Edited
12/05/2026

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Study information

Scientific Title

Baduanjin combined with computerized cognitive remediation therapy for the treatment of schizophrenia : a 8-week randomized controlled trial

Study objectives

Ethics approval required
Ethics approval required

Ethics approval(s)
approved 14/10/2024, Medical Ethics Committee of Chuzhou Second People's Hospital (No. 1401 Qingliu Middle Road, Chuzhou, 239000, China; +86 5503523299; 2895710891@qq.com), ref: No. 2024-Yuan-Lun-Shen-Yi-Zi-No. (06)

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Blinded (masking used)

Control
Active

Assignment
Crossover

Purpose
Treatment

Study type(s)

Health condition(s) or problem(s) studied
Schizophrenia

Interventions
Participants in the intervention group received a combined 85-minute session (45 minutes of CCRT plus 40 minutes of Baduanjin training) five times per week, whereas the control group received CCRT alone for the same duration. Assessments of psychiatric symptoms, cognitive function, social functioning, and quality of life were conducted at baseline and post-intervention.

Total duration of treatment and follow-up: The intervention period for both study arms (the combined intervention group and the control group) was 8 weeks. All assessments were conducted at two time points: baseline (pre-intervention) and immediately post-intervention (at the end of the 8-week treatment period). No extended follow-up assessment (e.g., at 3 or 6 months) was conducted for this study, which we have now acknowledged as a limitation.

Randomisation process:
Sequence generation: Eligible participants were sequentially numbered based on the first letter

of their names and randomly assigned to either the combined intervention group or the control group in a 1:1 ratio using a computer-generated random number table (generated using SPSS version 26.0).
Allocation concealment: Allocation concealment was ensured by using sequentially numbered, opaque, sealed envelopes. These envelopes were prepared by an independent researcher who was not involved in participant recruitment or outcome assessment.
Implementation: An independent research assistant generated the random allocation sequence. A separate team member, who was not involved in outcome assessment, enrolled participants and assigned them to interventions by opening the sealed envelopes in numerical order. Envelopes were opened only after participants completed baseline assessments and provided written informed consent.

Intervention Type
Behavioural

Primary outcome(s)
1. Quality of life measured using the Schizophrenia Quality of Life Scale at after intervention

Key secondary outcome(s))

Completion date
28/03/2026

Eligibility

Key inclusion criteria
1. Diagnosed with schizophrenia by a clinician according to the diagnostic criteria for schizophrenia in the WHO International Classification of Diseases, 10th Revision (ICD-10)
2. Hospitalized for ≥1 year
3. Maintained stable medication dosage for ≥3 months

Healthy volunteers allowed
No

Age group
All

Lower age limit
0 years

Upper age limit
80 years

Sex
All

Total final enrolment
120

Key exclusion criteria

1. Individuals with severe physical conditions, such as serious cardiovascular, pulmonary, or musculoskeletal disorders, that prevent participation in exercise
2. Visual and/or hearing impairments that prevent completion of neurocognitive testing
3. Coexisting mental or neurological disorders

Date of first enrolment
01/06/2024

Date of final enrolment
14/03/2026

Locations

Countries of recruitment
China

Sponsor information

Organisation
The Second People's Hospital of Chuzhou (also the Municipal Infectious Disease Hospital and the Municipal Psychiatric Hospital of Chuzhou)

ROR
https://ror.org/012m7k033

Funder(s)

Funder type

Funder Name
Anhui Provincial Department of Education

Alternative Name(s)
Anhui Department of Education, , Department of Education, Anhui Province, Department of Education of Anhui Province, Educational Commission of Anhui Province

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
China

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other files	Consent form in Chinese		16/03/2026	No	No