

# Randomised, controlled, multicenter, pilot study comparing qigong and back school for elderly patients with chronic neck pain

<b>Submission date</b> 09/05/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/05/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 06/02/2008	<b>Condition category</b> Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Claudia Witt

**Contact details**  
Institute for Social Medicine  
Charité University Medical Center  
Berlin  
Germany  
10098

## Additional identifiers

### Study information

**Scientific Title**

**Acronym**  
QIBANE

**Study objectives**

Primary hypothesis: there is a significant difference between the qigong and the waiting list groups for the primary outcome (visual analogue scale [VAS]) after 3 months.

Secondary hypothesis: there is a significant difference between the qigong and the back school groups for the primary outcome (VAS) after 3 months.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Yes, date of approval: 23/02/06; reference number: EA1/265/05

### **Study design**

Multicenter, three-armed, randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Chronic neck pain

### **Interventions**

Patients are randomized into the qigong and back school exercise groups (each 24 sessions of 45 min over a period of three months)

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Pain measured on the VAS (visual analogue scale) after three months

### **Key secondary outcome(s)**

1. Neck pain (Neck Pain and Disability Scale, Wheeler)
2. Depression (Depression Scale, Hautzinger)
3. Quality of life (Short-form Questionnaire-36 [SF-36], Bullinger)
4. Frequency of falls and anxiety to fall
5. Sleep quality and satisfaction
6. Overall treatment effect (OTE) (Wiklund)

### **Completion date**

31/10/2006

## **Eligibility**

### **Key inclusion criteria**

1. Age  $\geq$ 55 years of age
2. Chronic neck pain (duration >6 months)
3. Average pain during the last 7 days before randomisation  $\geq$ 20 mm on 100 mm VAS
4. Informed consent

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**Key exclusion criteria**

1. Serious acute or chronic disease which would not allow the exercises to be performed
2. Planned start of physiotherapy for chronic neck pain during study participation
3. Participation in another study during the last 6 months before study entry

**Date of first enrolment**

09/03/2006

**Date of final enrolment**

31/10/2006

**Locations****Countries of recruitment**

Germany

**Study participating centre**

Institute for Social Medicine

Berlin

Germany

10098

**Sponsor information****Organisation**

Charité - University Medicine Berlin (Charité - Universitätsmedizin Berlin) (Germany)

ROR

<https://ror.org/001w7jn25>

## **Funder(s)**

### **Funder type**

University/education

### **Funder Name**

Charité - University Medicine Berlin (Charité - Universitätsmedizin Berlin), Institute for Social Medicine, University Medical Center (Germany)

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

### **IPD sharing plan summary**

Not provided at time of registration