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Seated tai chi for older people in residential aged care facilities

Submission date
15/09/2026

Recruitment status
No longer recruiting

Registration date
17/09/2026

Overall study status
Completed

Last Edited
17/09/2026

Condition category
Other

[_] 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)
Principal investigator, Scientific, Public

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Study information

Scientific Title
The effects of seated tai chi exercise on psychological wellbeing and quality of life among older people in residential aged care facilities

Study objectives

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 26/02/2025, Universiti Malaya Research Ethics Committee (UMREC) (Universiti Malaya, Kuala Lumpur, 50603, Malaysia; +603-79677022 2369; umrec@um.edu.my), ref: UM.TNC2 /UMREC_4244

Primary study design
Interventional

Allocation
Non-randomized controlled trial

Masking
Open (masking not used)

Control
Active

Assignment
Parallel

Purpose
Supportive care

Study type(s)

Health condition(s) or problem(s) studied
Older people living in residential aged care facilities

Interventions
16-form Yang style seated Tai Chi; 3 times per week, total 12 weeks.

The participants were recruited from four aged care facilities (ACFs), with two ACFs allocated to the intervention group, and the other two to the control group. Allocation of ACFs to either the intervention or control group was based on logistical feasibility, including factors such as the availability of suitable space for the seated Tai Chi programme and scheduling flexibility.

Intervention group with Seated Tai Chi intervention: The study participants in the intervention clusters took part in seated Tai Chi sessions three times a week for 12 weeks. Each session lasted for 40 minutes: Warm-up for 5 minutes, 16-form Tai Chi movements for 30 minutes, and Cool-down for 5 minutes. All seated Tai Chi sessions are led by a Tai Chi master and guided by certified Tai Chi instructors.

Control group with routine care: Participants in the control cluster received routine daily care as well as personalised care based on their individual needs. The care provided to the control cluster was identical to that provided to the intervention cluster, except that the control cluster did not receive the seated Tai Chi program.

Participants in both clusters continued their routine activities as scheduled in their respective ACFs. The researchers did not restrict residents' usual daily routines, which include regular seated physical activities led by caregivers or guided by instructional exercise videos such as seated ball game and seated marching or tapping movements.

Intervention Type
Behavioural

Primary outcome(s)
1. Psychological status and quality of life measured using the Kessler Psychological Distress Scale (K10) and the World Health Organization Quality of Life Instrument–Brief Version (WHOQOL-BREF) at baseline (T0), post-intervention after 12-week of seated tai chi (T1), and 4-week follow up (T2)

Key secondary outcome(s)

Completion date
31/01/2026

Eligibility

Key inclusion criteria
1. Aged ≥60 and above
2. Having stable health conditions
3. Being residents of the selected ACFs
4. Able to sit on a chair for at least 40 minutes
5. Able to communicate with researcher in response to questionnaires
6. Consented to participate in the study

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
60 Years

Upper age limit
90 Years

Sex
All

Total final enrolment
41

Key exclusion criteria
1. Severe cognitive impairment (Abbreviated Mental Test Score (AMTS) score < 4)
2. Visual impairment affecting the ability to follow instructions

3. Acute pain
4. Musculoskeletal or neurological disorder that may interfere with participation in seated tai chi

Date of first enrolment
02/05/2025

Date of final enrolment
06/09/2025

Locations

Countries of recruitment
Malaysia

Sponsor information

Organisation
University of Malaya

ROR
https://ror.org/00rzspn62

Funder(s)

Funder type

Funder Name
Universiti Malaya

Alternative Name(s)
University of Malaya, University Malaya, Malayan University, King Edward VII College of Medicine, Raffles College, University of Malaya in Singapore, , , , UM

Funding Body Type
Government organisation

Funding Body Subtype
Universities (academic only)

Location
Malaysia

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available