

1: [Complement Ther Clin Pract.](#) 2007 May;13(2):78-84. Epub 2006 Nov 28.

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FULL-TEXT ARTICLE

Qigong reduces stress in computer operators.

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Chinese research indicates that the Qigong method reduces psychosomatic and physical symptoms through an effect on the sympathetic nervous system. **OBJECTIVES:** The aim was to investigate the effects of Qigong on stress among computer operators. **DESIGN:** Ten women were included in a Qigong group and an equal number in a control group. Heart rate, blood pressure, and finger temperature were measured at the beginning and at the end of the working day during 5 weeks. twenty four-hours urine samples were collected in the first and last weeks to measure catecholamine excretion in urine. Participants kept a daily record of psychological measures of strain and weekly measures of stress levels. **RESULTS AND CONCLUSIONS:** Qigong reduced noradrenaline excretion in urine ($p < 0.05$), and influenced the heart rate and temperature, indicating reduced activity of the sympathetic nervous system. Moreover, Qigong reduced low-back symptoms ($p < 0.05$). In conclusion, Qigong exercise may reduce stress at computerised work.

PMID: 17400142 [PubMed - indexed for MEDLINE]

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