Subject Recruitment
AAS

Randomization
(n = 240)

Assigned to intervention
(n = 120)

Baseline (T0)
CTS2, PSS, PCS, BDI-II,
DQ, and blood taking

Qigong exercise trainings
for 6 weeks

Post-training (T1)
CTS2, PSS, PCS, BDI-II

Weekly group follow-up
qigong sessions for
4 months

Post-intervention (T2)
CTS2, PSS, PCS, BDI-II,
and blood taking

Assigned to wait-list control
(n = 120)

Baseline (T0)
CTS2, PSS, PCS, BDI-II,
DQ, and blood taking

Qigong Self-practice
Once/day for the whole project

(T1)
CTS2, PSS, PCS, BDI-II

Monthly health education
session unrelated to qigong
for 4 months

(T2)
CTS2, PSS, PCS, BDI-II,
and blood taking

Qigong exercise and
weekly follow-up sessions
for 4 months