Participant Recruitment
Inclusion/Exclusion Criteria

Randomization
(n=153)

Assigned to Tai-chi Group
(n=51)

Baseline Assessment (T₀)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

12-week Tai-chi Training
Once-weekly Training & Twice-weekly Practice

Post-Intervention Assessment (T₁)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

3-month Follow-up Assessment (T₂)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

Assigned to Exercise Group
(n=51)

Baseline Assessment (T₀)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

12-week Exercise Training
Once-weekly Training & Twice-weekly Practice

Post-Intervention Assessment (T₁)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

3-month Follow-up Assessment (T₂)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

Assigned to Waitlist Control
(n=51)

Baseline Assessment (T₀)
PANSS 30, NES, Digit Span, ADL, IDAL, PSS, Salivary Cortisol & Daily Condition Measures

12-week Tai-chi or Exercise Training