

An Assessment of Tai Chi Exercise on Cognitive Performance in Vietnamese Older Adults

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Abstract : Objective: To evaluate the effects of Tai Chi exercise on cognitive performance of community-dwelling elderly in Vinh city, Vietnam. Design: A randomized controlled trial. Participants: One hundred and two subjects were recruited. Intervention: Subjects were divided randomly into two groups. Tai Chi group was assigned 6-months Tai Chi training. Control group was instructed to maintain their routine daily activities. Outcome measures: Trail Making Test (TMT) is primary outcome measure. Results: Participants in Tai Chi group reported significant improvement in TMT (part A) $F(1, 71) = 78.37, p < .001$, and in TMT (part B) $F(1, 71) = 175.00, p < .001$ in comparison with Control group. Conclusion: Tai Chi is beneficial to improve cognitive performance of the elderly.

Keywords : cognitive, elderly, Vietnam, Tai Chi

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