

A Comparative Study of Mental Health and Well-Being between Qigong Practitioners and Non-Practitioners

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Abstract : Introduction: The complementary therapies and Qigong exercises is important in order to maintain physical and mental health. Objective: This study was done to compare and investigate well-being and mental health's state between practitioners of a Qigong practice (Falun Dafa) and non-practitioners. Method: It was a comparative study with 60 samples (30 practitioners of Falun Dafa, and 30 non-practitioners), who were selected by random sampling from Tehran city of Iran. Data were collected by mental health inventory (SCL90) and well-being questionnaire. Multivariate variance analyzing and t-test were used for analyzing data. Results: Results showed significant differences in most components of mental health including anxiety, aggressiveness, obsessive-compulsion, interpersonal sensitivity, somatization disorder, depression, phobia between practitioners and non-practitioners. Well-being was significantly higher in practitioners than non-practitioners. Conclusion: Accordingly, we concluded Falun Gong exercises have high impact on mental health and well-being in people.

Keywords : mental health, well-being, Qigong, Falun Dafa

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