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## The effects of Baduanjin exercise on body weight, body mass index and metabolic syndrome for people with schizophrenia: A pilot study for a randomized clinical trial

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**Background:** Low levels of physical activity and central obesity contribute to metabolic syndrome in patients with schizophrenia.

**Objective:** To examine the effectiveness of a Baduanjin exercise program on the body mass index (BMI), body weight and metabolic parameters of patients with chronic schizophrenia.

**Method:** The eligibility criteria included BMI >25 kg/m<sup>2</sup> or metabolic syndrome. A total of 22 participants with schizophrenia participated in this randomized, controlled study. Eleven patients were assigned to the experimental group (EG), and 11 were assigned to the control group (CG). The EG received Baduanjin exercise as a treatment, while the CG received routine care. Body weight and metabolic parameters (i.e., waist circumference, blood pressure, high-density lipoprotein cholesterol, triglycerides and fasting glucose) were assessed before and after the intervention. The program included eight movements that were incorporated into 60-minute sessions provided three times a week for 12 weeks.

**Result:** Based on the overall mean change score in body weight and waist circumference between the baseline and 3-month measurements, the intervention participants showed greater improvements in body weight and waist circumference from pre-test to post-test compared with the controls. There were nonsignificant differences between the EG and CG in the changes in 5 metabolic parameters.

**Conclusion:** The Baduanjin exercise program may offer a nonpharmacological treatment for reducing body weight and waist circumference in people with schizophrenia.

### Biography

Chiu-Yueh Yang has completed his PhD from National Taiwan University. He is an Assistant Professor. He has published more than 15 papers in reputed journals.

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