

# INPLASY PROTOCOL

To cite: Li et al. The Efficacy of Tai Chi on Depression in the Older Adults: An Overview of Systematic Reviews and Meta-Analyses. Inplasy protocol 202260095. doi: 10.37766/inplasy2022.6.0095

Received: 24 June 2022

Published: 24 June 2022

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**Review Stage at time of this  
submission:** Completed but  
not published.

**Conflicts of interest:**  
None declared.

## The Efficacy of Tai Chi on Depression in the Older Adults: An Overview of Systematic Reviews and Meta-Analyses

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**Review question / Objective:** Using an overview of systematic reviews to review the quality of evidence for Tai Chi for depression in the elderly.

**Condition being studied:** Depression in older adults is a major public health problem and a leading cause of disability, with an estimated prevalence ranging from 4.6% to 9.3%. Depression may also be one of the most common causes of emotional distress in later life, as well as worsening the outcomes of many medical conditions, significantly reducing the quality of life in older adults. Tai Chi (TC) is a meditative martial art that has been practiced in China for centuries, it perfectly combines elements of traditional Chinese medicine, martial arts conditioning and traditional Chinese lifestyle philosophy. As a physical exercise, TC mainly includes stretching and relaxation of skeletal muscles, as well as various movements such as body coordination, regular breathing, and meditation. It is therefore thought that TC is likely to be a promising adjunct to the treatment of depression in the elderly.

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 24 June 2022 and was last updated on 24 June 2022 (registration number INPLASY202260095).

### INTRODUCTION

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## METHODS

**Participant or population:** This study included subjects with a mean age of 50 years or older who were formally diagnosed with depression as defined by the American Psychiatric Association and the World Health Organization, either with significant depressive symptoms as measured by validated scales, regardless of race or gender.

**Intervention:** Tai Chi exercise.

**Comparator:** (c)TC vs. no intervention; TC vs. usual care; TC vs. waitlist control; TC vs. routine physical activity; TC vs. Education; TC vs. sedentary lifestyle.

**Study designs to be included:** SRs/MAs based on randomized controlled trials (RCTs) of TC for depression in older adults.

**Eligibility criteria:** Duplicate publications, narrative reviews, network meta-analyses, non-RCT SRs/MAs, dissertations, and conference abstracts were excluded.

**Information sources:** We searched 7 databases, including PubMed, Cochrane Library, Embase, CNKI, Wanfang database, Chongqing Vipers, and SinoMed, from its inception to March 15, 2022.

**Main outcome(s):** This overview includes 6 published SR/MA studies on TC acting in geriatric patients with depression, the methodological quality, reporting quality, and risk of bias of SRs/MAs, and the quality

of evidence for outcome measures were generally unsatisfactory.

**Quality assessment / Risk of bias analysis:** N/A.

**Strategy of data synthesis:** N/A.

**Subgroup analysis:** N/A.

**Sensitivity analysis:** N/A.

**Language:** Chinese, English.

**Country(ies) involved:** China (3) , American (1) , Singapore (1) .

**Keywords:** Tai Chi; older adults; depression; overview.

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