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**Effects of Mind-Body Exercise Interventions in
Chronic Cardiopulmonary Dyspnoea Patients—A
Network Meta-Analysis of Randomized Controlled
Trials**

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ADMINISTRATIVE INFORMATION

Support - No.
Review Stage at time of this submission - Preliminary searches.
Conflicts of interest - None declared.
INPLASY registration number: INPLASY2024110092

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 November 2024 and was last updated on 21 November 2024.

INTRODUCTION

Review question / Objective This study aims to explore the influence of mind-body exercises on chronic cardiopulmonary dyspnoea through a meta-analytical approach, providing valuable insights into the clinical treatment of this condition.

Condition being studied Mind-Body Exercise on chronic cardiopulmonary dyspnoea.

METHODS

Participant or population Inclusion: Individuals with chronic cardiopulmonary dyspnoea.

Intervention Mind-Body Exercise was the intervention(e.g.tai chi, yoga, qigong, Liuzijue and Wuxinxi).

Comparator In the control group, participants primarily received not Mind-Body Exercise interventions or with routine care.

Study designs to be included Randomized controlled trials (RCTs) will be included.Randomized clinical trials will be included irrespective of blinding, publication status or language.

Eligibility criteria The participant criteria were patients with chronic cardiopulmonary dyspnoea, and 18 years or older. There were no restrictions on the participants' gender, race, education level or economic status.

Information sources PubMed, the Cochrane Central Register of Controlled Trials(CENTRAL), EMBASE and Web of Science and the China National Knowledge Infrastructure.

Main outcome(s) 6MWD.

Additional outcome(s) The St. George's Respiratory Questionnaire (SGRQ), the chronic obstructive pulmonary disease chronic obstructive pulmonary disease (COPD) Assessment Test (CAT)

and the Minnesota Living with Heart Failure Questionnaire (MLHFQ).

Quality assessment / Risk of bias analysis The risk of bias will be assessed using the Cochrane Systematic Assessment of Risk of Bias tool, utilizing Review Manager 5.4 software. This tool will evaluate the quality of the included studies based on seven indicators.

Strategy of data synthesis The risk of bias will be assessed using the Cochrane Systematic Assessment of Risk of Bias tool, utilizing Review Manager 5.4 software. This tool will evaluate the quality of the included studies based on seven indicators.

Subgroup analysis If data are available, subgroup analyses will be conducted to assess MLHFQ, 6MWD, SGRQ, CAT based on type of intervention, duration of intervention, frequency of intervention, and duration of intervention.

Sensitivity analysis Sensitivity analyses were performed to evaluate the robustness of the overall effect sizes by excluding one trial at a time.

Country(ies) involved China.

Keywords mind-body; chronic cardiopulmonary dyspnoea; Network Meta-Analysis.

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