
THE EFFECTS OF TAI CHI CHUAN ON BALANCE AND QUALITY OF LIFE IN WOMEN WITH MULTIPLE SCLEROSIS IN IRAN MULTIPLE SCLEROSIS SOCIETY

K. Nourozi¹, S.H. Kavari², M. Fallahi Khoshknab¹

¹Nursing, University of Social Welfare & Rehabilitation Sciences, Tehran, Iran ; ²Rehabilitation Management, University of Social Welfare & Rehabilitation Sciences, Tehran, Iran

Multiple Sclerosis (MS) is a chronic disease of central neurologic system that has a wide effect on neurological function of patients such as balance and can cause Disability or poor Quality of life.

The purpose of this study was to assess to the effects of Tai Chi Chuan on Balance and Quality of Life in women with Multiple Sclerosis in Iran Multiple Sclerosis Society in 2012.

Material & Method:

This was a quasi experimental study which covered 34 Women with Multiple Sclerosis in Iran Multiple Sclerosis Society. The samples have been selected through purposive sampling and then Random assignment into intervention (16 Samples) and control group (18 Samples). Intervention was Yang style Tai Chi Chuan classes twice a week for 3 months (12 weeks). In this study demographic questionnaire, Berg Balance Scale (BBS) and Multiple Sclerosis quality of life questionnaire (MSQOL-54 scale) were used to collect data.

Results:

In the Tai Chi intervention group there was a significant improvement in mean comparison of balance score ($P= 0.03$) and global score of Quality of life ($P= 0.00$), also its subscales such as Pain ($P= 0.03$), Energy ($P= 0.00$), Overall quality of life ($P= 0.01$), Role limitation due to emotional problems ($P= 0.04$), Social Function ($P= 0.03$) and in Physical Health Composite Score ($P= 0.03$) after Tai Chi training intervention. ($P < 0.05$) In the control group, no statistically significant improvement was found in mean comparison of balance and Quality of life scores after 12 weeks. ($P > 0.05$)

Conclusion:

The results suggested that Tai Chi Chuan could be an alternative exercise intervention to increase balance and quality of life in patient with Multiple Sclerosis.

Keywords: (Tai Chi Chuan; Balance; Quality of Life; Multiple Sclerosis)