

Selected Qigong-Related Publications in Peer-Reviewed Journals

Qigong for the Mental Health of Teachers – A Prospective Randomized Controlled Trial	Goncalves M, Oliveira R, Rodrigues J, Ventura C, Machado J, Greten HJ, Brain Behav Immun 2023, doi.org/10.1016/j.bbii.2023.100018
Can Qigong Be a Tool to Assist Students in Handling COVID-19's Resulting Academic Stress?	Goncalves M, Duarte L, Rodrigues J, Greten HJ, Machado J. Healthcare 2023, doi.org/10.3390/healthcare11030307
Qigong in Perceptual Auditory Attention: Tool to Improve Sound Integration in Autism Spectrum Disorders	Lopes L, Matos LC, Gonçalves M, Ramos B, Santos MJ, Machado J, Greten HJ, Adv Mid Body Med 2022;36(3).4-11, PIMD:36308504
Qigong for the Emotional Exhaustion in Nurses: Implications of a Prospective Randomized Controlled Trial in the COVID-19 Pandemic	Seiça A, Gonçalves M, Magalhães J, Machado J, Rodrigues J, Greten HJ. Altern Ther Health Med. 2022 online ahead of print. PMID 35951067
Problems of Scientific Methodology Related to Placebo Control in Qigong Studies: A Systematic Review	Goncalves M, Matos LC, Duarte L, Machado J, Greten HJ, Franconi G. J Bodyw Mov Ther, 2020. https://doi.org/10.1016/j.jbmt.2020.06.035
Can <i>Qigong</i> improve attention in adolescents? A prospective randomised controlled trial	Duarte L, Gonçalves M, Mendes P, Matos LC, Greten HJ, Machado J. JP. J Bodyw Mov Ther, May 2019 DOI: https://doi.org/10.1016/j.jbmt.2019.05.005
Potential effects of medical QiGong in major depressive disorder: study protocol based on clinical cases	Ponte S, Santos MJ, Paiva C, Laranjeira M, Gonçalves M, Ramos B, Machado J, Greten HJ. Experimental Pathology and Health Sciences, 2016;8 (2) 41-46
Efficacy of QiGong on depression: From a systematic literature review to the proposal of a study protocol	Pereira P, Santos MJ, Laranjeira M, Gonçalves M, Greten HJ, Machado J. Experimental Pathology and Health Sciences, 2016;8 (2) 35-40
The effect of QiGong in natural killer cells in colo-rectal cancer patients undergoing chemotherapy - A protocol study	Costa, S, Pais I, Araújo A, Gonçalves M, Santos MJ, Greten HJ, Machado J. Experimental Pathology and Health Sciences, 2016;8 (2) 47-54
The effect of QiGong on Attention: Deficit-Hyperactivity Disorder (ADHD): Clinical Case Report	Correia MC, Greten HJ, Machado J, Gonçalves M. Experimental Pathology and Health Sciences, 2016;8 (2) 29-34
Qigong as a Traditional Vegetative Biofeedback Therapy: Long-Term Conditioning of Physiological Mind-Body Effects	Matos LC, Sousa CM, Goncalves M, Gabriel J, Machado J, Greten HJ, BioMed Research International, vol. 2015, Article ID 531789, 6 p. 2015. doi:10.1155/2015/531789
Qigong Therapy in Physiotherapists in Burnout – A Preliminary Study	Saganha JP, Doenitz CA, Greten T, Efferth T, Greten HJ, 2012, J CIM 2012; 10(11): 1233-9
Effects of qigong on performance-related anxiety and physiological stress functions in transverse flute music schoolchildren - A Feasibility Study	Sousa CM, Gonçalves M, Machado J, Efferth T, Greten T, Froeschen P, Greten HJ. J CIM 2012; 10(8):858-65
Assessment of Qigong-Related effects by Infrared Thermography: A Case Study	Matos LC, Gonçalves M, Machado J, Greten HJ. J CIM 2012; 10(6):663-666

Master Theses

Objective and Subjective Assessment of Qigong Related Effects in Breast Cancer Patients” - A Feasibility Study	Andreia Sofia Pires Fernandes (University of Porto, 2011)
Effects of Qigong on Performance-Related Anxiety and Physiological Stress Functions in Transverse Flute Music Schoolchildren - A Feasibility Study	Claudia Maria Gomes de Sousa (University of Porto, 2011)
Mensurabilidade dos Efeitos da Prática de Qigong pro Termografia de Infravermelhos e Medição da Diferença da Potencial Eléctrico <i>Measurability of Qigong Effects by Infrared Thermography and Electric Potential Measurements</i>	Luís Carlos Soares Abreu de Ferreira Matos (University of Porto, 2011)
Effects of Qigong on the Balance of Elderly People - A feasibility study	Liliana Filipa Martins de Sousa (University of Porto, 2012)
Sera a Microcirculação Digital no Fenómeno de Raynaud Afecatda Pelo Qigong? - Estudo Preliminar <i>Is Microcirculation in Raynaud Phenomenon Affected by Qigong? - Preliminary Study -</i>	Luísa Maria Teixeira Brandão (University of Porto, 2012)
The Influence of Qigong in Nurses of CHUC in Burnout - Preliminary Study	Antonio Manuel Machado Seça (University of Porto, 2013)
The Influence of Qigong on Adolescents' Attention	Leonel José Marques Duarte (University of Porto, 2013)
Effect of Qigong in Natural Killer Cells on Colorectal Cancer Patients Undergoing for Chemotherapy: A Prospective, Randomized and Controlled Study	Ana Sofia Santa-Bárbara Bettencourt Seabra (University of Porto, 2014)
Qigong na escola como método de controlo da ansiedade nos professores: estudo prospetivo randomizado com controlo placebo <i>Qigong at School as a Method to Control Teachers' Anxiety -Randomized Prospective Study with Placebo Control</i>	Renato Paulo da Mota Oliveira (University of Porto, 2014)
Poderá o Qigong contribuir para a perda de peso? Primeiros dados de um estudo clínico prospetivo, randomizado e placebo-controlado <i>Can Qigong promote weight loss? First data of a prospective, randomized and placebo-controlled clinical study</i>	Cátia Andreia dos Santos Ferreira (University of Porto, 2015)
The Acute Effect of “White Ball” Qigong in Perceptual Auditory Attention - a prospective, randomized, placebo-controlled and single-blinded study -	Lara de Jesus Teixeira Lopes (University of Porto, 2015)
Eficácia do Qigong na Depressão: Resisão Sistemática de Literatura <i>Effectiveness of Qigong in Depression – Systematic Literature Review</i>	Pedro Jorge Gameiro da Silva Pereira (University of Porto, 2015)
Potenciais efeitos do qigong medico na perturbação depressive major – desenho e resultados preliminares <i>Potential effects of medical qigong in major depressive disorder – Study design and first data</i>	Sara Carreiro Bicudo Ponte (University of Porto, 2015)

<p>Qigong e Tunia no controlo da ansiedade antes dos exames em crianças do 1o ciclo <i>Qigong and Tuina for control of anxiety before examinations in primary school children</i></p>	<p>Olga Juliana Ribeiro Magalhães (University of Porto, 2016)</p>
<p>Efeitos do qigong na hemoglobina glicada em pacientes com diabetes tipo II. Um propetivo estudo randomizado controlado com placebo <i>Wirkungen von Qigong auf glykiertes Hämoglobin bei Patienten mit Typ-II-Diabetes. Eine prospektive randomisierte placebokontrollierte Studie</i></p>	<p>Liliana Isabel Faria Ponte (University of Porto, 2017)</p>
<p>Efeitos cognitivos e comportamentais do qigong em estudantes - uma revisão sistemática da literature <i>Kognitive Wirkungen und Wirkungen auf das Verhalten von Qigong bei Schülern - eine systematische Literaturrecherche</i></p>	<p>Tânia Sofia Coelho Avelans (University of Porto, 2017)</p>