

Psychoneuroimmunology and Tai Chi

Robins JL, McCain NL, Gray DP, Elswick RK Jr, Walter JM, McDade E. Research on psychoneuroimmunology: tai chi as a stress management approach for individuals with HIV disease. *Appl Nurs Res.* 2006 Feb; 19(1):2-9. // Integrating Wellness, Inc., Richmond, VA 23235, USA.

Psychoneuroimmunology is a framework for mind-body practice and research that combines cutting-edge scientific exploration with holistic philosophy to appreciate and understand stress responses. The rapidly growing research literature provides a foundation for building an integrative stress management model with the potential to positively influence the stress-disease relationship and, ultimately, health outcomes. This article introduces a novel tai chi intervention and provides quantitative and qualitative data from a randomized clinical trial indicating its effects on psychosocial variables in individuals living with various stages of HIV disease.