

居家行走運動計畫對心血管疾病危險群婦女危險因子及情緒狀態之影響

Effects of a Home-Based Walking Program on Risk Factors and Mood Status of Middle Age Women with High Risk for Cardiovascular Disease

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摘要

本研究主要目的在探討居家行走運動對心血管疾病危險群婦女其危險因子及情緒狀態之影響。本研究以準實驗性研究設計法，以立意取樣針對北部社區及某醫學中心 35-65 歲之心血管疾病危險群婦女，隨機分配為運動組 23 名及對照組 24 名婦女；運動組婦女需參與 12 週、每週 3 次、每次 30 分鐘之居家行走運動計畫，行走運動期間以手腕型心搏速率測量器維持運動心率達 60%-80%(maximal heart rate; HR(下標 max))之運動強度；對照組則維持原有日常活動，兩組婦女於計畫前、第 8 週及第 12 週需完成運動測試、血壓測量、抽血檢驗與填寫簡式情緒狀態量表，研究結果以 t 檢定、卡方檢定、重複測量與二因子變異數分析(Two factors ANOVA)等統計方法進行檢定。研究結果顯示運動組婦女經 12 週居家行走運動訓練後，對於體重、身體質量指數、腰圍、收縮壓等心血管疾病危險因子及疲憊—懶散之情緒狀態均顯著降低，對照組婦女無顯著變化，兩組婦女之舒張壓、空腹血糖與血脂肪與明顯改變。此研究結果顯示簡便的居家行走運動訓練，對於降低中年婦女心血管疾病危險因子扮演著重要的角色。

Abstract

The purpose of this study was to evaluate the effects of a home-based walking program on the risk factors and mood status of middle-aged women at high risk of cardiovascular disease. A quasi-experimental design and a purposive sampling were applied in this study. Subjects were recruited from the community and from a medical center in Taipei. These subjects, females aged between 35 and 64 years and at high risk of cardiovascular disease were randomly assigned into an exercise and a control group. The exercise group (n=23) participated in a twelve-week, home-based exercise program, three times a week, for 30 minutes each time. Subjects in the control group (n=24) continued their previous daily routine. Data on exercise testing, blood pressure, biochemical blood examination and the short form of the Profile of

Mood States (SF-POMS) of each subject were collected at the start of the study, in the eighth week, and in the twelfth week of the study. The data were analyzed by SPSS software and t-test, Chi-square, repeated-measures and two-factors ANOVA. The results showed: body weight, body mass index, waist circumference, systolic blood pressure, and scores for "Fatigue-Inertia" mood status were improved significantly for the subjects in the exercise group after twelve-week walking exercise training. However, no significant differences were found in diastolic blood pressure, fasting plasma glucose level and blood lipid profile. The results of this study suggest that a home-based walking program might play an important role in the reduction of cardiovascular risk factors in middle-aged women.