• 計畫中文名稱	青少年過敏症與情緒、行爲及體型狀態暨生活品質之關係---教育介入改變了什麼？		
• 計畫英文名稱	The Association between Allergies & The Statuses of Emotion, Behavior, and Physical Shape and Life Quality---What Changes in an Educational Intervention Program?		
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• 研究人員	陳怡樺,黃毓惠,李信謙,黃國哲		
• 中文關鍵字	過敏；情緒；身體意象；攻擊行爲；教育介入		
• 英文關鍵字	allergies；emotion；body image；aggression；educational intervention		
• 中文摘要	在過去數十年間，過敏性疾病的盛行率在全球都持續的攀高，在已開發 國家中，每三到四人就有一人罹患過敏性疾病。過去研究指出，過敏性疾病 會影響心理狀態，身體質量指數、且可能進而影響行爲表現，處於青春期的 青少年心理情緒狀態較不穩定，而且課業生活壓力大，再加上對自己體型、 身體意象的重視，可能因過敏性疾病造成其身心困擾。因此本研究擬追蹤探 討青少年過敏症(包括氣喘、過敏性鼻炎與異位性皮膚炎)與情緒、行爲、體 位、學習與社會狀態之關係，並藉由教育介入方案實施探討其改變，並瞭解 介入方案應用於本土過敏症青少年之成效。 本計畫第一年擬編製兼具本土與國際比較自陳式青少年過敏症及其相關 因子調查問卷，隨後於臺北縣市隨機抽取 4 所國中，每所學校一年級抽樣 10 班，共約有 1,120 國一生參加青少年過敏症與情緒、行爲及體型狀態第一波調 查，並追蹤兩年後做第二波調查，以探討過敏及其相關身心狀態之長期發展 變化。 第二年根據調查結果，邀請具過敏症狀之青少年參與一項爲期六週的教 育介入方案，在本研究四所學校中，隨機分派介入校與對照校(各兩所)，執行 後並持續追蹤監測介入六個月後成效，以評估生活品質或相關身心狀態改變 度。 藉由本研究調查與介入模式規劃執行，冀能幫助過敏症學生具體提升其 身心健康。		
• 英文摘要	Globally, the prevalence of atopic disorders, a familial group of allergic disorders including asthma, allergic rhinitis, and atopic dermatitis, has continued to rise in the past few decades. In developed countries like Taiwan, as many as one in three or four individuals suffer from certain atopic disorders. Previous studies have investigated the co-occurrence of psychosocial factors and allergies, proposing a bidirectional relationship. Other factors are also involved, such		

	as body mass index, body weight perception, body image, aggression, attention, and life quality. Thus, this study is designed to monitor the mental and physical developmental trajectories among adolescents with and without atopic disorders.With the implementation of the educational intervention, it is hoped that the quality of life and the mental and physical health among adolescents with allergies could be promoted. Four groups are categorized in this study, including “Questionnaire Development,” “Investigation,”“Intervention Program,”and “Data Analysis.”A self-reported questionnaire named “Questionnaire on Adolescent with Allergies and the Related Factors”will be edited and distributed to a total of 1,120 junior high school students in Metropolitan Taipei area, with ten Grade 7 classes in each of the four selected schools. This survey aims to investigate the current picture of emotional and behavioral states of youth with atopic disorders, as compared to those without allergies. Starting from the first semester of the 2010 academic year, these students will be followed-up till the end of the 2011 academic year. The longer-term trajectories of mental and physical development among adolescent with atopic disorders would be carefully examined. Based upon theWave-I investigation, for those who fulfill the criteria of allergic symptoms, an six-week intervention program will be performed for a total of approximately 120 youth (randomly assign two schools in the intervention group with 60 students and two schools in the control group with 60 students). Finally, these youth will be followed-up in order to monitor the feasibility and effectiveness of the interventions. The research team will recruit psychiatrists, dermatologist, and experts on fields of Psychology, Epidemiology, and Biostatistics.With the resources of Taipei Medical University as well as the design of the program, this study ultimately aims to promote the mental and physical health of the adolescence with atopic disorders in Taiwan.