• 系統編號	RC8806-0060
• 計畫中文名稱	心臟移植患者的運動自我效能對其單次運動測試結果和長期運動行爲影響之研究
• 計畫英文名稱	Effect of Exercise Self-Efficacy on Exercise Test Results and Long- Term Exercise Behavior among Heart Transplantation Patients
• 主管機關	行政院國家科學委員會
• 計畫編號	NSC88-2314-B038-119
• 執行機構	台北醫學院護理研究所
• 本期期間	8708 ~ 8807
• 報告頁數	0 頁
• 使用語言	中文
• 研究人員	鄭綺；魏崢 Jeng, Chii；Wei, Jeng
• 中文關鍵字	心臟移植；運動；自我效力；復健；運動訓練
• 英文關鍵字	Heart transplantation；Exercise；Self efficacy；Rehabilitation；Exercise training
• 中文摘要	心臟移植患者雖然在手術後生理功能獲得改善,但礙於國內缺乏心臟復健的照護,患者經常需自行摸索,因此可能導致運動過度或運動不足的情形。自我效能是近年來被認爲最能預測個人行爲結果的變項,因此本研究主要目的在探討影響運動自我效能的因素,及運動自我效能與實際運動能力間的差異,並進一步分析運動自我效能對運動測試結果和運動訓練行爲之影響。 本研究爲一描述性相關研究,以立意取樣選取符合條件之心臟移植患者。同意參與者需先填寫運動自我效能量表、訊息資源量表和身體症狀量表,之後接受單次運動測試、肺功能測試和五週的有氧運動訓練及輕度肌力訓練,每週三次每次一小時,共三十小節。運動訓練的強度設定在患者最大攝氧量的百分之二十至八十之間,依患者可耐受的程度調整。資料分析以 SPSS/PC+軟體進行建檔和統計分析。結果顯示,效能訊息對自我效能的影響,以及自我效能與運動行爲間的關係無法獲得支持,個案自認可達的最高運動量顯著低於實際測試結果,有 50%的患者低估自己的能力,而言語的鼓勵可有效的增強其自信度,達到正確的評估。
• 英文摘要	Due to lack of cardiac rehabilitation in native hospital, the heart transplantation patients need to learn how to exercise by themselves which could result in overactivity or underactivity. Self-efficacy is increasingly used as a predictor of health behavior. The purpose of this study was to determine the predictors of exercise self-efficacy, the difference between self-efficacy and performance, and the influence of self-efficacy on the exercise testing and exercise training behavior. This is a correlational and descriptive study. Subject will be selected by purposive sampling based on selection criteria. The participants have to fill out Exercise Self-efficacy Scale, Efficacy Source Scale, and Physical Symptom Inventory. A lung function test and a exercise test will be conducted to determine each

patient's maximal functional capacity (VO2max). The exercise training, program is scheduled to be three times per week for five weeks. Each session consists of warm-up, aerobic exercise, muscle strength training, and cool down. Exercise intensity was set between 20% and 80% of VO2max. The spss/pc+ statistical software package was used for data analysis. The results of this study revealed that a significant relationship between self-efficacy and efficacy information source, and between self-efficacy and exercise behavior was not observed. Fifty percent of subjects underestimated their exercise ability. Verbal persuasions from health team members or significant others were significantly different between underestimated and normal-estimated groups.