# 建構與評估支援減重行爲療法之網際網路平台

# Construction and Evaluation of the Internet Behavioral Modification on Weight Loss Platform


## 中文摘要

近年台灣民眾肥胖的盛行率有逐年增加的趨勢。由於電腦及寬頻網路的普及化，國外已有許多減重網站，提供肥胖的民眾利用線上專家諮商、電子郵件、飲食控制、行爲療法及小組討論的方式進行減重治療。

本研究著重於如何利用資訊網路科技協助減重計畫中的飲食控制，以二十四小時回憶法爲飲食記錄方法，透過網際網路的特性及電腦的應用，以簡化在登錄飲食記錄的不便，並可以隨時查詢營養成份及熱量、自動計算攝取熱量及運動消耗熱量。減重平台亦使用圖形化報表將飲食記錄、熱量攝取及運動耗能等訊息清楚地提供給民眾，並配合運動、行爲療法之方法、虛擬學習社群及應用遠距醫療以及遠距學習計畫的設計與實施，希望能夠證明施行網路減重計畫的成效，並且協助一般民眾或肢體殘障人士達到控制體重的目的，進而維持健康的身心，提升生活品質及回復自信心。

## 英文摘要

The overweight prevailing rate of Taiwan people has the tendency to increase recently. Because of the popularization of the computer and internet network, many websites provides expert’ s consults、Email、dietary principles、exercise guildelines、behavioral therpy and group discussion for weight loss.

The aim of the study is focused on how to use internet technologies to facilitate the diet-controlled of the weight-loss program. Participants use 24 hours recall to record the food plans through the weight loss platform. They can make inquiry the following information; nutritional values and calories of foods、calories consumed of the exercises. We also utilize reports to show the massages to participants through the graphics interface and some concepts of nutritional knowledge to assist with patients to lose body weight and cost-effective for reducing weight and body mass index (BMI).