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題目 (Title):

患有家族性地中海熱病的兒童和青少年之功能能力、肌力及生活品質
(Functional Capacity, Strength, and Quality of Life in Children and Youth With Familial Mediterranean Fever)

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目的 (Purpose):

比較患有家族性地中海熱病(familial Mediterranean fever; 簡稱 FMF)的兒童和青少年與對照控制組在功能能力和肌肉力量的表現，並評估這些因子是否影響他們的生活品質(quality of life;簡稱 QOL)。

(To examine functional capacity and muscle strength in children and youth with familial Mediterranean fever [FMF] as compared with controls, and to assess whether these factors influence quality of life [QOL] in FMF.)

方法 (Methods):

共 100 位患有 FMF 個案和 55 位沒有已知健康問題的控制組個案(8-18 歲)參與本研究。用六分鐘步行走測試(6-Minute Walk Test, 6MWT)來評估其功能能力。使用手握測力器量測股四頭(quadriceps)肌力。生活品質則使用兒童生活品質問卷第四版(Pediatric Quality of Life Inventory 4.0, PedsQL 4.0)來進行量測。

(A total of 100 subjects with FMF and 55 control subjects (8-18 years old) without

known health issues were enrolled in the study. The 6-Minute Walk Test (6MWT) was used to evaluate functional capacity. Quadriceps strength was measured with a hand-held dynamometer. Quality of life was evaluated with the Pediatric Quality of Life Inventory 4.0 (PedsQL 4.0).

結果 (Results):

FMF 個案與控制組個案在 6MWT 與肌力呈現顯著差異。患有 FMF 個案在 PedsQL 分數顯著低於控制組的分數。他們的 6MWT 和股四頭肌肌力與其 PedsQL 分數相關性弱。

(Significant differences were found between subjects with FMF and controls in the 6MWT and strength test. PedsQL scores of subjects with FMF were significantly lower than the scores of the controls. The 6MWT and quadriceps strength were weakly correlated with the PedsQL.)

結論 (Conclusions):

相較於正常個案，患有 FMF 個案呈現較低的功能能力和生活質量。對於患有 FMF 個案，降低功能能力與降低生活品質有相關。

(Subjects with FMF displayed lower functional capacity and QOL than peers who are healthy. Decreased functional capacity was correlated with decreased QOL in those with FMF.)

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