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**題目 (Title):**

久坐不動行爲：對腦性麻痺兒童之意涵

(Sedentary Behavior: Implications for Children With Cerebral Palsy)

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**目的 (Purpose):**

回顧一般成人及兒童族群之久坐不動行爲的研究，以及討論此類研究於腦性麻痺兒童之應用。

(To review the research associated with sedentary behavior with adults and children in the general population and to discuss the application of this research for children with cerebral palsy.)

**重點整理 (Summary of key points):**

久坐不動行爲之增加與身體活動之降低是獨立之構念且伴有不同定義、生理機制、與健康預後。依研究一般動作能力的兒童所得到的久坐不動行爲的參數，可能不適用於腦性麻痺兒童。

(Increased sedentary behavior and decreased physical activity are independent constructs with different definitions, physiological mechanisms, and health outcomes. The parameters of sedentary behavior developed for children with typical motor

abilities may not be valid for children with cerebral palsy.)

**結論 (Statement of conclusions):**

確認腦性麻痺兒童久坐不動行為之適合測量工具、與健康之相關性、以及可能的介入方式需要被研究。

(Statement of conclusions: Research to identify measurement tools, health associations, and potential interventions for children with cerebral palsy is needed.)

**臨床應用建議 (Recommendations for clinical practice):**

減少腦性麻痺兒童之久坐不動行為的介入和現行增加身體活動的介入是不同的。在設計減少久坐不動行為的介入之前，需要先確認定義與研究測量方法於腦性麻痺兒童是具效度，因為根據一般動作發展兒童所衍生的定義與測量方法可能有應用上的限制。

(Interventions to decrease sedentary behavior differ from current interventions to increase physical activity with children with cerebral palsy. Before designing interventions to decrease sedentary behavior, research is needed to determine valid definitions and measurement approaches for children with cerebral palsy, as those derived for children with typical motor development may have limited application.)

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