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Kendall E.

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**翻譯者 (Translator):**

黃湘茹

振興醫院物理治療師，臺北，臺灣

**校閱者 (Reviewer):**

徐碧真

成功大學物理治療學系副教授，臺南，臺灣

**題目 (Title):**

物理治療師在解決學校兒童肥胖方面的態度和實踐模式的趨勢

Trends in Attitudes and Practice Patterns of Physical Therapists in Addressing Childhood Obesity in Schools

**摘要中文翻譯****目的:**

這項研究調查了學校物理治療師對兒童肥胖介入的態度趨勢。

**方法:**

發展了一份量化態度的調查。利用兩個案例調查態度對治療頻率選擇的影響。因素分析進一步描述治療頻率建議的原因。

**結果:**

態度沒有改變。回應的變異性下降。個人特徵有不斷變化的影響。在 2008 年，對物理治療師在兒童肥胖介入中的角色認知對選擇治療與否有較大的影響，但在 2015 年，對嚴重性的看法對該決定有較大的影響。

**討論:**

治療師人口統計數據的變化、肥胖盛行率的增加、以及最近對該問題的關注可能促成了這一趨勢。

**結論:**

關於學校物理治療對肥胖介入的角色尚未達成共識，但有影響力的變數正在出現，實踐模式也在不斷發展。

## **Original Abstract**

### **PURPOSE:**

This study investigated trends in attitudes of school physical therapists about intervention for childhood obesity.

### **METHODS:**

A survey was developed to quantify attitudes. Two cases investigated the influence of attitudes on choices in treatment frequency. Factor analysis further delineated reasons for treatment frequency recommendations.

### **RESULTS:**

Attitudes did not change. Variability in responses decreased. Personal characteristics had evolving influence. In 2008, the perception of the PT's role in childhood obesity intervention had a greater influence on the choice to treat, but in 2015 the perception of the seriousness had a bigger effect on that decision.

### **DISCUSSION:**

Changing demographics of the therapists, increasing prevalence of obesity, and recent attention to the problem may have contributed to the trends.

### **CONCLUSION:**

There is no consensus as to the role of school physical therapy with intervention for obesity, but influential variables are emerging and practice patterns are evolving.

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