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題目 (Title):

比較粒線體疾病兒童與健康兒童之身體活動

(Physical Activity of Children With a Mitochondrial Disease Compared to Children
Who Are Healthy)

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目的 (Purpose):

比較一群有粒線體肌病的兒童與健康兒童的身體活動，並評估不同測驗工具的適宜性。

(To compare the physical activity of a group of children with mitochondrial myopathy (MM) with children who are healthy and to evaluate the suitability of different measurement tools.)

方法 (Methods):

使用加速規、心跳監測儀、影片觀察、計算疲倦的速率和填寫兩份有關身體活動量和生活品質的問卷來測量六位粒線體肌病兒童和 10 位健康兒童的身體活動。

(The physical activity of 6 children with MM and 10 children who are healthy was measured using accelerometry, heart rate monitoring, video observation, rating of their fatigue, and 2 questionnaires about their physical activity and quality of life.)

結果 (Results):

粒線體肌病兒童相較於健康兒童，較少時間參與中度到激烈的活動，並且在加速規的測量其活動的程度較低。此外，粒線體肌病兒童也被指出其疲倦的程度較高且有較低的生活品質。

(The children with MM spent less time in moderate to vigorous activity, and their activity level measured with the accelerometer was lower than the children who are healthy. Also, the children with MM indicated a higher level of fatigue and a lower quality of life.)

結論 (Conclusions):

相較於健康兒童，一般粒線體肌病兒童參與較少主動身體活動，研究也指出其疲倦的程度較高和有較低的生活品質。

(Children with MM are on average less physically active, report a higher level of fatigue, and a lower quality of life than children who are healthy.)

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