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**題目 (Title):**

改編動機式晤談法對先天性心臟病青少年的運動促進：前驅研究。

Adapted Motivational Interviewing to Promote Exercise in Adolescents With Congenital Heart Disease: A Pilot Trial.

**摘要中文翻譯****目的：**

評估動機式晤談法 (motivational interviewing, MI) 介入改善先天性心臟病青少年的中高強度身體活動 (moderate-to-vigorous physical activity, MVPA) 的成效。

**方法：**

介入參與者在 3 個月內接受一對一、電訪式的改編 MI 療程。結果為可接受性、變化機制 (變化階段和自我效能)，以及有限性效能 (身體活動、體適能與生活品質)。

**結果：**

36 名參與者被隨機分配。介入參與者完成  $4.2 \pm 1.2/6$  次 MI 療程，並沒有觀察到高自我效能或變化階段的改善。參與者每天積累了  $47.24 \pm 16.36$  分鐘的 MVPA，並且與沒有心臟病的同儕具有相當的結果 (功能性能力除外)。所有結果的變化都無顯著組間差異。

**結論：**

此介入是可接受的，但由於樣本的本質和大小而無法確定其有效性。

**臨床相關性：**

兒童心臟復健仍然是增加此一群體的 MVPA 的唯一有效介入方法。

## **Original Abstract**

### **PURPOSE:**

To assess a motivational interviewing (MI) intervention to improve moderate-to-vigorous physical activity (MVPA) in adolescents with congenital heart disease.

### **METHODS:**

Intervention participants received one-on-one telephone-based adapted MI sessions over 3 months. Outcomes were acceptability, change mechanisms (stage of change and self-efficacy), and limited efficacy (physical activity, fitness, and quality of life).

### **RESULTS:**

Thirty-six participants were randomized. Intervention participants completed  $4.2 \pm 1.2/6$  MI sessions, with no improvements in the high self-efficacy or stage of change observed. Participants accumulated  $47.24 \pm 16.36$  minutes of MVPA/day, and had comparable outcomes to peers without heart disease (except for functional capacity). There was no significant difference in change in any outcome by group.

### **CONCLUSIONS:**

The intervention was acceptable, but effectiveness could not be determined due to the nature and size of sample.

### **CLINICAL RELEVANCE:**

Pediatric cardiac rehabilitation remains the sole effective intervention to increase MVPA in this population.

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