原作者及出處 (Original):
Neto M, Andias R, Silva AG.
Pediatr Phys Ther 2018;30(3):196-201. doi: 10.1097/PEP.0000000000000511.

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題目 (Title):
疼痛神經科學衛教與頸部疼痛運動:青少年觀點的焦點團體研究
Pain Neuroscience Education and Exercise for Neck Pain: A Focus Group Study on Adolescents' Views.

摘要中文翻譯

目的：
探討慢性原發性頸部疼痛青少年對於在學校環境中進行疼痛神經科學衛教與運動介入的觀點。

方法：
對21位有慢性原發性頸部疼痛的青少年進行四次焦點團體訪談，他們參加為期四週疼痛神經科學衛教和運動介入。訪談逐字記錄並以內容分析法進行分析。

結果:
浮現了兩個主題：感知所獲得知識的相關性和感知介入的適當性。

結論:
慢性原發性頸部疼痛青少年對於在學校環境中進行疼痛神經科學衛教與運動介入的接受度佳，並認為是相關和適當的。

Original Abstract

PURPOSE:

To explore the views of adolescents with chronic idiopathic neck pain toward an intervention consisting of pain neuroscience education and exercise administered in the school setting.

METHODS:

Four focus group interviews were conducted with 21 adolescents with chronic idiopathic neck pain who participated in a 4-week intervention consisting of pain neuroscience education and exercise. The interviews were transcribed verbatim and analyzed using content analysis.

RESULTS:

Two main themes emerged: the perceived relevance of acquired knowledge and the perceived adequacy of the intervention.

CONCLUSION:

An intervention consisting of pain neuroscience education and exercise administered in the school setting is well accepted and considered relevant and appropriate by adolescents with chronic idiopathic neck pain.