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**題目 (Title):**

腦性麻痺兒童「早期活動耐力量表」(Early Activity Scale for Endurance)之發展  
(Development of the Early Activity Scale for Endurance for Children With Cerebral Palsy)

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**目的 (Purpose):**

發展「早期活動耐力量表」(EASE)作為臨床測量腦性麻痺幼兒的身體活動之可行性工具。並進行量表的信效度考驗。  
(The Early Activity Scale for Endurance (EASE) was developed as a clinically feasible measure of endurance for physical activity in young children with cerebral palsy (CP). Validity and reliability were evaluated.)

**方法 (Methods):**

參與者包括 414 名腦性麻痺兒童與 106 名正常兒童。由家長自行填寫 11 個項目的 EASE。在建構效度部份，比較不同等級的粗運動功能分級系統（正常兒童的等級為 0）、不同年齡組和性別在 EASE 分數上的差異。另一組則使用六分鐘行走測試進行聚斂效度考驗，與進行量表的再測信度考驗。  
(Participants included 414 children with CP and 106 without CP. Parents completed the EASE, an 11-item self-report measure. For construct validity, EASE scores were compared by Gross Motor Function Classification System levels (0 assigned for children without CP), age, and gender. In subgroups, convergent validity with the 6-minute walk test and

test-retest reliability with a second EASE were evaluated.)

**結果 (Results):**

不同等級的粗運動功能分級系統之兒童在EASE分數上有顯著差異，但在不同年齡組或性別上則無顯著差異。EASE與6分鐘行走測試顯示中度相關 ( $r_s = 0.57$ )。組內相關係數為.95，顯示高再測信度。

(EASE scores differed significantly by Gross Motor Function Classification System, but not by age or gender. The EASE correlated moderately ( $r_s = 0.57$ ) with the 6-minute walk test. Test-retest reliability was high, intraclass correlation (2,1) = 0.95.)

**結論 (Conclusions):**

本研究驗證 EASE 有可接受的心理計量學特性，在實務和研究上可適用於評估腦性麻痺幼兒的身體活動耐力。

(The EASE has acceptable psychometrics for use in practice and research to estimate endurance for physical activity in young children with CP.)

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