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**題目 (Title):**

泛自閉症障礙兒童之治療性溜冰介入

(A Therapeutic Skating Intervention for Children With Autism Spectrum Disorder)

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**目的 (Purpose):**

本研究的目的是評量高度結構化的治療性溜冰介入對年齡為 7 歲及 10 歲的兩位自閉症男童其動作預後以及功能性能力的成效。

(The purpose of this study was to evaluate the effects of a highly structured therapeutic skating intervention on motor outcomes and functional capacity in 2 boys with autism spectrum disorder aged 7 and 10 years.)

**方法 (Methods):**

本研究為多個基線期之單一個案研究，安排受試者進行每週 3 次，每次 1 小時，為期 12 週之著重於技巧以及動作發展的溜冰介入。於多個時間點評估(a)執行介入的確實度、以及(b)成效評量，包括兒童平衡量表、計時起身行走測試、自地板站立起來、6 分鐘行走測驗、目標達成、以及每週冰上測試等項目。

(This multiple-baseline, single-subject study assigned participants to three 1-hour skating sessions per week for 12 weeks focusing on skill and motor development. Multiple data points assessed (a) fidelity to the intervention and (b) outcomes measures including the Pediatric Balance Scale, Timed Up and Go, floor to stand,

Six-Minute Walk Test, goal attainment, and weekly on-ice testing.)

**結果 (Results):**

後測時可發現於平衡、動作行為、以及功能性能力有改善，並且這些改善於追蹤期時仍維持在前測時的表現水準之上。

(Improvements were found in balance, motor behavior, and functional capacity by posttest with gains remaining above pretest levels at follow-up.)

**結論 (Conclusions):**

治療性溜冰對自閉症兒童的身體有益，並且可以做為其他形式身體活動的另一種可行、不昂貴、且以社區為基礎之身體活動的替代選項。

(Therapeutic skating may produce physical benefits for children with autism spectrum disorder and offer a viable, inexpensive community-based alternative to other forms of physical activity.)

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