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題目 (Title):

脊髓性肌肉萎縮症家長與患童對馬匹輔助活動與治療的感知
(Perceptions of Equine-Assisted Activities and Therapies by Parents and Children
With Spinal Muscular Atrophy)

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目的 (Purpose):

從兒童及其家長的角度來鑑定馬匹輔助活動及治療(EAATs)對患有脊髓性肌肉萎縮症 (SMA) 之兒童的身體和社會心理影響。
(To identify the physical and psychosocial effects of equine-assisted activities and therapies (EAATs) on children with spinal muscular atrophy (SMA) from the perspective of the children and their parents.)

方法 (Methods):

所有在西方大都會學術中心(Western metropolitan academic center) 參加 EAAT 治療且符合資格的 SMA 患童之家庭經聯絡並參與本研究。本研究對這些患童及其家長執行定性、半結構式的訪談。
(The families of all eligible children with SMA, who reported participation in EAAT, from a Western metropolitan academic center were contacted and invited to participate. This study implemented qualitative, semistructured interviews of children with SMA and their parents.)

結果 (Results):

從定性的內容分析得出 3 個主幹：身體/社會心理的益處；馬匹、教練和兒童間的關係建立；以及繼續參與 EAAT 的障礙。

(Three themes emerged from the qualitative content analysis: physical/psychosocial benefits; relationship development with the horses, instructors, and children; and barriers to continued EAAT engagement.)

結論 (Conclusions):

整體數據顯示 EAAT 經驗提供患有 SMA 的兒童樂趣、自信及體驗常態的源頭。本研究結果對以 EAAT 治療 SMA 患童提供初步的支持。

(The data suggest that the overall EAAT experience was a source of enjoyment, self-confidence, and normalcy for the children with SMA. The results of this study provide preliminary support for the use of EAAT among children with SMA.)

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