

第三篇：

OT-Parentship Effectiveness on Parental Resilience, Self-Determination, and Occupational Performance of Parents and Their Autistic Adolescents: Pragmatic Randomized Controlled Trial

## 研究目的彙整

本研究的主要核心目的在於評估「OT-Parentship」介入方案對於家長及其自閉症青少年子女的臨床成效。具體目標可拆解為以下三個層面：

- 評估主要成效指標 (Primary Outcomes)：探討 OT-Parentship 是否能有效提升自閉症青少年家長的家長韌性 (Parental Resilience)、自我決定感 (Self-determination)以及家長自身的職能表現 (Occupational Performance)。
- 評估次要成效指標 (Secondary Outcomes)：透過家長的觀察與評量，評估該介入方案對於自閉症青少年職能表現與滿意度的改善狀況。
- 回應臨床缺口：針對家長在養育自閉症青少年過程中所面臨的獨特照顧壓力與職能挑戰，驗證一個以「家長為中心 (Parent-centered)」且具備多維度視角的職能治療介入模式，是否能在現實環境中協助家長及其子女達到更好的家庭功能與功能獨立性。

本研究採用實務隨機對照試驗 (Pragmatic Randomized Controlled Trial)的設計，將 OT-Parentship 介入組與單純觀看衛教影片的對照組進行比較，藉此確認其在臨床應用上的實證價值。

# 研究結果彙整

本研究透過實務隨機對照試驗發現，相較於對照組（觀看衛教影片），參與OT-Parentship的實驗組在各項指標上均展現出顯著進步。

## 1. 家長韌性 (Parental Resilience)

實驗組家長在 APQ 總分上表現出比對照組更顯著的提升。

原文引用："A significant Group × Time interaction was found for the APQ total score,  $F(1,34)=6.59$ ,  $p=.015$ , indicating that the experimental group experienced greater improvements from pre- to postintervention compared with the control group."

## 2. 自我決定感 (Self-Determination)

- **能力感 (Competence)**：實驗組在能力感得分上有顯著且一致的進步。

原文引用："A significant Group × Time interaction was identified for the BPNSR competence score,  $F(1,34)=6.35$ ,  $p=.017$  demonstrating substantial and consistent improvement in the experimental group..."

- **自主性與關聯感 (Autonomy & Relatedness)**：雖然交互作用未達統計顯著，但實驗組在介入後呈現顯著的進步趨勢，而對照組則無。

原文引用："...the experimental group showed a significant improvement trend from pre- to postintervention in autonomy... and relatedness... whereas the control group did not..."

## 3. 職能表現與滿意度 (Occupational Performance)

不論是家長自身或是針對青少年的評估，實驗組在職能表現與滿意度上的改善均顯著優於對照組。

原文引用："A statistically significant Group × Time interaction was found for the COPM scores of parents—performance... and satisfaction... and adolescents—performance... and satisfaction..."

## 4. 療效持續性與目標轉移 (Sustained Effects & Transfer Goals)

- **持續性**：實驗組的改善成效在介入結束三個月後仍得以維持。

原文引用："These improvements were sustained at follow-up."

- **轉移目標**：家長與青少年在「轉移目標」（介入結束後獨立練習的新目標）上也顯示出顯著的進步。

原文引用："Regarding the transfer goal, COPM scores for the experimental group showed significant improvement between postintervention and follow-up assessments..."

## 研究結論彙整

本研究證明了 OT-Parentship 介入方案在提升自閉症青少年家庭功能方面的顯著成效，其核心結論如下：

- **全面性成效驗證**：OT-Parentship 能有效提升家長的職能表現、韌性與自我決定感，同時改善自閉症青少年的職能表現。

原文引用："OT-Parentship effectively enhanced parental resilience, self-determination, and parent and adolescent occupational performance, highlighting the potential of parent-centered interventions to improve family outcomes." 原文引用："This study provides compelling evidence for the effectiveness of the OT-Parentship intervention in enhancing parents occupational performance, resilience, and self-determination, as well as improving the occupational performance of their autistic adolescent."

- **成效的持久性與影響力**：介入結束三個月後的追蹤顯示，這些正面改變具有持續性，顯示該方案對家庭具有長期的積極影響潛力。

**原文引用**："The sustained improvements at 3-mo follow-up highlight the intervention's potential for lasting positive changes for families."

- **家長中心介入的價值**：研究結果強調了以家長為中心的介入模式之重要性，透過賦權家長並提升其應對能力，能有效支持自閉症青少年的日常生活與獨立性。

**原文引用**："Our findings highlight the importance of supporting parents of autistic adolescents and suggest that OT-Parentship may be a valuable tool for enhancing parenting abilities and supporting autistic adolescents in their everyday lives."

- **技能轉移能力**：家長與青少年在「轉移目標」上的進步，顯示他們已習得可應用於新目標與新情境的技能與策略。

**原文引用**："The significant improvement in transfer goal COPM scores for both parents and adolescents suggests that the intervention equipped them with skills and strategies applicable to new goals and contexts."

## 研究限制彙整

- **參與者的動機與選擇偏誤**：由於受試者是透過醫療機構廣告與社群媒體招募，這群家長展現出高度的參與動機，可能影響結果的普遍性。

**原文引用**："The parents who participated responded to advertisements in health facilities and social media platforms, indicating high motivation to engage in the study."

- **介入方案的適用性與承諾度**：OT-Parentship 方案需要家長投入高度的承諾與時間，因此該方案可能並不適合所有類型的家長。

**原文引用**："The OT-Parentship protocol requires commitment and availability from parents, which makes it potentially unsuitable for all parents."

- **對照組追蹤階段的高流失率**：在後續追蹤（介入後 3 個月）階段，對照組出現了較高的中途退出率，導致研究團隊無法在此時間點將兩組進行直接對照。

**原文引用**："In addition, a high dropout rate in the control group at follow-up prevented direct comparison with the experimental group at that time point."

- **潛在的干擾因子（家庭組成）**：實驗組中雙親共同參與的比例較高，這點可能會對研究結果產生干擾，成為混淆變項。

**原文引用**："The higher proportion of parental couples in the experimental group might confound the results."

- **統計檢定力之限制**：對於「自主性 (autonomy)」與「關聯感 (relatedness)」等變項，未能觀察到顯著的組別與時間交互作用，可能是因為樣本量不足以偵測到較小的組間差異。

**原文引用**："...the absence of a significant Group × Time interaction for these variables may be caused by the study's limited power to detect smaller between-group differences or the influence of extraneous factors..."

- **研究結果的概括性 (Generalizability)**：研究團隊指出，未來仍需更大規模且更具多樣性的樣本，來確認研究結果是否能推廣至面臨相似挑戰的廣大親職族群。

**原文引用**："Future research with a larger and more diverse sample is needed to... determine the generalizability of the results to a broader population of parents facing similar challenges."

## 一、學術意義與價值 (Scholarly Significance)

- **填補研究缺口**：過去對自閉症的研究多集中於兒童本身的行為或技能，本研究則彌補了針對家長心理健康（如韌性、自主性）與家庭動力介入研究的不足。

- **深化理論理解**：本研究驗證了自我決定理論 (Self-Determination Theory, SDT)、持續性親職發展 (Continuous Parental Development, CPD)與親職職能與目的架構 (Parent Occupation and Purposes, POP)在自閉症青少年家庭中的應用。
- **建立實證介入模式**：本研究透過隨機對照試驗 (RCT)，為「OT-Parentship」介入協議提供了強而有力的實證基礎，證明其能有效改善家庭成效。

**原文引用**："This study contributes to the theoretical understanding of parental resilience, self-determination, and occupational therapy interventions for families of autistic adolescents."

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## 二、 臨床應用與實務價值 (Clinical Application)

- **提供標準化介入協議**：為職能治療師提供了一套結構化且具備研究實證支持的方案，用於處理家長在養育自閉症青少年時面臨的複雜需求。
- **推動「家長中心」與「協作」模式**：強調治療師應與家長建立合作夥伴關係，而非僅單向指導，這有助於賦予家長權力並促進其自我成長。
- **強調職能表現的相互依賴性**：臨床上不再將家長與青少年的職能目標分開，而是理解到改善家長的組織能力或策略，能直接回饋並提升青少年的獨立性。
- **支持自我決定需求**：臨床介入中應納入對家長「自主感、勝任感、關聯感」的支持，這能激發出更具支持性的親職行為。
- **具備長期影響與技能轉移**：該方案不僅改善當前目標，更能裝備家長應對未來新挑戰的策略，具備高度的永續性價值。

**原文引用**："The OT-Partnership program stands as an efficient and effective intervention that provides occupational therapists with a structured protocol supported by research evidence... and emphasizes a collaborative approach that empowers families to actively participate in their own support and growth."