

第九篇：

Effects of Client-Centered Occupational Therapy Intervention in Older Adults With Depression: A Randomized Controlled Trial

研究目的彙整

本研究的核心目的在於探討**以個案為中心之職能治療介入（Client-Centered Occupational Therapy Intervention）**對於患有憂鬱症的高齡者在以下三大領域的影響：

- **心理健康（Mental Health）**：具體評估介入後個案在**憂鬱、焦慮及壓力**程度上的改變狀況。
- **日常生活活動（Activities of Daily Living, ADL）**：探討介入是否能提升個案執行基本日常生活活動（K-ADL）與工具性日常生活活動（K-IADL）的能力。
- **社區參與（Community Participation）**：分析個案在家庭融合（home integration）、社會融合（social integration）及生產性活動（productive activity）等社區適應方面的表現。

研究假設

研究者假設「以個案為中心之職能治療」能產生正面效益，有效降低受試者的憂鬱、焦慮與壓力，並同時提升其日常生活執行能力與社會參與度。

以下彙整相關研究結果，並附上論文原文引用：

1. 心理健康表現 (Depression, Anxiety, and Stress)

- **實驗組**：在介入後，憂鬱（SGDS-K）、焦慮（STAI-KYZ）及壓力（PSS）分數皆有顯著改善（ $p<0.05$ 與 $p<0.01$ ）。
- **對照組**：僅在憂鬱（SGDS-K）分數上顯示顯著改善（ $p<0.05$ ）。
- **組間比較**：實驗組在「憂鬱」與「壓力」的改善程度顯著優於對照組（ $p<0.05$ 與 $p<0.01$ ）。

原文引用："The experimental group exhibited significant changes after the intervention in depression, anxiety, stress... scores ($p<0.05$ and $p<0.01$), while the control group showed significant changes only in depression scores ($p<0.05$). "As a result of comparing the amount of change between the experimental and control groups, significant differences were found in... depression, stress..."

2. 日常生活活動能力 (ADL/IADL)

- **實驗組與對照組**：兩組在介入前、後的 K-ADL 與 K-IADL 分數皆無顯著差異（ $p>0.05$ ）。

原文引用："The analysis of changes in ADL/IADL abilities before and after the intervention indicated no differences in scores for either group, with no statistically significant changes ($p>0.05$)".

3. 社區參與 (Social Participation)

- **實驗組**：在「社會融合（social integration）」維度及「總分」上皆展現顯著提升（ $p<0.05$ ）。
- **對照組**：在社區參與的所有評估項目中皆未出現顯著改變。

- **組間比較：**實驗組在「社會融合」維度的改善幅度顯著高於對照組（ $p<0.05$ ）。

原文引用："The assessment of changes in the community integration domain before and after the intervention revealed significant improvements in social integration and total scores within the experimental group ($p<0.05$). "A comparison of the changes between the two groups revealed a more substantial improvement in social integration within the experimental group, with statistically significant differences ($p<0.05$)."

核心結論

- **干預措施的有效性：**研究結果證實，以個案為中心的職能治療介入，對於改善憂鬱症高齡者的心理健康、日常生活活動（ADL）與社區參與具有成效。
- **心理健康改善：**該介入能有效減輕個案的憂鬱、焦慮及壓力程度。
- **社區融合提升：**透過識別日常模式並引導個案參與具意義的活動，能顯著提升其社會融合能力與社區參與度。
- **臨床應用價值：**隨著職能治療師在精神健康領域的角色擴大，本研究發現可為治療精神障礙患者的職能治療師提供寶貴的臨床指引。

原文引用 (Original Quotes)

- "These results suggest that client-centered occupational therapy intervention could serve as an effective intervention for improving mental health, ADL, and community participation in older adults with depression."
- "This study showed that client-centered occupational therapy interventions effectively reduce depression, anxiety, and stress among older adults with depression, while also enhancing community engagement."

- "The significant improvements in depression, stress, and social integration observed within the experimental group serve as strong indicators of the effectiveness of client-centered occupational therapy."
- "Given the expanding role of occupational therapists in the mental health sector, the findings of this study are expected to serve as valuable guidance for occupational therapists working with psychiatric disorders."

研究限制彙整

- **樣本量過小**：本研究招募的受試者人數較少，這限制了研究結果對於廣泛憂鬱症高齡族群的推論能力。
- **身體狀況的影響**：由於參與者皆為高齡者，在進行評估時，難以完全排除其本身既有的身體疾病或當時生理狀況對測試表現的潛在影響。
- **評估工具的在地化**：研究中所使用的日常生活活動（ADL）與社會參與評估工具主要是針對韓國開發的版本，並非國際通用的測量工具，這可能影響國際間的研究對照。
- **缺乏長期追蹤**：研究未進行介入後的追蹤測試，因此無法確認該職能治療介入效果在結束後是否具有長期持續性。

原文引用 (Original Quotes)

* "Firstly, the **small sample size** limits the **generalizability** of the results to the broader population of older adults with depression." * "Secondly, since the participants of this study are older adults, it is **impossible to completely exclude the impact of physical illnesses or conditions** at the time of assessment." * "Third, **assessment tools developed in Korea**, which are **not used internationally**, were used to measure ADL and social partitioning." * "Additionally, **no follow-up tests** were conducted to confirm the **lasting effects** of the interventions."

學術與臨床價值彙整

1. 填補研究領域的空白（學術意義）

本研究在憂鬱症高齡者的社區參與研究尚不充分的情況下，證實了以個案為中心的介入模式能有效提升其社會融合能力。這為未來高齡精神健康領域的職能治療研究提供了重要的實證基礎。

2. 提供精神健康領域的實務指引（臨床價值）

隨著職能治療師在精神健康領域的角色不斷擴張，本研究的發現為治療精神障礙患者的職能治療師提供了具體的臨床指引與參考路徑。

3. 證實特定評估工具與策略的療效（臨床價值）

- **結構化日常（BTC）**：證明使用「巴斯時間結構測試（BTC）」能協助個案建立規律的生活節奏，使日常生活變得可預測，進而減輕其焦慮感。
- **目標設定（COPM）**：透過「加拿大職能表現測量表（COPM）」讓個案主導目標設定，能有效誘發其內在動機，對於動機低落的憂鬱症患者尤為重要。

4. 強調「以人為本」的介入優勢（臨床應用）

研究顯示，相較於一般性的案例管理或體操訓練，積極反映個案需求的介入能更有效地降低憂鬱感，並促使個案更主動地參與生活活動。

相關原文引用

- **學術意義**："...in the absence of community participation studies on older adults with depression, this study suggests that occupational therapy intervention can be a useful intervention method for older adults with depression."
- **臨床指引**："Given the expanding role of occupational therapists in the mental health sector, the findings of this study are expected to serve as valuable guidance for occupational therapists working with psychiatric disorders."

- **心理健康機制：**"This study suggests that the administration of BTC to the experimental group may have contributed to diminishing anxiety by aiding participants in recognizing their values and priorities and by structuring daily routines thus making everyday life predictable."
- **動機與需求：**"...client-centered occupational therapy interventions that actively reflect the client's needs help to reduce depression in patients with psychiatric issues and are effective in inducing active participation in activities..."