

出國報告（出國類別：進修）

了解國外 ADHD、ASD 的 實際介入研究趨勢

服務機關：成大醫院精神部

姓名職稱：邱郁雯臨床心理師

派赴國家：美國

出國期間：107.4.25-107.5.31

報告日期：107.9.6

摘要

近年來台灣地區兒童青少年精神科就診病患中自閉症類群障礙(ASD)、注意力不足過動症(ADHD)日益增加，且造成教師班級管理、家長管教、家庭生活品質等方面的困擾。此次赴美進修主要目的除了欲了解現今自閉症類群障礙、注意力不足過動症之臨床治療處置模式外，也計畫將 106 年與 Nova Southeastern University、台南大學共同執行的『Systematic Interventions of Mathematics and Family Therapy for Children with Autism Spectrum Disorder in Taiwan』研究進行資料統計分析，期待此次進修對於未來臨床心理師在臨床實務、教學、研究領域能譜出更有效的合作整合模式，並發展出全面性的處遇方案，協助家庭共同面對孩子成長過程中所面臨到的問題與困境。

目次

一、目的	第 1 頁
二、過程	第 1 頁
三、心得	第 10 頁
四、建議	第 10 頁

一、目的

- (一) 瞭解國外現行 ASD 的實際介入研究趨勢。
- (二) 瞭解國外 ADHD 臨床處遇情形。
- (三) 學習臨床、教學與研究領域間的整合。

二、過程

此次由成大醫院精神臨床心理師邱郁雯隻身前往 College of Pharmacy, Nova Southeastern University，於 2018 年 4 月 25 日至 2018 年 5 月 31 日進行臨床實務、教學研究之學習，行程如下：

日期	行程內容
4 月 25 日-4 月 26 日	搭機前往 桃園機場→舊金山→佛羅里達羅德岱堡機場
4 月 30 日	校園環境認識、行政程序
5 月 1 日	英文自我介紹、參觀心理學院
5 月 2 日	參觀圖書館、研究大樓、SOUTH FLORIDA STATE HOSPITAL
5 月 3 日-5 月 14 日	整理 ADHD、ASD 研究個案資料、方法學及統計資料分析、研究結果之討論、撰寫 ISPOR 之 ADHD 研究海報張貼
5 月 15 日-5 月 18 日	參加藥學院教師集訓『Faculty Development』
5 月 21 日-5 月 24 日	2018 ISPOR The Leading Global Conference for Health Economics and Outcomes Research
5 月 25 日-5 月 29 日	ASD 研究資料整合及交接
5 月 30 日-5 月 31 日	歸國 佛羅里達羅德岱堡機場→舊金山→桃園機場

(一) 英文自我介紹

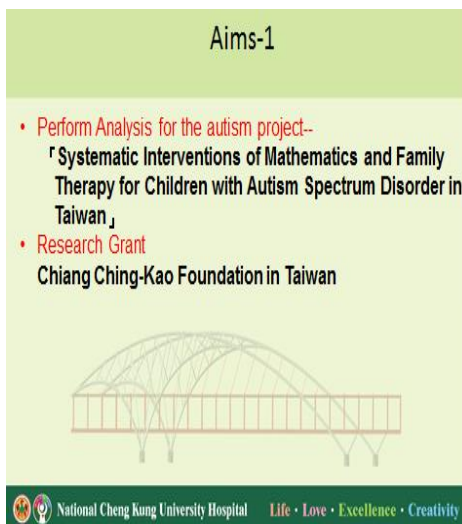
內容包含此次進修的主要目的、成大醫院的簡介、精神部醫療團隊的跨領域合作模式、現正執行的研究計劃、台南文化行旅等。



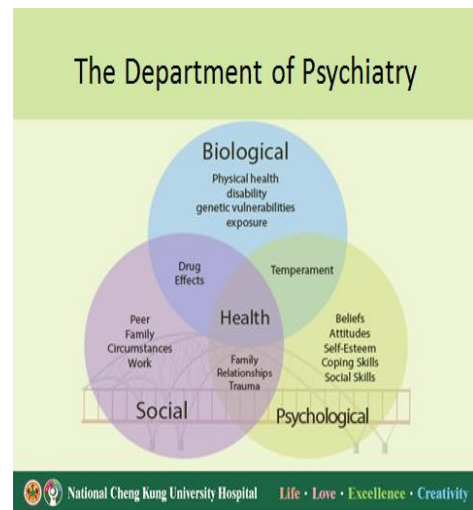
◆英文自我介紹剪影



◆英文自我介紹 ppt



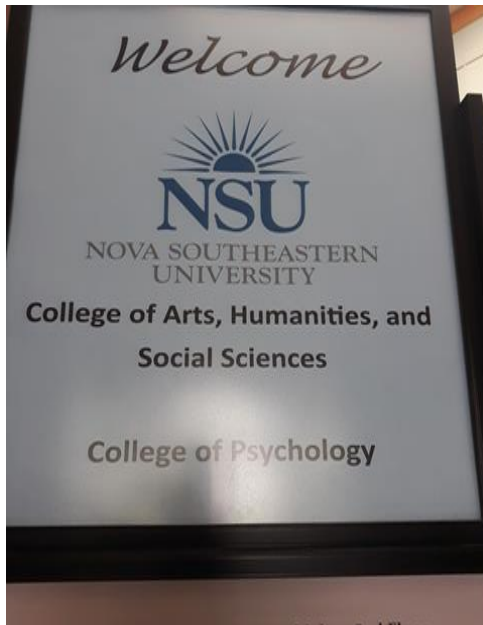
◆進修主要目的-ppt



◆成大精神度團隊整合模式

(二) 參觀心理學院

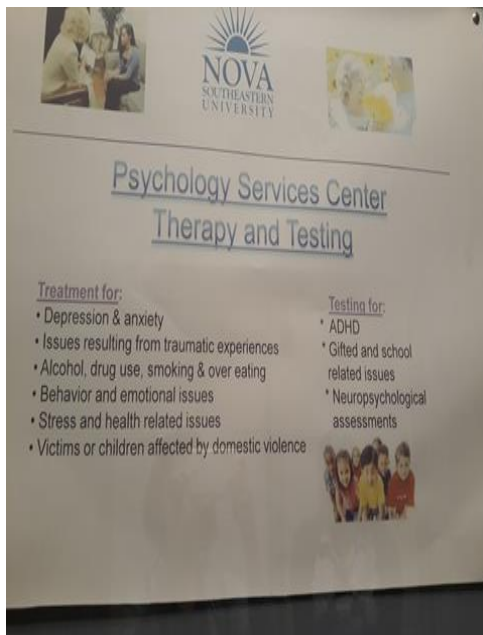
包含心理學程年限、臨床心理師養成經驗之分享、當地臨床心理師之實務場域、與臨床心理學教授討論目前美國兒童青少年心理問題的盛行率、ADHD 與 ASD 臨床心理治療模式、臨床心理治療及心理測驗空間設置及內部規劃、特色治療(Ex: the therapy dog)經驗交流、學校與臨床合作之討論。



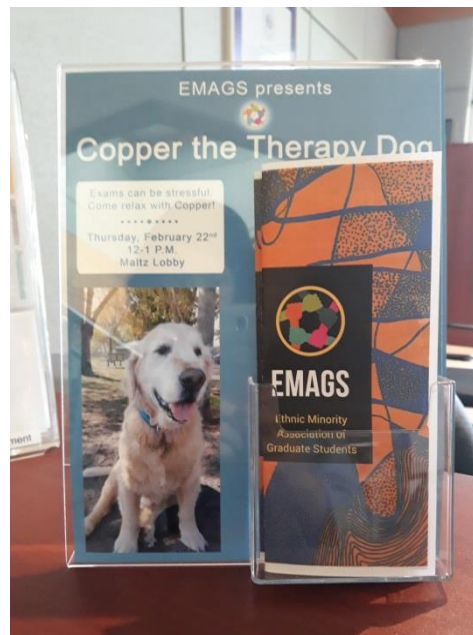
◆心理學院



◆心理治療空間



◆心理服務中心



◆治療犬

(三) 參觀 SOUTH FLORIDA STATE HOSPITAL

包含矯治機構內的環境設計、安全防護措施規劃(包含門鎖及空間規劃)、參加病房迴診、定期個案晤談及心理衛教單張設計、現今精神科用藥之討論



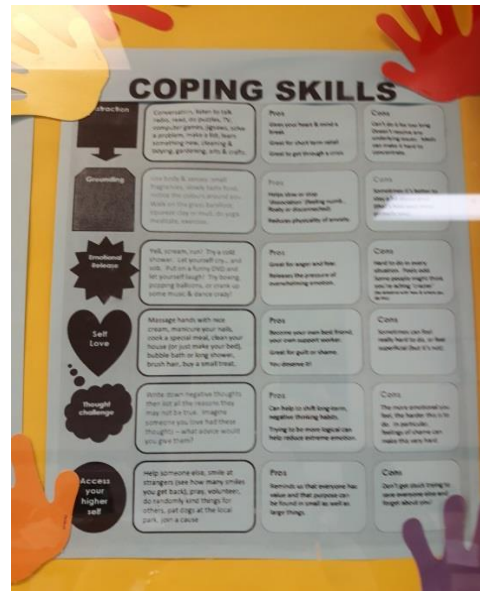
◆南佛羅里達州立醫院



◆病房團隊討論



◆工作人員鑰匙控管機制



◆衛教單張

(四) 藥學院教師集訓 『Faculty Development』

每學期末校方要求各學院必須舉辦教師集訓，集訓三天各分校的所有教授、學生代表都應邀出席，除了請各領域優良教師針對其教學經驗進行分享外，在會議中學生代表也應邀對教師進行回饋。此外，也以小組討論的方式，針對相關議題進行探討(EX:天災的因應機制-討論如何協助受創的區的學生休息的課程得以延續)。



◆Faculty Development 會議



◆天災因應機制

Research project/plan Title

Research Personnel

<p style="text-align: center;">Relevant graphic (s) go here</p>	<p style="text-align: center;"><u>Objective</u></p> <ul style="list-style-type: none"> • Provide the objective(s) of the research
<p style="text-align: center;"><u>Approach</u></p> <ul style="list-style-type: none"> • List key elements of the approach to the research project or plan 	<p style="text-align: center;"><u>Accomplishments and Plans</u></p> <ul style="list-style-type: none"> • Where you are to reaching the objective and what remains to be done

pharmacy.nova.edu

◆Faculty Development 研究計畫討論

(五) ADHD 研究個案統計資料分析及討論

目前，我們所分析的 ADHD DATA 是針對 2014 年全美國門診 17 歲以下病患就診次數進行大數據分析，研究結果發現所有 17 歲以下門診個案中，8.78%被診斷為 ADHD。其中，僅 11.4%接受心理衛教諮詢或心理治療，絕大多數的 ADHD 病患仍採藥物治療為主。然而，過去不少研究發現家長或孩子本身的訓練、心理社會模式的介入模式將有助於病患症狀的改善。此研究結果值得平時對 ADHD 服務的臨床專業人員更進一步地思索

臨床實務中的處遇模式。

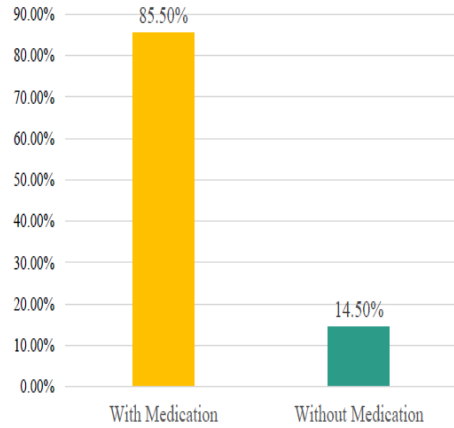
RESULTS

The collected data were tabulated and analyzed with two types of statistical methods including descriptive and inferential statistics. Nonparametric statistics were performed due to non-normal distribution of data from a relatively small sample size in this pilot study. All statistical analyzes were performed with the IBM SPSS Statistics Version 20 for Windows. The significant level was set at $P \leq 0.05$.

PROJECT MIND Mathematic Intervention

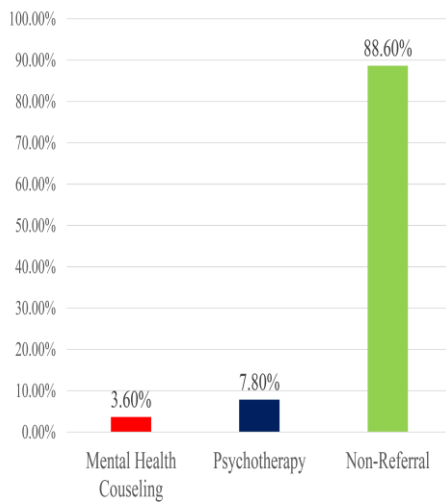
The results in Table 1 show that no significant difference in age between study and control groups. The majority study participants are boys with no significant differences in gender distribution between two groups. The results from nonparametric Friedman tests indicated that significant difference between study and control group in both mathematic problem solving ability ($P=0.04$) (Table 2) and Bracken receptive total composite score ($P=0.02$) (Table 3).

**Children With ADHD in US Outpatient Settings
Medication: With vs. Without**

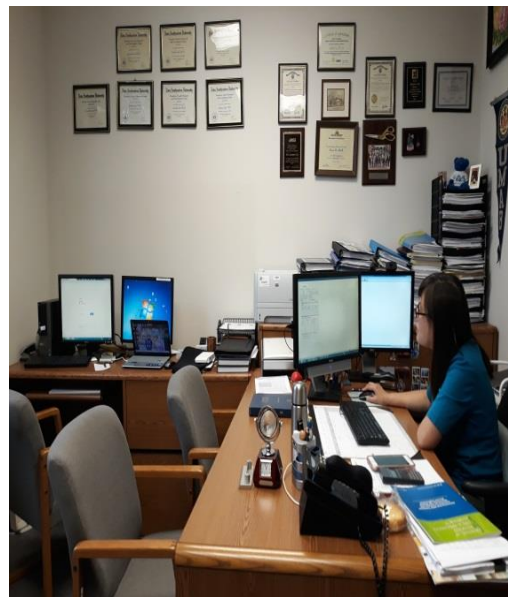


◆海報撰寫

**Children With ADHD in US Outpatient Settings
Referral for Counseling**



◆ADHD 門診病患用藥情形



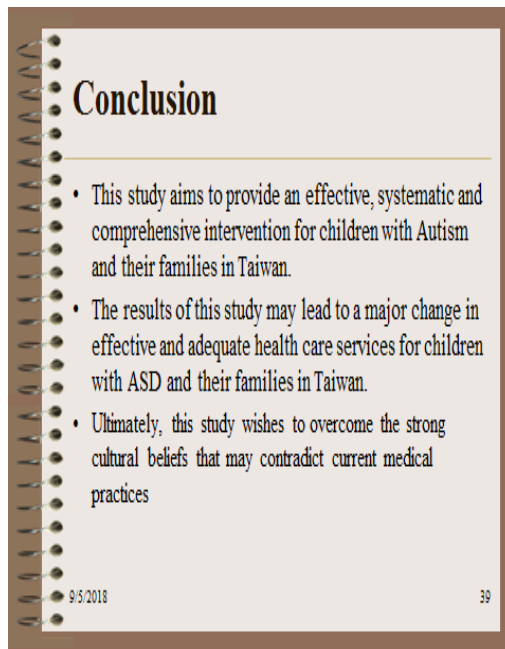
◆美國 ADHD 門診兒童病患
轉介心理治療比例

◆研究室

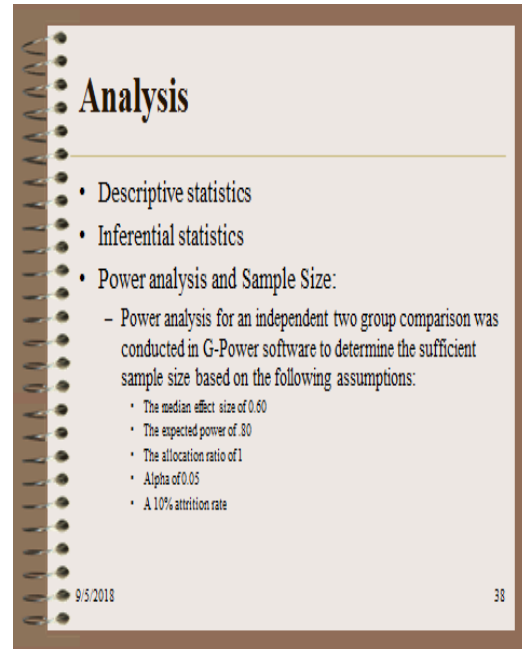
(六)ASD 研究個案資料整理、統計資料分析及討論

2017 年 11 月-2018 年 1 月 NOVA 大學與成大醫院精神部、台南大學特教系共同執行 ASD 研究-『Systematic Interventions of Mathematics and Family Therapy for Children with Autism Spectrum Disorder in Taiwan』。我與兩位美國合作的教授(Dr. Leanne Lai、Dr. PeiFen Li)針對所蒐集的資料進行統整與分析，

同時，也學習不同專業領域間的合作模式、如何有效率地產出研究成果(包括各學門在呈現研究成果的差異)。



◆ASD 研究重點



◆ASD 統計學討論

Mathematic Intervention

During the study period, a total of thirteen children with autism completed the mathematic intervention with mean age of 7.50 years (76.92% female) were identified in the study group. Seventeen children with similar autistic function were identified in the control group with mean age of 7.33 years and 88.20% female. The results in Table 1 show that no significant differences in age ($P=0.44$) and gender ($P=0.41$) for two groups. Nonparametric Friedman tests were used to compare the pre- to post intervention change between the study and control subjects, that indicated significant differences between study and control group in both mathematic problem solving ability ($P=0.04$) (Table 2) and Bracken receptive total composite score ($P=0.002$) (Table 3). Further, we compared the relevant Bracken subset assessments for the two groups. Although study group demonstrated improvement in all the Bracken subsets after intervention, there were only two Bracken subsets: self/social awareness ($P=0.000$) and time/sequence ($P=0.015$) showed significant differences between study and control groups (Table 4).

◆數學介入方案之研究結果撰寫

Table 3. Friedman Test Results for Bracken Receptive Total Composite Score (RTC)

	Study Group			Control Group			P-value
	Mean	SD	Median	Mean	SD	Median	
Bracken_RTC							
Pre-Math Intervention	129.23	22.21	145.00	128.29	24.73	135.00	.002*
Post- Math Intervention	140.38	18.08	146.00	134.59	26.95	148.00	

*Significant at $P \leq 0.05$

Table 6b. Friedman Test Results for Family Functioning Sub-dimension SCORESA

	Study Group			Control Group			P-value
	Mean	SD	Median	Mean	SD	Median	
Pre-family therapy	11.06	3.73	9.00	10.11	2.89	10.00	.29
Post-family therapy	12.31	4.03	12.00	10.44	3.90	9.50	

◆統計方法的選擇及考量

在思考選擇何種統計分析方式時，一定要回頭去思考整個研究設計架構，原始資料的輸入方式在事前都須先一併思考，以節省日後資料轉換的工程。樣本數的多寡、樣本配對都將是影響統計結果的關鍵因素。

Family Therapy Intervention

Table 5 shows the baseline comparison of demographic characteristics from the parents of children with autism. A total of sixteen parents completed the family therapy intervention with mean age of 40.06 years (50% female) were identified in the study group. Eighteen parents were identified in the control group with mean age of 41.50 years and 88.89% female. The majority of parents in both groups are in their first marriage with mean marital duration of 9.8 years. Approximately 68.7% parents from the study group have at least college education compared with 83.3% in the control group. The job and family income levels were varied in both groups. Overall, there was no significant difference in most demographics between study and control groups including marital status ($P=0.22$), education ($P=0.38$), family monthly income ($P=0.13$), age ($P=0.61$), and marital duration ($P=0.95$). However, there was significant difference in gender ($P=0.01$), job ($P=0.04$), and number of child ($P=0.02$) between two groups.

◆家庭治療介入方案之研究結果撰寫

(七) ISPOR 2018 -

『The Leading Global Conference for Health Economics and Outcomes Research』

App Store 7:53 PM 30%

← ISPOR Scientific Presentations Database -...

ISPOR
Improving healthcare decisions

Google Custom Search

Join ISPOR Member Profile

The Ispor Scientific Presentations Database

> New Search |
> Digest Main Page |

Meeting / Value in Health Info:
ISPOR 2018
Baltimore, MD, USA
May, 2018

Code:
PMH71

Disease:
Health-Children

Topic:
Health Care Use & Policy Studies (HP)

Topic Subcategory:
Prescribing Behavior (PB)

Title:
PSYCHOTHERAPY AND MENTAL HEALTH COUNSELING FOR CHILDREN WITH ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD)

Home My Event Program Posters More

◆ ISPOR 2018 通知信

App Store 7:54 PM 30%

← ISPOR Scientific Presentations Database -...

Author(s):
Chiu Y¹, Chen P¹, Ting A², Lai L³
¹National Cheng Kung University, Tainan City, Taiwan, ²Broward Internal Medicine, Sunrise, FL, USA, ³Nova Southeastern University, Fort Lauderdale, FL, USA

Content:

OBJECTIVES : ADHD affects about 11% of children aged 4-17 years in the US. The symptoms of ADHD impact not only on the child, but also on parents, families and society. Although pharmacotherapy is key to ADHD management, research has shown behavioral therapies can be helpful in relieving ADHD symptoms. The study aimed to investigate the prevalence and pattern of psychotherapy/mental Health counseling for children with ADHD in US. ambulatory care settings.

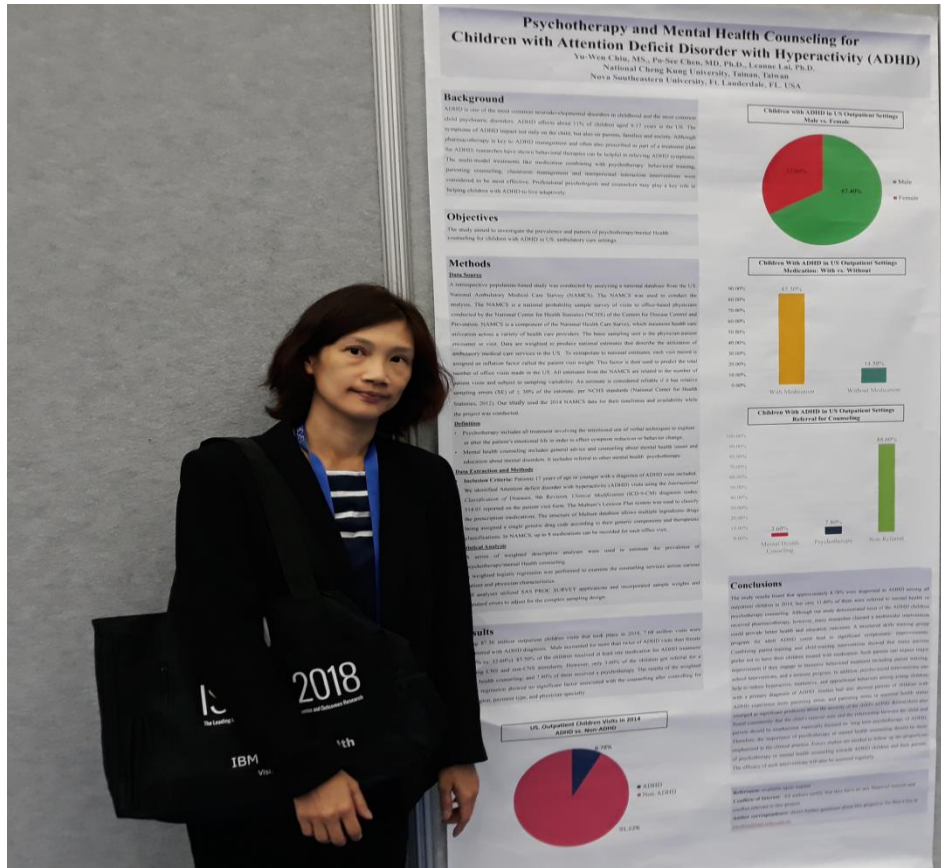
METHODS : A retrospective population-based study was conducted by analyzing a national database from the US. National Ambulatory Medical Care Survey. Patients 17 years of age or younger with a diagnosis of ADHD were included. A series of weighted descriptive analyses were used to estimate the prevalence of psychotherapy/mental Health counseling. A weighted logistic regression was performed to examine the counseling services across various patient and physician characteristics. All analyses utilized SAS PROC SURVEY applications and incorporated sample weights and standard errors to adjust for the complex sampling design.

RESULTS : Among 884.7 million outpatient visits that took place in 2014, 7.7 million visits were encountered from children with ADHD diagnosis. Male accounted for more than twice of ADHD visits than female (67.4% vs. 32.6%). 85.5% of the children received at least one medication for ADHD treatment including CNS and non-CNS stimulants. However, only 3.6% of the children got referral for a mental health counseling; and 7.8% of them received a psychotherapy. The results of the weighted logistic regression showed no significant factor associated with the counselling after controlling for race, region, payment type, and physician specialty.

CONCLUSIONS : This study found that children with ADHD were not commonly received any referral for psychotherapy and mental

Home My Event Program Posters More

◆ ISPOR 2018 投稿摘要



◆ ISPOR 2018 Presentation

三、心得

雖然只有短短一個月出國進修，但此次行程安排相當豐富且充實。除了在此感謝校方、院方及精神部陳柏熹主任的支持，更感謝 Nova Southeastern University 藥學院 Dr.Lai 在學術研究領域上的經驗傳授，不僅拉回我從碩士班畢業後遺忘已久的研究記憶，更讓我學習到如何有效率地進行研究團隊的分工與統整。透過這次出國進修的學習，不僅拓展了我對研究領域的視野，也期待自己在繁忙的臨床工作中，不忘研究的樂趣及熱忱，更期許自己未來在研究上更精進!!

四、建議

參加國際會議所支付的報名費用相當龐大，儘管醫院教學中心在今年醫院評鑑中有提出會對各醫事職類參與各大會議進行費用上的補助，但仍未見實際作為，期待校方或院方對此進行改善，以提升醫事人員的研究動機與成果。