

中文題目：阻塞性睡眠呼吸中止症個案使用陽壓呼吸器自我效能之先驅研究
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英文題目：Self-efficacy in Patients with Obstructive Sleep Apnea Receiving
Continuous Positive Airway Pressure Treatment: A Pilot Study

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Self-efficacy in Patients with Obstructive Sleep Apnea Receiving Continuous Positive Airway Pressure Treatment: A Pilot Study

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Objective : Continuous positive airway pressure (CPAP) therapy is the treatment of choice for obstructive sleep apnea (OSA). In clinical practice, about 50% of the cases do not comply CPAP treatment and do not actively wear CPAP due to the discomfort and inconvenience. The purpose of this study is to explore self-efficacy in patients with OSA receiving CPAP treatment.

Methods : A cross-sectional research design was conducted, and there were 30 subjects enrolled. All subjects completed a structured questionnaire, and the self-efficacy scale after two-weeks CPAP treatment. Data were analyzed using SPSS statistical software for Independent t-test, ANOVA test, and correlation analysis.

Results : There was a significant difference between male self-efficacy scores and female scores ($t=2.296$, $p=0.006$). Body weight and BMI were positively correlated to self-efficacy ($r=0.410$, $p=0.025$; $r=0.439$, $p=0.015$). Gender was an important factor to predict self-efficacy behavior ($F=8.765$, $p<0.001$).

Conclusion : The higher the total score of self-efficacy in men and the higher BMI, the higher the level of confidence in receiving CPAP treatment, but further research is needed due to the small number of cases.