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• 計畫中文名稱	以健康信念模式分析台北市老年婦女對應力性尿失禁之預防行為		
• 計畫英文名稱	Analysis by Health Belief Model of Stress Incontinence Preventive Behavior among Elderly Women in Taipei		
• 主管機關	行政院國家科學委員會	• 計畫編號	NSC89-2320-B038-030
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• 中文關鍵字	應力性尿失禁；女人；健康信念模式；骨盆底肌肉運動		
• 英文關鍵字	Stress incontinence；Woman；Health belief model；Pelvic floor muscle exercise		
• 中文摘要	應力性尿失禁為最常見的尿失禁類型，台北地區將近五分之一的成年婦女有應力性尿失禁的問題，這雖沒有致命的危險，除了會有身體的不舒服外，也可能發生羞恥感、抑鬱、身體心像改變、社交隔離等，因而形成了一個相當困擾婦女的問題，而老年婦女由於老化的改變，有較高的盛行率，而骨盆底肌肉運動是預防應力性尿失禁的方法，也是治療應力性尿失禁最經濟、可行、又非侵入性的方式。本研究計劃針對台北市的老年婦女，瞭解其對應力性尿失禁的認知情形及對骨盆底肌肉運動的執行態度，接著以健康信念模式中的個體認知、修正因素、及行動可能性進行分析，同時探討老年婦女執行盆底肌肉運動的影響因素。本研究除找出執行應力性尿失禁預防行為的影響因素之外，亦期能達成老年婦女健康促進之效能。		
• 英文摘要	Stress incontinence is the most urinary incontinence type. There are one in five adult women have stress incontinence problem in Taipei city. Although stress incontinence has no lethal risk, it causes not only physical discomfort but also the feelings of shame, depression, body image change, and social isolation. The elderly women because of aging changes have high prevalence of stress incontinence. The pelvic floor muscle exercise (Kegel's exercise) is not only the way to prevent stress incontinence but also the most economic and non-invasive way to treat stress incontinence. This study will focus on the elderly women in Taipei and try to explore their knowledge of stress incontinence and performance of pelvic floor muscle exercise. We analysis the factors of individual perceptions, modifying factors and the likelihood of action by health belief model. We also try to find out the factors that effect the elderly women to perform pelvic floor muscle exercise. In this study, we try to develop an effective plan of stress incontinence prevention and promote the elderly women health.		