

運動心理測試

Understanding Your Stage of Change

近年有關運動心理學理論之驗證，很多採用了「跨理論模式」。這理論指出，人由完全不做運動演變至成功養成做運動的習慣，當中人的行為轉變可分為五個改變階段。醫生或輔導者如能對處於不同階段的人作出針對性的輔導，或許能更有效改變人的健康行為。

The “Transtheoretical Model” is commonly applied in the study of behavioural changes regarding physical activity. The model assumes that the picking up of the habit of regular exercise is a process involving progress through a series of 5 stages of change. People might achieve a healthy behavioural change more readily if they could receive counselling that are tailored to their respective stages of change.

請回答以下四條簡單問題*，看看您現在屬於那個行為改變階段。

Please answer all of the following questions* to see which stage of change you are in.

請在空格內加上「✓」以選擇下列每個項目中能最貼切形容您自己的答案。

In each of the following question, please tick the appropriate box that best describe you.

- | | 是
Yes | 否
No |
|--|--------------------------|--------------------------|
| 1. 我現在正積極嘗試做運動。
I am currently physically active. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. 我想試試在未來的六個月內比現在做更多運動。
I intend to become more physically active in the next 6 months. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. 我現已有做足夠的恆常體能活動 [#] 。
I currently engage in regular physical activity [#] . | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. 我在過去的六個月都有做足夠的恆常體能活動。
I have been regularly physically active for the past 6 months. | <input type="checkbox"/> | <input type="checkbox"/> |

[#] 足夠的恆常體能活動是指：每星期五天或以上，每次進行 30 分鐘或以上中等程度至劇烈程度的運動，如緩步跑、游泳、跑步和打乒乓球等。

[#] For activity to be adequate and regular, it must add up to a total of 30 or more minutes per day and be done at least 5 days per week. For example, you could take one 30-minute walk or three 10-minute walks each day.

*Modified from Marcus BH, Forsyth LH. Motivating People to be Physically Active. Champaign (IL): Human Kinetics; 2003.

請在背頁參考測試結果分析

Please find the test result over the back page.

運動心理測試結果分析

Test Results

您的改變階段 Your Stage of Change	您的問題答案 Your Answers to the Questions			
	1	2	3	4
前思索期 Precontemplation	否 No	否 No	-	-
思索期 Contemplation	否 No	是 Yes	-	-
預備期 Preparation	是 Yes	-	否 No	-
行動期 Action	是 Yes	-	是 Yes	否 No
維持期 Maintenance	是 Yes	-	是 Yes	是 Yes

改變階段 Stage of Change	結果分析 Interpretations
前思索期 Precontemplation	<p>您或許覺得自己與運動無關，不認為自己有做運動的需要。但充分醫學研究說明，做適量運動是對您身體最好的一個決定。</p> <p>You may think physical exercise is irrelevant to you and you do not need to engage in it. But abundant medical researches tell us that engaging in regular exercise is one of the biggest difference you can make to your health.</p>
思索期 Contemplation	<p>您或許開始考慮有關做運動的事情，猶豫是否應改變現狀。恆常體能活動能令您更滿意自己，保持健康體重，紓緩壓力和預防疾病。您一定會懂得作出明智選擇吧！</p> <p>You are seriously thinking about making changes on your level of physical activity but are ambivalent and still researching options. Regular physical activity is great for boosting your sense of wellbeing, maintaining a healthy weight, relieving stress and protecting yourself against serious illnesses. We believe you will make a sensible choice.</p>
預備期 Preparation	<p>您已訂下了做恆常體能活動的大計，只要有足夠信心和能力便能把健康習慣堅持下去。</p> <p>You are ready for change and have decided to engage in regular physical activity. This is a time of planning how and when the start up process will begin.</p>
行動期 Action	<p>真好！您已成功習慣運動了！</p> <p>Congratulations! You've successfully got a good habit of doing regular physical activity.</p>
維持期 Maintenance	<p>積極投入恆常的體能活動是您的「終身事業」，千萬不要輕易放棄所擁有的健康習慣呢！</p> <p>You should make physical activity a part of your life and please don't give up easily.</p>