

台灣 (Taiwan, ROC)

陳惠美, 國立臺灣大學園藝暨景觀學系

療癒景觀對輔助及另類醫療療癒效益之促進—以臺灣癌症基金會癌友關懷教育中心之身心醫療活動為例

Study Documentation

March 14, 2016

Metadata Production

Metadata Producer(s)	學術調查研究資料庫(Survey Research Data Archive) (SRDA) , 中央研究院人社中心調查研究專題中心, DDI文件製作
Production Date	March 4, 2016
Version	2.0版, 參考IHSN Nesstar Template修改
Identification	E10048

Table of Contents

Overview.....	4
Scope & Coverage.....	4
Producers & Sponsors.....	4
Data Collection.....	4
Data Processing & Appraisal.....	5
Accessibility.....	5
Files Description.....	6
data.....	6
Variables List.....	7
data.....	7
Variables Description.....	16
data.....	17

療癒景觀對輔助及另類醫療療癒效益之促進—以臺灣癌症基金會癌友關懷教育中心之身心醫療活動為例

Therapeutic Landscape Facilitating Healing Benefits of Complementary and Alternative Medicine: A Case Study of Mind-body Medicine Use in Formosa Cancer Foundation Survivor Care and Education Center

Overview	
Identification	E10048
Version	Production Date: 2016-03-04
Abstract 本研究專注於探討輔助治療課程中加入療癒景觀情境，是否能促進癌症病患的生活品質、情緒狀態與性靈福祉，並探討療癒景觀情境對於教室環境恢復力、滿意度、偏好度是否有所提升，以及了解療癒景觀帶給參與者的感受與意義。研究地點選在財團法人台灣癌症基金會成立之癌友關懷教育中心之活動教室進行，療癒景觀圖片透過癌友們評估景觀照片的環境恢復力，篩選出一張山水湖泊景觀圖片，進行大圖輸出並以掛軸方法掛在輔助治療活動教室的窗戶上。探討之輔助治療為園藝治療與瑜珈健身兩課程，依據療癒景觀的有無分為對照組(無圖片)與試驗組(山水湖泊圖片)，在課程進行前後評估參與者生活品質、情緒狀態與性靈福祉狀態，以了解療癒景觀是否能提升園藝治療與瑜珈健身帶來的生活品質、情緒狀態與性靈福祉的療效。並評估療癒景觀情境帶來的教室環境恢復力，以開放式問題了解參與者對療癒景觀情境的感受與意義。結果指出療癒景觀對於瑜珈健身的生活品質、情緒狀態與性靈福祉療效並沒有明顯的提升效果，但在園藝治療中，療癒景觀對於情緒狀態提升較多，並且在性靈上明顯能讓人靜下心來，療癒景觀在園藝治療的療效上提升較多。療癒景觀情境對於教室環境之恢復力、滿意度與偏好度未有明顯的提升效果，然而參與者表示具有療癒景觀情境的教室中，能帶來放鬆、平靜、愉悅、乾淨舒適、溫馨親切、自然的感覺，療癒景觀情境的意義與啟發除平靜、放鬆與感到自然外，最重要的是從高山湖泊圖片能帶來省思的功能。	
Kind of Data	抽樣調查資料 (Sample survey data)

Scope & Coverage	
Time Period(s)	2012
Countries	台灣 (Taiwan, ROC)
Geographic Coverage 台灣	
Universe 參與臺灣癌症基金會癌友關懷教育中心身體健康與園藝治療課程的參與者	

Producers & Sponsors	
Primary Investigator(s)	陳惠美, 國立臺灣大學園藝暨景觀學系
Other Producer(s)	國立臺灣大學園藝暨景觀學系
Funding Agency/ies	行政院國家科學委員會

Data Collection	
Data Collection Dates	start 2012-02-24 end 2012-09-10

Time Period(s)	start 2011-08-01 end 2012-07-31
Data Collection Mode	自填問卷

Data Processing & Appraisal

Data Editing

中央研究院人文社會科學研究中心調查研究專題中心所進行的資料整理方式，為不合理值檢核。

Accessibility

Contact(s)	學術調查研究資料庫(Survey Research Data Archive) (中央研究院人社中心調查研究專題中心), https://srda.sinica.edu.tw , srda@gate.sinica.edu.tw
Distributor(s)	學術調查研究資料庫(Survey Research Data Archive)

Access Conditions

會員版(一般會員、院內會員)--直接下載

Files Description

Dataset contains 1 file(s)

data	
# Cases	40
# Variable(s)	186

Variables List

Dataset contains 186 variable(s)

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	curriculum	課程	discrete	numeric-8.0	40	0	-
2	landscap..	景觀圖片	discrete	numeric-8.0	40	0	-
3	a2_1	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)1完全沒有(前測)	discrete	numeric-8.1	40	0	-
4	a2_2	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)2氣功養生(前測)	discrete	numeric-8.1	40	0	-
5	a2_3	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)3按摩紓壓(前測)	discrete	numeric-8.1	40	0	-
6	a2_4	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)4亮采煥顏(前測)	discrete	numeric-8.1	40	0	-
7	a2_5	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)5音樂治療(前測)	discrete	numeric-8.1	40	0	-
8	a2_6	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)6心靈成長(前測)	discrete	numeric-8.1	40	0	-
9	a2_7	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)7園藝治療(前測)	discrete	numeric-8.1	40	0	-
10	a2_8	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)8營養講座(前測)	discrete	numeric-8.1	40	0	-
11	a2_9	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)9生活繪本(前測)	discrete	numeric-8.1	40	0	-
12	a2_10	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)10瑜珈健身(前測)	discrete	numeric-8.1	40	0	-
13	a2_11	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)11笑癌逐開社(前測)	discrete	numeric-8.1	40	0	-
14	a2_12	Q2.請問你是否曾經參與過 哪些癌症基金會舉辦的癌 症基金會舉辦的課程：(可 複選)12悅聲合唱團,編織 關懷(前測)	discrete	numeric-8.1	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
15	a2_13	Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)13其他(前測)	discrete	numeric-8.1	40	0	-
16	cancer	Q3.請問你的癌症類別為：_(前測)	discrete	numeric-8.1	40	0	-
17	a4	Q4.請問您居家環境的自然程度為何(如接觸到公園,綠地等自然景觀的機會)(前測)	discrete	numeric-8.1	40	0	-
18	a5_1	Q5.請依照你過去一星期內(過去七天內)的狀況回答：1感到平靜(前測)	discrete	numeric-8.1	40	0	-
19	a5_2	Q5.請依照你過去一星期內(過去七天內)的狀況回答：2有活下去的理由(前測)	discrete	numeric-8.1	40	0	-
20	a5_3	Q5.請依照你過去一星期內(過去七天內)的狀況回答：3心靈與信仰寧適(前測)	discrete	numeric-8.1	40	0	-
21	a5_4	Q5.請依照你過去一星期內(過去七天內)的狀況回答：4生活一直很豐富(前測)	discrete	numeric-8.1	40	0	-
22	a5_5	Q5.請依照你過去一星期內(過去七天內)的狀況回答：5很難平靜下心(前測)	discrete	numeric-8.1	40	0	-
23	a5_6	Q5.請依照你過去一星期內(過去七天內)的狀況回答：6心靈與信仰給我力量(前測)	discrete	numeric-8.1	40	0	-
24	a5_7	Q5.請依照你過去一星期內(過去七天內)的狀況回答：7生活中有明確目標(前測)	discrete	numeric-8.1	40	0	-
25	a5_8	Q5.請依照你過去一星期內(過去七天內)的狀況回答：8有能力探索自己讓自己舒服(前測)	discrete	numeric-8.1	40	0	-
26	a5_9	Q5.請依照你過去一星期內(過去七天內)的狀況回答：9病情強化心靈與信仰(前測)	discrete	numeric-8.1	40	0	-
27	a5_10	Q5.請依照你過去一星期內(過去七天內)的狀況回答：10感到心理和諧(前測)	discrete	numeric-8.1	40	0	-
28	a5_11	Q5.請依照你過去一星期內(過去七天內)的狀況回答：11生活缺乏意義和目的(前測)	discrete	numeric-8.1	40	0	-
29	a5_12	Q5.請依照你過去一星期內(過去七天內)的狀況回答：12不論病情如何,事情會一切安好(前測)	discrete	numeric-8.1	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
30	a6_1	Q6.1您從事一些費力的活動,如攜帶重的購物袋或手提箱,是否有困難(前測)	discrete	numeric-8.1	40	0	-
31	a6_2	Q6.2長距離步行是否有困難(前測)	discrete	numeric-8.1	40	0	-
32	a6_3	Q6.3戶外短距離步行是否有困難(前測)	discrete	numeric-8.1	40	0	-
33	a6_4	Q6.4白天需待在床上或椅子上(前測)	discrete	numeric-8.1	40	0	-
34	a6_5	Q6.5您進食,穿衣,洗澡或上廁所需要別人幫助嗎(前測)	discrete	numeric-8.1	40	0	-
35	a6_6	Q6.6工作或日常生活是否受限(前測)	discrete	numeric-8.1	40	0	-
36	a6_7	Q6.7嗜好或休閒活動是否受限(前測)	discrete	numeric-8.1	40	0	-
37	a6_8	Q6.8呼吸會喘(前測)	discrete	numeric-8.1	40	0	-
38	a6_9	Q6.9感到疼痛(前測)	discrete	numeric-8.1	40	0	-
39	a6_10	Q6.10需要休息(前測)	discrete	numeric-8.1	40	0	-
40	a6_11	Q6.11睡眠曾有困難(前測)	discrete	numeric-8.1	40	0	-
41	a6_12	Q6.12感到虛弱(前測)	discrete	numeric-8.1	40	0	-
42	a6_13	Q6.13缺乏食慾(前測)	discrete	numeric-8.1	40	0	-
43	a6_14	Q6.14感到噁心(前測)	discrete	numeric-8.1	40	0	-
44	a6_15	Q6.15嘔吐(前測)	discrete	numeric-8.1	40	0	-
45	a6_16	Q6.16便秘(前測)	discrete	numeric-8.1	40	0	-
46	a6_17	Q6.17腹瀉(前測)	discrete	numeric-9.1	40	0	-
47	a6_18	Q6.18疲倦(前測)	discrete	numeric-8.1	40	0	-
48	a6_19	Q6.19疼痛干擾日常生活(前測)	discrete	numeric-8.1	40	0	-
49	a6_20	Q6.20您會否難將注意力集中在一些事情上,如看報紙或看電視(前測)	discrete	numeric-8.1	40	0	-
50	a6_21	Q6.21覺得緊張(前測)	discrete	numeric-8.1	40	0	-
51	a6_22	Q6.22感到憂慮(前測)	discrete	numeric-8.1	40	0	-
52	a6_23	Q6.23容易發怒(前測)	discrete	numeric-8.1	40	0	-
53	a6_24	Q6.24情緒低落(前測)	discrete	numeric-8.1	40	0	-
54	a6_25	Q6.25記憶困難(前測)	discrete	numeric-8.1	40	0	-
55	a6_26	Q6.26身體狀況或醫療過程干擾家庭生活(前測)	discrete	numeric-8.1	40	0	-
56	a6_27	Q6.27身體狀況或醫療過程干擾社交活動(前測)	discrete	numeric-8.1	40	0	-
57	a6_28	Q6.28身體狀況或醫療過程造成財務困難(前測)	discrete	numeric-8.1	40	0	-
58	a6_29	Q6.29過去一周整體健康(前測)	discrete	numeric-8.1	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
59	a6_30	Q6.30過去一周整體生活品質(前測)	discrete	numeric-8.1	40	0	-
60	a7_1	Q7.請您依照過去一星期內(過去七天內)的感受：1覺得平靜(前測)	discrete	numeric-8.1	40	0	-
61	a7_2	Q7.請您依照過去一星期內(過去七天內)的感受：2覺得安全(前測)	discrete	numeric-8.1	40	0	-
62	a7_3	Q7.請您依照過去一星期內(過去七天內)的感受：3很緊張(前測)	discrete	numeric-8.1	40	0	-
63	a7_4	Q7.請您依照過去一星期內(過去七天內)的感受：4壓力很重(前測)	discrete	numeric-8.1	40	0	-
64	a7_5	Q7.請您依照過去一星期內(過去七天內)的感受：5快活,有朝氣(前測)	discrete	numeric-8.1	40	0	-
65	a7_6	Q7.請您依照過去一星期內(過去七天內)的感受：6心情不好(前測)	discrete	numeric-8.1	40	0	-
66	a7_7	Q7.請您依照過去一星期內(過去七天內)的感受：7擔心有不幸的事(前測)	discrete	numeric-8.1	40	0	-
67	a7_8	Q7.請您依照過去一星期內(過去七天內)的感受：8很滿足(前測)	discrete	numeric-8.1	40	0	-
68	a7_9	Q7.請您依照過去一星期內(過去七天內)的感受：9覺得害怕(前測)	discrete	numeric-8.1	40	0	-
69	a7_10	Q7.請您依照過去一星期內(過去七天內)的感受：10好動,閒不住(前測)	discrete	numeric-8.1	40	0	-
70	a7_11	Q7.請您依照過去一星期內(過去七天內)的感受：11有自信(前測)	discrete	numeric-8.1	40	0	-
71	a7_12	Q7.請您依照過去一星期內(過去七天內)的感受：12神經緊張(前測)	discrete	numeric-8.1	40	0	-
72	a7_13	Q7.請您依照過去一星期內(過去七天內)的感受：13煩躁不安(前測)	discrete	numeric-8.1	40	0	-
73	a7_14	Q7.請您依照過去一星期內(過去七天內)的感受：14猶豫不決(前測)	discrete	numeric-8.1	40	0	-
74	a7_15	Q7.請您依照過去一星期內(過去七天內)的感受：15精力旺盛(前測)	discrete	numeric-8.1	40	0	-
75	a7_16	Q7.請您依照過去一星期內(過去七天內)的感受：16很滿意(前測)	discrete	numeric-8.1	40	0	-
76	a7_17	Q7.請您依照過去一星期內(過去七天內)的感受：17很擔心(前測)	discrete	numeric-8.1	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
77	a7_18	Q7.請您依照過去一星期內(過去七天內)的感受：18 很困擾(前測)	discrete	numeric-8.1	40	0	-
78	a7_19	Q7.請您依照過去一星期內(過去七天內)的感受：19 很穩定(前測)	discrete	numeric-8.1	40	0	-
79	a7_20	Q7.請您依照過去一星期內(過去七天內)的感受：20 有活力(前測)	discrete	numeric-8.1	40	0	-
80	a7_21	Q7.請您依照過去一星期內(過去七天內)的感受：21 很輕鬆(前測)	discrete	numeric-8.1	40	0	-
81	a7_22	Q7.請您依照過去一星期內(過去七天內)的感受：22 覺得舒服(前測)	discrete	numeric-8.1	40	0	-
82	a7_23	Q7.請您依照過去一星期內(過去七天內)的感受：23 很放鬆(前測)	discrete	numeric-8.1	40	0	-
83	a7_24	Q7.請您依照過去一星期內(過去七天內)的感受：24 很喜悅(前測)	discrete	numeric-8.1	40	0	-
84	a7_25	Q7.請您依照過去一星期內(過去七天內)的感受：25 有精神(前測)	discrete	numeric-8.1	40	0	-
85	gender	Q8.性別(前測)	discrete	numeric-8.1	40	0	-
86	age	Q9.年齡(前測)	discrete	numeric-8.1	40	0	-
87	a8_1	室內景觀圖片感受(前測) (試驗)	discrete	character-60	15	0	-
88	a8_2	室內景觀圖片感受(前測) (試驗)	discrete	character-60	15	0	-
89	a8_3	室內景觀圖片感受(前測) (試驗)	discrete	character-60	15	0	-
90	a8_4	室內景觀圖片感受(前測) (試驗)	discrete	character-60	2	0	-
91	a10_1	室內景觀圖片意義或啟發 (前測)(試驗)	discrete	character-80	13	0	-
92	a10_2	室內景觀圖片意義或啟發 (前測)(試驗)	discrete	character-80	9	0	-
93	a10_3	室內景觀圖片意義或啟發 (前測)(試驗)	discrete	character-80	7	0	-
94	a9_1	教室環境感受(前測)(試驗)	discrete	character-60	14	0	-
95	a9_2	教室環境感受(前測)(試驗)	discrete	character-60	13	0	-
96	a9_3	教室環境感受(前測)(試驗)	discrete	character-60	12	0	-
97	a9_4	教室環境感受(前測)(試驗)	discrete	character-60	1	0	-
98	class_ti..	Q2.上課次數(後測)	discrete	character-8	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
99	away_fro..	Q3.環境恢復力(教室環境評估-遠離日常煩憂)(後測)	discrete	numeric-8.1	40	0	-
100	b4_1	Q4.請依照你過去一星期內(過去七天內)的狀況回答:1感到平靜(後測)	discrete	numeric-8.1	40	0	-
101	b4_2	Q4.請依照你過去一星期內(過去七天內)的狀況回答:2有活下去的理由(後測)	discrete	numeric-8.1	40	0	-
102	b4_3	Q4.請依照你過去一星期內(過去七天內)的狀況回答:3心靈與信仰寧適(後測)	discrete	numeric-8.1	40	0	-
103	b4_4	Q4.請依照你過去一星期內(過去七天內)的狀況回答:4生活一直很豐富(後測)	discrete	numeric-8.1	40	0	-
104	b4_5	Q4.請依照你過去一星期內(過去七天內)的狀況回答:5很難平靜下心(後測)	discrete	numeric-8.1	40	0	-
105	b4_6	Q4.請依照你過去一星期內(過去七天內)的狀況回答:6心靈與信仰給我力量(後測)	discrete	numeric-8.1	40	0	-
106	b4_7	Q4.請依照你過去一星期內(過去七天內)的狀況回答:7生活中有明確目標(後測)	discrete	numeric-8.1	40	0	-
107	b4_8	Q4.請依照你過去一星期內(過去七天內)的狀況回答:8有能力探索自己讓自己舒服(後測)	discrete	numeric-8.1	40	0	-
108	b4_9	Q4.請依照你過去一星期內(過去七天內)的狀況回答:9病情強化心靈與信仰(後測)	discrete	numeric-8.1	40	0	-
109	b4_10	Q4.請依照你過去一星期內(過去七天內)的狀況回答:10感到心理和諧(後測)	discrete	numeric-8.1	40	0	-
110	b4_11	Q4.請依照你過去一星期內(過去七天內)的狀況回答:11生活缺乏意義和目的(後測)	discrete	numeric-8.1	40	0	-
111	b4_12	Q4.請依照你過去一星期內(過去七天內)的狀況回答:12不論病情如何,事情會一切安好(後測)	discrete	numeric-8.1	40	0	-
112	world	Q5.環境恢復力(教室環境評估-自成一個世界)(後測)	discrete	numeric-8.1	40	0	-
113	satisfac..	Q6.教室環境評估-滿意程度(後測)	discrete	numeric-8.1	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
114	attention	Q7.環境恢復力(教室環境評估-吸引你的注意力)(後測)	discrete	numeric-8.1	40	0	-
115	familiar ..	Q8.教室環境評估-熟悉程度(後測)	discrete	numeric-8.1	40	0	-
116	comforta ..	Q9.環境恢復力(教室環境評估-感覺舒適自在)(後測)	discrete	numeric-8.1	40	0	-
117	b10_1	Q10.1您從事一些費力的活動,如攜帶重的購物袋或手提箱,是否有困難(後測)	discrete	numeric-8.1	40	0	-
118	b10_2	Q10.2長距離步行是否有困難(後測)	discrete	numeric-8.1	40	0	-
119	b10_3	Q10.3戶外短距離步行是否有困難(後測)	discrete	numeric-8.1	40	0	-
120	b10_4	Q10.4白天需待在床上或椅子上(後測)	discrete	numeric-8.1	40	0	-
121	b10_5	Q10.5您進食,穿衣,洗澡或上廁所需要別人幫助嗎(後測)	discrete	numeric-8.1	40	0	-
122	b10_6	Q10.6工作或日常生活是否受限(後測)	discrete	numeric-8.1	40	0	-
123	b10_7	Q10.7嗜好或休閒活動是否受限(後測)	discrete	numeric-8.1	40	0	-
124	b10_8	Q10.8呼吸會喘(後測)	discrete	numeric-8.1	40	0	-
125	b10_9	Q10.9感到疼痛(後測)	discrete	numeric-8.1	40	0	-
126	b10_10	Q10.10需要休息(後測)	discrete	numeric-8.1	40	0	-
127	b10_11	Q10.11睡眠曾有困難(後測)	discrete	numeric-8.1	40	0	-
128	b10_12	Q10.12感到虛弱(後測)	discrete	numeric-8.1	40	0	-
129	b10_13	Q10.13缺乏食慾(後測)	discrete	numeric-8.1	40	0	-
130	b10_14	Q10.14感到噁心(後測)	discrete	numeric-8.1	40	0	-
131	b10_15	Q10.15嘔吐(後測)	discrete	numeric-8.1	40	0	-
132	b10_16	Q10.16便秘(後測)	discrete	numeric-8.1	40	0	-
133	b10_17	Q10.17腹瀉(後測)	discrete	numeric-8.1	40	0	-
134	b10_18	Q10.18疲倦(後測)	discrete	numeric-8.1	40	0	-
135	b10_19	Q10.19疼痛干擾日常生活(後測)	discrete	numeric-8.1	40	0	-
136	b10_20	Q10.20您曾否難將注意力集中在一些事情上,如看報紙或看電視(後測)	discrete	numeric-8.1	40	0	-
137	b10_21	Q10.21覺得緊張(後測)	discrete	numeric-8.1	40	0	-
138	b10_22	Q10.22感到憂慮(後測)	discrete	numeric-8.1	40	0	-
139	b10_23	Q10.23容易發怒(後測)	discrete	numeric-8.1	40	0	-
140	b10_24	Q10.24情緒低落(後測)	discrete	numeric-8.1	40	0	-
141	b10_25	Q10.25記憶困難(後測)	discrete	numeric-8.1	40	0	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
142	b10_26	Q10.26身體狀況或醫療過程干擾家庭生活(後測)	discrete	numeric-8.1	40	0	-
143	b10_27	Q10.27身體狀況或醫療過程干擾社交活動(後測)	discrete	numeric-8.1	40	0	-
144	b10_28	Q10.28身體狀況或醫療過程造成財務困難(後測)	discrete	numeric-8.1	40	0	-
145	b10_29	Q10.29過去一周整體健康(後測)	discrete	numeric-8.1	40	0	-
146	b10_30	Q10.30過去一周整體生活品質(後測)	discrete	numeric-8.1	40	0	-
147	b11_1	Q11.1覺得平靜(後測)	discrete	numeric-8.1	40	0	-
148	b11_2	Q11.2覺得安全(後測)	discrete	numeric-8.1	40	0	-
149	b11_3	Q11.3很緊張(後測)	discrete	numeric-8.1	40	0	-
150	b11_4	Q11.4壓力很重(後測)	discrete	numeric-8.1	40	0	-
151	b11_5	Q11.5快活,有朝氣(後測)	discrete	numeric-8.1	40	0	-
152	b11_6	Q11.6心情不好(後測)	discrete	numeric-8.1	40	0	-
153	b11_7	Q11.7擔心有不幸的事(後測)	discrete	numeric-8.1	40	0	-
154	b11_8	Q11.8很滿足(後測)	discrete	numeric-8.1	40	0	-
155	b11_9	Q11.9覺得害怕(後測)	discrete	numeric-8.1	40	0	-
156	b11_10	Q11.10好動,閒不住(後測)	discrete	numeric-8.1	40	0	-
157	b11_11	Q11.11有自信(後測)	discrete	numeric-8.1	40	0	-
158	b11_12	Q11.12神經緊張(後測)	discrete	numeric-8.1	40	0	-
159	b11_13	Q11.13煩躁不安(後測)	discrete	numeric-8.1	40	0	-
160	b11_14	Q11.14猶豫不決(後測)	discrete	numeric-8.1	40	0	-
161	b11_15	Q11.15精力旺盛(後測)	discrete	numeric-8.1	40	0	-
162	b11_16	Q11.16很滿意(後測)	discrete	numeric-8.1	40	0	-
163	b11_17	Q11.17很擔心(後測)	discrete	numeric-8.1	40	0	-
164	b11_18	Q11.18很困擾(後測)	discrete	numeric-8.1	40	0	-
165	b11_19	Q11.19很穩定(後測)	discrete	numeric-8.1	40	0	-
166	b11_20	Q11.20有活力(後測)	discrete	numeric-8.1	40	0	-
167	b11_21	Q11.21很輕鬆(後測)	discrete	numeric-8.1	40	0	-
168	b11_22	Q11.22覺得舒服(後測)	discrete	numeric-8.1	40	0	-
169	b11_23	Q11.23很放鬆(後測)	discrete	numeric-8.1	40	0	-
170	b11_24	Q11.24很喜悅(後測)	discrete	numeric-8.1	40	0	-
171	b11_25	Q11.25有精神(後測)	discrete	numeric-8.1	40	0	-
172	take a b..	Q12.環境恢復力(教室環境評估-休息一下)(後測)	discrete	numeric-8.1	40	0	-
173	b13_1	Q13.1教室環境偏好程度(後測)	discrete	numeric-8.1	40	0	-
174	b13_2	Q13.2室內景觀圖片偏好程度(後測)	discrete	numeric-8.1	10	30	-

File data							
#	Name	Label	Type	Format	Valid	Invalid	Question
175	b14_1	室內景觀圖片感受(後測) (試驗)	discrete	character-60	33	0	-
176	b14_2	室內景觀圖片感受(後測) (試驗)	discrete	character-60	29	0	-
177	b14_3	室內景觀圖片感受(後測) (試驗)	discrete	character-60	28	0	-
178	b14_4	室內景觀圖片感受(後測) (試驗)	discrete	character-150	5	0	-
179	b16_1	室內景觀圖片意義(後測) (試驗)	discrete	character-150	15	0	-
180	b16_2	室內景觀圖片意義(後測) (試驗)	discrete	character-60	8	0	-
181	b16_3	室內景觀圖片意義(後測) (試驗)	discrete	character-60	6	0	-
182	b17	室內景觀圖片意義(後測) (試驗)	discrete	character-200	10	0	-
183	b15_1	教室環境對你的感受(後測)	discrete	character-60	14	0	-
184	b15_2	教室環境對你的感受(後測)	discrete	character-60	12	0	-
185	b15_3	教室環境對你的感受(後測)	discrete	character-60	10	0	-
186	b15_4	教室環境對你的感受(後測)	discrete	character-60	1	0	-

Variables Description

Dataset contains 186 variable(s)

File : data			
# curriculum: 課程			
Information		[Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	瑜珈健身	22	55.0%
2	園藝治療	18	45.0%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# landscape_pictures: 景觀圖片			
Information		[Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	對照組(無圖片)	25	62.5%
2	試驗組((高山湖泊圖片)	15	37.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a2_1: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)1完全沒有(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
0	有參加其他活動	33	82.5%
1	完全沒有參加其他活動	7	17.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a2_2: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)2氣功養生(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
0	沒有	31	77.5%
1	有	9	22.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a2_3: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)3按摩紓壓(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
0	沒有	35	87.5%
1	有	5	12.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a2_4: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)4亮采煥顏(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
0	沒有	33	82.5%
1	有	7	17.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

File : data

a2_5: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)5音樂治療(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	沒有	38	95.0%
1	有	2	5.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a2_6: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)6心靈成長(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	沒有	37	92.5%
1	有	3	7.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a2_7: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)7園藝治療(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	沒有	29	72.5%
1	有	11	27.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a2_8: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)8營養講座(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	沒有	31	77.5%
1	有	9	22.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a2_9: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)9生活繪本(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	沒有	38	95.0%
1	有	2	5.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a2_10: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)10瑜珈健身(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

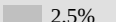
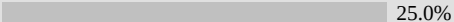
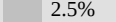
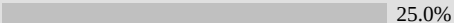
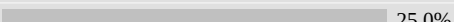
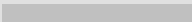
Value	Label	Cases	Percentage
0	沒有	17	42.5%
1	有	23	57.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : data			
# a2_11: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)11笑癌逐開社(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	沒有	35	87.5%
1	有	5	12.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a2_12: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)12悅聲合唱團,編織關懷(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	沒有	39	97.5%
1	有	1	2.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a2_13: Q2.請問你是否曾經參與過哪些癌症基金會舉辦的癌症基金會舉辦的課程：(可複選)13其他(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-1] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	沒有	40	100.0%
1	有	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# cancer: Q3.請問你的癌症類別為：__(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-11] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	無	10	25.0%
2	乳癌	18	45.0%
3	淋巴癌	0	
4	血癌	4	10.0%
5	大腸癌	2	5.0%
6	直腸癌	2	5.0%
7	子宮內膜癌	2	5.0%
8	癌症未知	2	5.0%
9	卵巢癌	0	
10	胃癌	0	
11	肺癌	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a4: Q4請問您居家環境的自然程度為何(如接觸到公園,綠地等自然景觀的機會)(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

File : data

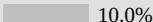
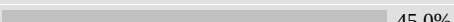
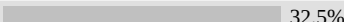
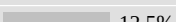
a4: Q4請問您居家環境的自然程度為何(如接觸到公園,綠地等自然景觀的機會)(前測)

Value	Label	Cases	Percentage
1	非常不自然	1	 2.5%
2	不自然	0	
3	有點不自然	3	 7.5%
4	普通	10	 25.0%
4.5		1	 2.5%
5	有點自然	10	 25.0%
6	自然	10	 25.0%
7	非常自然	5	 12.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_1: Q5.請依照你過去一星期內(過去七天內)的狀況回答：1感到平靜(前測)

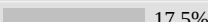
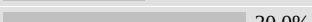
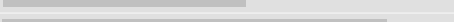
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	4	 10.0%
2	普通	18	 45.0%
3	很多	13	 32.5%
4	非常多	5	 12.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_2: Q5.請依照你過去一星期內(過去七天內)的狀況回答：2有活下去的理由(前測)

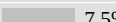
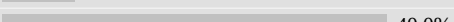
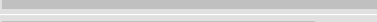
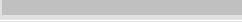
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	 2.5%
1	有一點	1	 2.5%
2	普通	7	 17.5%
3	很多	12	 30.0%
4	非常多	19	 47.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_3: Q5.請依照你過去一星期內(過去七天內)的狀況回答：3心靈與信仰寧適(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	 2.5%
1	有一點	3	 7.5%
2	普通	16	 40.0%
3	很多	13	 32.5%
4	非常多	7	 17.5%

File : data

a5_3: Q5.請依照你過去一星期內(過去七天內)的狀況回答：3心靈與信仰寧適(前測)

Value	Label	Cases	Percentage
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_4: Q5.請依照你過去一星期內(過去七天內)的狀況回答：4生活一直很豐富(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	3	7.5%
2	普通	16	40.0%
3	很多	10	25.0%
4	非常多	9	22.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_5: Q5.請依照你過去一星期內(過去七天內)的狀況回答：5很難平靜下心(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	3	7.5%
2	普通	16	40.0%
3	很多	11	27.5%
4	非常多	9	22.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_6: Q5.請依照你過去一星期內(過去七天內)的狀況回答：6心靈與信仰給我力量(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	3	7.5%
2	普通	16	40.0%
3	很多	12	30.0%
4	非常多	7	17.5%
9	未填答(missing value)	1	2.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

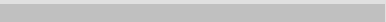
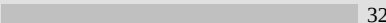
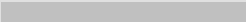
a5_7: Q5.請依照你過去一星期內(過去七天內)的狀況回答：7生活中有明確目標(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	3	7.5%

File : data

a5_7: Q5.請依照你過去一星期內(過去七天內)的狀況回答：7生活中有明確目標(前測)

Value	Label	Cases	Percentage
2	普通	14	 35.0%
3	很多	13	 32.5%
4	非常多	9	 22.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_8: Q5.請依照你過去一星期內(過去七天內)的狀況回答：8有能力探索自己讓自己舒服(前測)

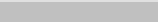
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	 2.5%
1	有一點	4	 10.0%
2	普通	12	 30.0%
2.5		1	 2.5%
3	很多	14	 35.0%
4	非常多	8	 20.0%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_9: Q5.請依照你過去一星期內(過去七天內)的狀況回答：9病情強化心靈與信仰(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	7	 17.5%
1	有一點	1	 2.5%
2	普通	17	 42.5%
3	很多	11	 27.5%
4	非常多	4	 10.0%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_10: Q5.請依照你過去一星期內(過去七天內)的狀況回答：10感到心理和諧(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	7	 17.5%
2	普通	13	 32.5%
2.5		1	 2.5%
3	很多	11	 27.5%
4	非常多	8	 20.0%
9	未填答(missing value)	0	

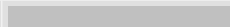
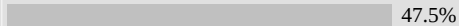
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : data

a5_11: Q5.請依照你過去一星期內(過去七天內)的狀況回答：11生活缺乏意義和目的(前測)

Information [Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]

Statistics [NW/ W] [Valid=40 /-] [Invalid=0 /-]

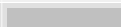
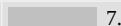
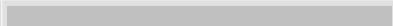
Value	Label	Cases	Percentage
0	完全沒有	1	 2.5%
1	有一點	1	 2.5%
2	普通	8	 20.0%
3	很多	11	 27.5%
4	非常多	19	 47.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a5_12: Q5.請依照你過去一星期內(過去七天內)的狀況回答：12不論病情如何,事情會一切安好(前測)

Information [Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]

Statistics [NW/ W] [Valid=40 /-] [Invalid=0 /-]

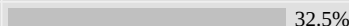
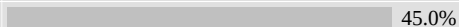
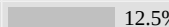
Value	Label	Cases	Percentage
0	完全沒有	4	 10.0%
1	有一點	3	 7.5%
2	普通	12	 30.0%
2.5		1	 2.5%
3	很多	13	 32.5%
4	非常多	7	 17.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_1: Q6.1您從事一些費力的活動,如攜帶重的購物袋或手提箱,是否有困難(前測)

Information [Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]

Statistics [NW/ W] [Valid=40 /-] [Invalid=0 /-]

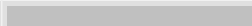
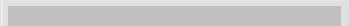
Value	Label	Cases	Percentage
0	完全沒有	4	 10.0%
1	有一點	13	 32.5%
2	普通	18	 45.0%
3	很多	5	 12.5%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_2: Q6.2長距離步行是否有困難(前測)

Information [Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]

Statistics [NW/ W] [Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	2	 5.0%
1	有一點	10	 25.0%
2	普通	13	 32.5%
3	很多	15	 37.5%
4	非常多	0	

File : data

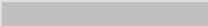
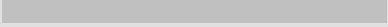
a6_2: Q6.2長距離步行是否有困難(前測)

Value	Label	Cases	Percentage
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_3: Q6.3戶外短距離步行是否有困難(前測)

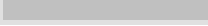
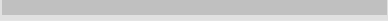
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	3	 7.5%
2	普通	13	 32.5%
3	很多	24	 60.0%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_4: Q6.4白天需待在床上或椅子上(前測)

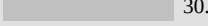
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	2	 5.0%
1	有一點	3	 7.5%
2	普通	13	 32.5%
3	很多	22	 55.0%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_5: Q6.5您進食, 穿衣, 洗澡或上廁所需要別人幫助嗎(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	1	 2.5%
2	普通	12	 30.0%
3	很多	27	 67.5%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_6: Q6.6工作或日常生活是否受限(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	 2.5%
1	有一點	4	 10.0%

File : data

a6_6: Q6.6 工作或日常生活是否受限(前測)

Value	Label	Cases	Percentage
2	普通	20	50.0%
3	很多	15	37.5%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_7: Q6.7 嗜好或休閒活動是否受限(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	5	12.5%
2	普通	18	45.0%
3	很多	16	40.0%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_8: Q6.8 呼吸會喘(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	6	15.0%
2	普通	11	27.5%
3	很多	21	52.5%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_9: Q6.9 感到疼痛(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	8	20.0%
2	普通	17	42.5%
3	很多	14	35.0%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_10: Q6.10 需要休息(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

File : data

a6_10: Q6.10需要休息(前測)

Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	14	35.0%
2	普通	19	47.5%
3	很多	5	12.5%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_11: Q6.11睡眠曾有困難(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	14	35.0%
2	普通	18	45.0%
3	很多	6	15.0%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_12: Q6.12感到虛弱(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	11	27.5%
2	普通	15	37.5%
3	很多	12	30.0%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a6_13: Q6.13缺乏食慾(前測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	5	12.5%
2	普通	16	40.0%
3	很多	19	47.5%
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

File : data			
# a6_14: Q6.14感到噁心(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	3	7.5%
2	普通	14	35.0%
3	很多	23	57.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_15: Q6.15嘔吐(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	5	12.5%
2	普通	12	30.0%
3	很多	23	57.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_16: Q6.16便秘(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	6	15.0%
2	普通	20	50.0%
3	很多	13	32.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_17: Q6.17腹瀉(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	5	12.5%
2	普通	20	50.0%
3	很多	15	37.5%
4	非常多	0	
9	未填答(missing value)	0	

File : data			
# a6_17: Q6.17腹瀉(前測)			
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_18: Q6.18疲倦(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	4	10.0%
1	有一點	13	32.5%
2	普通	18	45.0%
3	很多	5	12.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_19: Q6.19疼痛干擾日常生活(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	7	17.5%
2	普通	19	47.5%
3	很多	13	32.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_20: Q6.20您會否難將注意力集中在一些事情上,如看報紙或看電視(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	3	7.5%
1	有一點	10	25.0%
2	普通	12	30.0%
3	很多	15	37.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_21: Q6.21覺得緊張(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	3	7.5%
1	有一點	10	25.0%
2	普通	18	45.0%
3	很多	9	22.5%

File : data

a6_21: Q6.21覺得緊張(前測)

Value	Label	Cases	Percentage
4	非常多	0	
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

# a6_22: Q6.22感到憂慮(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	11	27.5%
2	普通	17	42.5%
3	很多	10	25.0%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_23: Q6.23容易發怒(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	9	22.5%
2	普通	20	50.0%
3	很多	10	25.0%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_24: Q6.24情緒低落(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	10	25.0%
2	普通	18	45.0%
3	很多	10	25.0%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_25: Q6.25記憶困難(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	5	12.5%
1	有一點	12	30.0%
2	普通	16	40.0%
3	很多	7	17.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# a6_26: Q6.26身體狀況或醫療過程干擾家庭生活(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	11	27.5%
2	普通	16	40.0%
3	很多	11	27.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_27: Q6.27身體狀況或醫療過程干擾社交活動(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	11	27.5%
2	普通	15	37.5%
3	很多	12	30.0%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_28: Q6.28身體狀況或醫療過程造成財務困難(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	10	25.0%
2	普通	16	40.0%
3	很多	13	32.5%
4	非常多	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_29: Q6.29過去一周整體健康(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常差	0	
2	很差	2	5.0%
3	有點差	3	7.5%
4	普通	7	17.5%
5	有點好	13	32.5%
6	很好	5	12.5%
7	極好	10	25.0%

# a6_29: Q6.29過去一周整體健康(前測)			
Value	Label	Cases	Percentage
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a6_30: Q6.30過去一周整體生活品質(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常差	0	
2	很差	2	5.0%
3	有點差	2	5.0%
4	普通	7	17.5%
5	有點好	12	30.0%
6	很好	8	20.0%
7	極好	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_1: Q7.請您依照過去一星期內(過去七天內)的感受：1覺得平靜(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	12	30.0%
4	同意	19	47.5%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_2: Q7.請您依照過去一星期內(過去七天內)的感受：2覺得安全(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	13	32.5%
4	同意	15	37.5%
5	非常同意	8	20.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_3: Q7.請您依照過去一星期內(過去七天內)的感受：3很緊張(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	3	7.5%

# a7_3: Q7.請您依照過去一星期內(過去七天內)的感受：3很緊張(前測)			
Value	Label	Cases	Percentage
2	不同意	6	15.0%
3	普通	13	32.5%
4	同意	12	30.0%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_4: Q7.請您依照過去一星期內(過去七天內)的感受：4壓力很重(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	3	7.5%
2	不同意	6	15.0%
3	普通	17	42.5%
4	同意	8	20.0%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_5: Q7.請您依照過去一星期內(過去七天內)的感受：5快活,有朝氣(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	2	5.0%
3	普通	12	30.0%
3.5		1	2.5%
4	同意	18	45.0%
5	非常同意	5	12.5%
9	未填答(missing value)	1	2.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_6: Q7.請您依照過去一星期內(過去七天內)的感受：6心情不好(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	17	42.5%
4	同意	12	30.0%
5	非常同意	8	20.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_7: Q7.請您依照過去一星期內(過去七天內)的感受：7擔心有不幸的事(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

a7_7: Q7.請您依照過去一星期內(過去七天內)的感受：7擔心有不幸的事(前測)

Value	Label	Cases	Percentage
1	非常不同意	2	5.0%
2	不同意	2	5.0%
3	普通	15	37.5%
4	同意	11	27.5%
5	非常同意	10	25.0%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a7_8: Q7.請您依照過去一星期內(過去七天內)的感受：8很滿足(前測)

Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	15	37.5%
4	同意	15	37.5%
5	非常同意	9	22.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a7_9: Q7.請您依照過去一星期內(過去七天內)的感受：9覺得害怕(前測)

Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	3	7.5%
3	普通	11	27.5%
4	同意	14	35.0%
5	非常同意	11	27.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a7_10: Q7.請您依照過去一星期內(過去七天內)的感受：10好動,閒不住(前測)

Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	5	12.5%
2	不同意	8	20.0%
3	普通	19	47.5%
4	同意	7	17.5%
5	非常同意	1	2.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a7_11: Q7.請您依照過去一星期內(過去七天內)的感受：11有自信(前測)

Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]
-------------	--

# a7_11: Q7.請您依照過去一星期內(過去七天內)的感受：11有自信(前測)			
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	3	7.5%
3	普通	15	37.5%
4	同意	17	42.5%
5	非常同意	4	10.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_12: Q7.請您依照過去一星期內(過去七天內)的感受：12神經緊張(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	5	12.5%
3	普通	10	25.0%
4	同意	16	40.0%
5	非常同意	8	20.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_13: Q7.請您依照過去一星期內(過去七天內)的感受：13煩躁不安(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	13	32.5%
4	同意	16	40.0%
5	非常同意	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_14: Q7.請您依照過去一星期內(過去七天內)的感受：14猶豫不決(前測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	15	37.5%
4	同意	18	45.0%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# a7_15: Q7.請您依照過去一星期內(過去七天內)的感受：15精力旺盛(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	2	5.0%
2	不同意	1	2.5%
3	普通	25	62.5%
3.5		1	2.5%
4	同意	11	27.5%
5	非常同意	0	
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_16: Q7.請您依照過去一星期內(過去七天內)的感受：16很滿意(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	2	5.0%
3	普通	16	40.0%
4	同意	17	42.5%
5	非常同意	4	10.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_17: Q7.請您依照過去一星期內(過去七天內)的感受：17很擔心(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	5	12.5%
3	普通	9	22.5%
4	同意	19	47.5%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_18: Q7.請您依照過去一星期內(過去七天內)的感受：18很困擾(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	3	7.5%
3	普通	11	27.5%
4	同意	15	37.5%
5	非常同意	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# a7_19: Q7.請您依照過去一星期內(過去七天內)的感受：19很穩定(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	18	45.0%
4	同意	12	30.0%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_20: Q7.請您依照過去一星期內(過去七天內)的感受：20有活力(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	3	7.5%
3	普通	18	45.0%
4	同意	16	40.0%
5	非常同意	2	5.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_21: Q7.請您依照過去一星期內(過去七天內)的感受：21很輕鬆(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	0	
3	普通	14	35.0%
3.5		1	2.5%
4	同意	20	50.0%
5	非常同意	4	10.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_22: Q7.請您依照過去一星期內(過去七天內)的感受：22覺得舒服(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	15	37.5%
4	同意	19	47.5%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# a7_23: Q7.請您依照過去一星期內(過去七天內)的感受：23很放鬆(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	2	5.0%
3	普通	17	42.5%
4	同意	16	40.0%
5	非常同意	4	10.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_24: Q7.請您依照過去一星期內(過去七天內)的感受：24很喜悅(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	2	5.0%
3	普通	18	45.0%
4	同意	14	35.0%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# a7_25: Q7.請您依照過去一星期內(過去七天內)的感受：25有精神(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	2	5.0%
2	不同意	1	2.5%
3	普通	17	42.5%
4	同意	16	40.0%
5	非常同意	4	10.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# gender: Q8.性別(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	男	4	10.0%
2	女	36	90.0%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# age: Q9.年齡(前測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

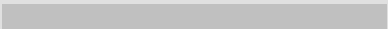
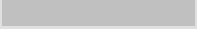
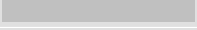
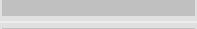
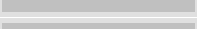
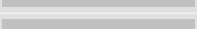
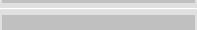
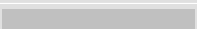
# age: Q9.年齡(前測)				
Value	Label	Cases	Percentage	
1	15-24歲	2		5.0%
2	25-34歲	1		2.5%
3	35-44歲	5		12.5%
4	45-54歲	16		40.0%
5	55-64歲	11		27.5%
6	65歲以上	4		10.0%
9	未填答(missing value)	1		2.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a8_1: 室內景觀圖片感受(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=15 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
寧靜		3		20.0%
平靜		3		20.0%
感覺很清涼舒適		1		6.7%
放鬆		2		13.3%
柔和		1		6.7%
清爽		1		6.7%
美麗的		1		6.7%
自然		1		6.7%
舒適		1		6.7%
視野開闊		1		6.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a8_2: 室內景觀圖片感受(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=15 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
健康		1		6.7%
寧靜		1		6.7%
平和		1		6.7%
心情舒展		1		6.7%
心胸開闊		1		6.7%
想深呼吸感受清涼		1		6.7%
放鬆		1		6.7%
有點冷		1		6.7%
清涼		1		6.7%
清淨的		1		6.7%
清爽		1		6.7%
生命		1		6.7%
舒適		1		6.7%
視野寬闊		1		6.7%
風景很漂亮		1		6.7%

# a8_2: 室內景觀圖片感受(前測)(試驗)				
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a8_3: 室內景觀圖片感受(前測)(試驗)				
Information	[Type= discrete] [Format=character] [Missing=*]			
Statistics [NW/ W]	[Valid=15 /-] [Invalid=0 /-]			
Value	Label	Cases	Percentage	
不夠生動		1		6.7%
寧靜		1		6.7%
平靜		1		6.7%
平靜的		1		6.7%
很有創意		1		6.7%
心情愉快		1		6.7%
悠靜		1		6.7%
愉快		1		6.7%
放鬆		1		6.7%
有助紓壓		1		6.7%
自然		2		13.3%
舒適		1		6.7%
舒適自然		1		6.7%
透明		1		6.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a8_4: 室內景觀圖片感受(前測)(試驗)				
Information	[Type= discrete] [Format=character] [Missing=*]			
Statistics [NW/ W]	[Valid=2 /-] [Invalid=0 /-]			
Value	Label	Cases	Percentage	
接縫太多		1		50.0%
柔和		1		50.0%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a10_1: 室內景觀圖片意義或啟發(前測)(試驗)				
Information	[Type= discrete] [Format=character] [Missing=*]			
Statistics [NW/ W]	[Valid=13 /-] [Invalid=0 /-]			
Value	Label	Cases	Percentage	
休閒時應盡量接近大自然，讓身體得到紓解		1		7.7%
可達身心靈與室內景觀圖片情境結合融入為戶外享受放鬆的境界		1		7.7%
增加學習興趣		1		7.7%
就是希望在戶外上課		1		7.7%
山水之美		1		7.7%
心如湖水		1		7.7%
接近大自然		1		7.7%
放鬆		1		7.7%

# a10_1: 室內景觀圖片意義或啟發(前測)(試驗)				
Value	Label	Cases	Percentage	
沒什麼是解決不了的		1		7.7%
省思		1		7.7%
看不到生硬的大樓景觀，感覺在森林裡運動		1		7.7%
身歷其境		1		7.7%
雖為大自然景觀，但太冷，如加個太陽可能會更好		1		7.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a10_2: 室內景觀圖片意義或啟發(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=9 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
休息停留一下可以走得更久		1		11.1%
可讓心情慢慢沉澱		1		11.1%
大自然不僅能使我們放鬆心情，更需要有一個寧靜的環境		1		11.1%
安定		1		11.1%
希望一個時間能更換景色		1		11.1%
意會		1		11.1%
欣賞大自然之美		1		11.1%
生命透藍		1		11.1%
讓自己沉澱		1		11.1%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a10_3: 室內景觀圖片意義或啟發(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=7 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
可覺得很放鬆享受		1		14.3%
平和		1		14.3%
平靜		1		14.3%
樹木蓬勃		1		14.3%
活在當下，把握現在		1		14.3%
湖中有樹木，山的倒影別有一翻美麗		1		14.3%
讓自己放鬆		1		14.3%

# a10_3: 室內景觀圖片意義或啟發(前測)(試驗)				
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a9_1: 教室環境感受(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=14 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
乾淨		1		7.1%
乾淨的		1		7.1%
乾淨舒適		1		7.1%
像勞作課		1		7.1%
安全的		1		7.1%
寧靜		1		7.1%
平靜		1		7.1%
心情平靜		1		7.1%
拘束		1		7.1%
擠		1		7.1%
放鬆		1		7.1%
溫馨		1		7.1%
自然, 但變暗了		1		7.1%
輕鬆自在		1		7.1%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a9_2: 教室環境感受(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=13 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
乾淨		1		7.7%
平和		1		7.7%
感覺舒服		1		7.7%
放鬆		1		7.7%
框框		1		7.7%
活潑		1		7.7%
空間稍小		1		7.7%
紓壓		2		15.4%
舒服放鬆		1		7.7%
舒適		1		7.7%
舒適的		1		7.7%
輕鬆		1		7.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# a9_3: 教室環境感受(前測)(試驗)				
Information		[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]		[Valid=12 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage	
喜氣		1		8.3%
大自然之美		1		8.3%

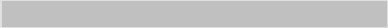
a9_3: 教室環境感受(前測)(試驗)

Value	Label	Cases	Percentage
平靜		2	 16.7%
愉快		1	 8.3%
擠擠		1	 8.3%
涼爽的		1	 8.3%
溫暖		1	 8.3%
稍冷		1	 8.3%
美好的		1	 8.3%
自在		1	 8.3%
類似湖邊上課		1	 8.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

a9_4: 教室環境感受(前測)(試驗)

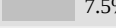
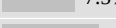
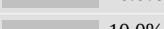
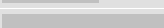
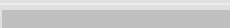
Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=1 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
自在		1	 100.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

class_times: Q2.上課次數(後測)

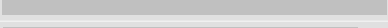
Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
15		1	 2.5%
16		3	 7.5%
2		2	 5.0%
3		3	 7.5%
4		4	 10.0%
5		4	 10.0%
6		7	 17.5%
持續		16	 40.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

away_from_everyday_worries: Q3.環境恢復力(教室環境評估-遠離日常煩憂)(後測)

Information	[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-] [Mean=5.3 /-] [StdDev=1.203 /-]

Value	Label	Cases	Percentage
1		1	 2.5%
4		8	 20.0%
5		13	 32.5%
6		12	 30.0%
7		6	 15.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b4_1: Q4.請依照你過去一星期內(過去七天內)的狀況回答: 1感到平靜(後測)

Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]

b4_1: Q4.請依照你過去一星期內(過去七天內)的狀況回答：**1**感到平靜(後測)

Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	5	12.5%
2	普通	15	37.5%
3	很多	15	37.5%
4	非常多	5	12.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

# b4_2: Q4.請依照你過去一星期內(過去七天內)的狀況回答：2有活下去的理由(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	1	2.5%
2	普通	7	17.5%
3	很多	14	35.0%
4	非常多	18	45.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_3: Q4.請依照你過去一星期內(過去七天內)的狀況回答：3心靈與信仰寧適(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	2	5.0%
2	普通	12	30.0%
3	很多	19	47.5%
4	非常多	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_4: Q4.請依照你過去一星期內(過去七天內)的狀況回答：4生活一直很豐富(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	4	10.0%
2	普通	11	27.5%
3	很多	18	45.0%
4	非常多	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_5: Q4.請依照你過去一星期內(過去七天內)的狀況回答：5很難平靜下心(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	2	5.0%
2	普通	16	40.0%
3	很多	15	37.5%
4	非常多	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# b4_6: Q4.請依照你過去一星期內(過去七天內)的狀況回答：6心靈與信仰給我力量(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	3	7.5%
2	普通	13	32.5%
3	很多	20	50.0%
4	非常多	4	10.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_7: Q4.請依照你過去一星期內(過去七天內)的狀況回答：7生活中有明確目標(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	1	2.5%
2	普通	15	37.5%
2.5		1	2.5%
3	很多	12	30.0%
4	非常多	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_8: Q4.請依照你過去一星期內(過去七天內)的狀況回答：8有能力探索自己讓自己舒服(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	3	7.5%
2	普通	17	42.5%
3	很多	14	35.0%
4	非常多	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_9: Q4.請依照你過去一星期內(過去七天內)的狀況回答：9病情強化心靈與信仰(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	5	12.5%
1	有一點	5	12.5%
2	普通	12	30.0%
2.5		1	2.5%
3	很多	13	32.5%
4	非常多	4	10.0%

# b4_9: Q4.請依照你過去一星期內(過去七天內)的狀況回答：9病情強化心靈與信仰(後測)			
Value	Label	Cases	Percentage
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_10: Q4.請依照你過去一星期內(過去七天內)的狀況回答：10感到心理和諧(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	3	7.5%
1	有一點	2	5.0%
2	普通	16	40.0%
3	很多	12	30.0%
4	非常多	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_11: Q4.請依照你過去一星期內(過去七天內)的狀況回答：11生活缺乏意義和目的(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	2	5.0%
2	普通	9	22.5%
3	很多	9	22.5%
4	非常多	20	50.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b4_12: Q4.請依照你過去一星期內(過去七天內)的狀況回答：12不論病情如何,事情會一切安好(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	4	10.0%
1	有一點	5	12.5%
2	普通	10	25.0%
3	很多	14	35.0%
4	非常多	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# world: Q5.環境恢復力(教室環境評估-自成一個世界)(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2		3	7.5%
3		1	2.5%

# world: Q5.環境恢復力(教室環境評估-自成一個世界)(後測)			
Value	Label	Cases	Percentage
4		7	17.5%
5		16	40.0%
6		8	20.0%
7	非常同意	5	12.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# satisfaction: Q6.教室環境評估-滿意程度(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不滿意	0	
3		2	5.0%
4		9	22.5%
5		11	27.5%
6		12	30.0%
7	非常滿意	6	15.0%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# attention: Q7.環境恢復力(教室環境評估-吸引你的注意力)(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2		1	2.5%
3		8	20.0%
4		7	17.5%
5		9	22.5%
6		11	27.5%
7	非常同意	4	10.0%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# familiarity: Q8.教室環境評估-熟悉程度(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不熟悉	0	
4		8	20.0%
5		13	32.5%
6		10	25.0%
7	非常熟悉	9	22.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# comfortable: Q9.環境恢復力(教室環境評估-感覺舒適自在)(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

# comfortable: Q9.環境恢復力(教室環境評估-感覺舒適自在)(後測)			
Value	Label	Cases	Percentage
1	非常不滿意	0	
2		1	2.5%
3		4	10.0%
4		8	20.0%
5		10	25.0%
6		12	30.0%
7	非常滿意	5	12.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_1: Q10.1您從事一些費力的活動,如攜帶重的購物袋或手提箱,是否有困難(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	4	10.0%
1	有一點	13	32.5%
2	相當多	12	30.0%
3	非常多	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_2: Q10.2長距離步行是否有困難(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	11	27.5%
2	相當多	13	32.5%
3	非常多	15	37.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_3: Q10.3戶外短距離步行是否有困難(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	5	12.5%
2	相當多	13	32.5%
3	非常多	22	55.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_4: Q10.4白天需待在床上或椅子上(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

# b10_4: Q10.4白天需待在床上或椅子上(後測)			
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	6	15.0%
2	相當多	10	25.0%
3	非常多	23	57.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_5: Q10.5您進食, 穿衣, 洗澡或上廁所需要別人幫助嗎(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	1	2.5%
2	相當多	12	30.0%
3	非常多	27	67.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_6: Q10.6工作或日常生活是否受限(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	2	5.0%
2	相當多	22	55.0%
3	非常多	16	40.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_7: Q10.7嗜好或休閒活動是否受限(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	3	7.5%
2	相當多	21	52.5%
3	非常多	16	40.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_8: Q10.8呼吸會喘(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	7	17.5%

# b10_8: Q10.8呼吸會喘(後測)			
Value	Label	Cases	Percentage
2	相當多	13	32.5%
3	非常多	20	50.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_9: Q10.9感到疼痛(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	5	12.5%
2	相當多	20	50.0%
3	非常多	14	35.0%
9	未填答(missing value)	1	2.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_10: Q10.10需要休息(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	19	47.5%
2	相當多	12	30.0%
3	非常多	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_11: Q10.11睡眠會有困難(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	11	27.5%
2	相當多	17	42.5%
3	非常多	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_12: Q10.12感到虛弱(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	13	32.5%
2	相當多	15	37.5%
3	非常多	11	27.5%

# b10_12: Q10.12感到虛弱(後測)			
Value	Label	Cases	Percentage
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_13: Q10.13缺乏食慾(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	4	10.0%
2	相當多	11	27.5%
3	非常多	25	62.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_14: Q10.14感到噁心(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	1	2.5%
2	相當多	14	35.0%
3	非常多	25	62.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_15: Q10.15嘔吐(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	3	7.5%
2	相當多	13	32.5%
3	非常多	24	60.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_16: Q10.16便秘(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	8	20.0%
2	相當多	21	52.5%
3	非常多	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

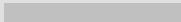
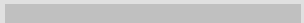
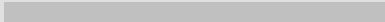
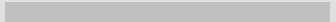
# b10_17: Q10.17腹瀉(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	4	10.0%
2	相當多	18	45.0%
3	非常多	16	40.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_18: Q10.18疲倦(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	15	37.5%
2	相當多	17	42.5%
3	非常多	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_19: Q10.19疼痛干擾日常生活(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	4	10.0%
2	相當多	18	45.0%
3	非常多	17	42.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_20: Q10.20您會否難將注意力集中在一些事情上,如看報紙或看電視(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	8	20.0%
2	相當多	15	37.5%
3	非常多	16	40.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_21: Q10.21覺得緊張(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

# b10_21: Q10.21覺得緊張(後測)			
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	9	22.5%
2	相當多	21	52.5%
3	非常多	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_22: Q10.22感到憂慮(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	10	25.0%
2	相當多	19	47.5%
3	非常多	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_23: Q10.23容易發怒(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	7	17.5%
2	相當多	24	60.0%
3	非常多	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_24: Q10.24情緒低落(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	13	32.5%
2	相當多	15	37.5%
3	非常多	12	30.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_25: Q10.25記憶困難(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	15	37.5%

# b10_25: Q10.25記憶困難(後測)			
Value	Label	Cases	Percentage
2	相當多	14	35.0%
3	非常多	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_26: Q10.26身體狀況或醫療過程干擾家庭生活(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	2	5.0%
1	有一點	10	25.0%
2	相當多	17	42.5%
3	非常多	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_27: Q10.27身體狀況或醫療過程干擾社交活動(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	1	2.5%
1	有一點	10	25.0%
2	相當多	17	42.5%
3	非常多	12	30.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_28: Q10.28身體狀況或醫療過程造成財務困難(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 0-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
0	完全沒有	0	
1	有一點	9	22.5%
2	相當多	16	40.0%
3	非常多	15	37.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_29: Q10.29過去一周整體健康(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常差	0	
2	很差	1	2.5%
3	有點差	4	10.0%
4	普通	4	10.0%

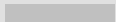
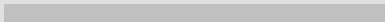
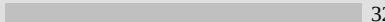
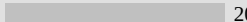
# b10_29: Q10.29 過去一周整體健康(後測)			
Value	Label	Cases	Percentage
5	有點好	10	25.0%
6	很好	10	25.0%
7	極好	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b10_30: Q10.30 過去一周整體生活品質(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常差	0	
2	很差	0	
3	有點差	3	7.5%
4	普通	7	17.5%
5	有點好	10	25.0%
6	很好	11	27.5%
7	極好	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_1: Q11.1 覺得平靜(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	2	5.0%
3	普通	17	42.5%
4	同意	12	30.0%
5	非常同意	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_2: Q11.2 覺得安全(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	14	35.0%
4	同意	16	40.0%
5	非常同意	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_3: Q11.3 很緊張(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		

b11_3: Q11.3很緊張(後測)

Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	6	 15.0%
3	普通	10	 25.0%
4	同意	13	 32.5%
5	非常同意	11	 27.5%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b11_4: Q11.4壓力很重(後測)

Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	 2.5%
2	不同意	4	 10.0%
3	普通	14	 35.0%
4	同意	13	 32.5%
5	非常同意	8	 20.0%
9	未填答(missing value)	0	

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

# b11_5: Q11.5快活, 有朝氣 (後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	2	5.0%
3	普通	15	37.5%
4	同意	16	40.0%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_6: Q11.6心情不好 (後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	10	25.0%
4	同意	16	40.0%
5	非常同意	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_7: Q117.7擔心有不幸的事 (後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	1	2.5%
3	普通	9	22.5%
4	同意	15	37.5%
5	非常同意	14	35.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_8: Q11.8很滿足 (後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	10	25.0%
4	同意	19	47.5%
5	非常同意	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# b11_9: Q11.9覺得害怕(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	9	22.5%
4	同意	16	40.0%
5	非常同意	12	30.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_10: Q11.10好動,閒不住(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	3	7.5%
2	不同意	11	27.5%
3	普通	19	47.5%
4	同意	6	15.0%
5	非常同意	1	2.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_11: Q11.11有自信(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	3	7.5%
3	普通	17	42.5%
4	同意	14	35.0%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_12: Q11.12神經緊張(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	13	32.5%
4	同意	12	30.0%
5	非常同意	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# b11_13: Q11.13煩躁不安(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	10	25.0%
4	同意	16	40.0%
5	非常同意	11	27.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_14: Q11.14猶豫不決(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	13	32.5%
4	同意	16	40.0%
5	非常同意	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_15: Q11.15精力旺盛(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	2	5.0%
2	不同意	3	7.5%
3	普通	23	57.5%
4	同意	10	25.0%
5	非常同意	2	5.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_16: Q11.16很滿意(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	15	37.5%
4	同意	14	35.0%
5	非常同意	7	17.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# b11_17: Q11.17很擔心(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	10	25.0%
4	同意	17	42.5%
5	非常同意	9	22.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_18: Q11.18很困擾(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	2.5%
2	不同意	6	15.0%
3	普通	8	20.0%
4	同意	15	37.5%
5	非常同意	10	25.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_19: Q11.19很穩定(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	15	37.5%
4	同意	19	47.5%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_20: Q11.20有活力(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	19	47.5%
4	同意	15	37.5%
5	非常同意	3	7.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# b11_21: Q11.21很輕鬆(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	16	40.0%
4	同意	17	42.5%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_22: Q11.22覺得舒服(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	1	2.5%
3	普通	16	40.0%
4	同意	17	42.5%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_23: Q11.23很放鬆(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	16	40.0%
4	同意	16	40.0%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b11_24: Q11.24很喜悅(後測)			
Information	[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]		
Statistics [NW/ W]	[Valid=40 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	3	7.5%
3	普通	13	32.5%
4	同意	18	45.0%
5	非常同意	6	15.0%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			

# b11_25: Q11.25有精神(後測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-9] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	10.0%
3	普通	13	32.5%
4	同意	18	45.0%
5	非常同意	5	12.5%
9	未填答(missing value)	0	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# take_a_break: Q12.環境恢復力(教室環境評估-休息一下)(後測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	0	
2		2	5.0%
3		3	7.5%
4		7	17.5%
5		10	25.0%
6		11	27.5%
7	非常同意	7	17.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b13_1: Q13.1教室環境偏好程度(後測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]	
Statistics [NW/ W]		[Valid=40 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不喜歡	0	
3		2	5.0%
4		11	27.5%
5		13	32.5%
6		11	27.5%
7	非常喜歡	3	7.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b13_2: Q13.2室內景觀圖片偏好程度(後測)			
Information		[Type= discrete] [Format=numeric] [Range= 1-7] [Missing=*]	
Statistics [NW/ W]		[Valid=10 /-] [Invalid=30 /-]	
Value	Label	Cases	Percentage
1	非常不喜歡	0	
3		1	10.0%
4		1	10.0%
5		2	20.0%
6		5	50.0%
7	非常喜歡	1	10.0%

# b13_2: Q13.2室內景觀圖片偏好程度(後測)			
Value	Label	Cases	Percentage
Sysmiss		30	
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b14_1: 室內景觀圖片感受(後測)(試驗)			
Information	[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]	[Valid=33 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
不錯		1	3.0%
和諧		1	3.0%
太冷了		1	3.0%
安全的		1	3.0%
安定		1	3.0%
寧靜		1	3.0%
寧靜舒適		1	3.0%
對教室環境很熟悉		1	3.0%
平靜		2	6.1%
很好		1	3.0%
很滿意		1	3.0%
心情平靜之環境		1	3.0%
心情開闊		1	3.0%
心曠神怡		1	3.0%
放輕鬆		1	3.0%
放鬆		1	3.0%
普通		1	3.0%
歡樂的		1	3.0%
清幽		1	3.0%
清淨		1	3.0%
清淨的		1	3.0%
清潔		1	3.0%
清爽		1	3.0%
溫馨		2	6.1%
生氣勃勃的		1	3.0%
舒服		2	6.1%
舒適的		1	3.0%
身心放鬆		1	3.0%
輕鬆		2	6.1%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# b14_2: 室內景觀圖片感受(後測)(試驗)			
Information	[Type= discrete] [Format=character] [Missing=*]		
Statistics [NW/ W]	[Valid=29 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
交流心靈的地方		1	3.4%
和諧		2	6.9%

b14_2: 室內景觀圖片感受(後測)(試驗)

Value	Label	Cases	Percentage
大自然		1	3.4%
大自然之美		1	3.4%
安穩		2	6.9%
安詳		1	3.4%
安靜		1	3.4%
寧靜的		1	3.4%
平靜		1	3.4%
很滿意		1	3.4%
心安		1	3.4%
愉悅		1	3.4%
放鬆		2	6.9%
放鬆的		1	3.4%
明亮		1	3.4%
明亮的		1	3.4%
氣氛很和樂、熱鬧		1	3.4%
沉浸其中		1	3.4%
環境漂亮及整潔的		1	3.4%
知識豐富的		1	3.4%
自在		2	6.9%
自然		1	3.4%
舒適		1	3.4%
舒適感		1	3.4%
輕鬆喜悅		1	3.4%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b14_3: 室內景觀圖片感受(後測)(試驗)

Information		[Type= discrete] [Format=character] [Missing=*]	
Statistics [NW/ W]		[Valid=28 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
不夠自然		1	3.6%
大家很愉快		1	3.6%
安全		1	3.6%
安全的		1	3.6%
平和安全		1	3.6%
平靜		1	3.6%
很滿意		1	3.6%
悠閒的		1	3.6%
愉悅		2	7.1%
愛上芬多精之美		1	3.6%
愛心		1	3.6%
擠		1	3.6%
放鬆的		1	3.6%
有人情味的		1	3.6%

b14_3: 室內景觀圖片感受(後測)(試驗)

Value	Label	Cases	Percentage
有朝氣		1	3.6%
沉醉在花海中		1	3.6%
流動的		1	3.6%
熱忱		1	3.6%
環保		1	3.6%
紓壓		1	3.6%
自然		1	3.6%
舒服		2	7.1%
視覺舒服		1	3.6%
親切		1	3.6%
賦予健康資訊的場所		1	3.6%
開闊		1	3.6%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b14_4: 室內景觀圖片感受(後測)(試驗)

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=5 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
學習的好環境		1	20.0%
我非病友		1	20.0%
清涼		1	20.0%
無壓力, 充滿音樂的環境		1	20.0%
雪景一般人不會時常到此地方, 應該是花蓮的花海, 有遠景有太陽有風的感覺		1	20.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b16_1: 室內景觀圖片意義(後測)(試驗)

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=15 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
休息可走更長遠的路		1	6.7%
地球暖化日益嚴重, 我們要極力保護自然資源, 盡量不再破壞自然生態		1	6.7%
多接近大自然		1	6.7%
安靜下來		1	6.7%
希望能親身至圖片內情境		1	6.7%
很能靜心運動		1	6.7%
放下		1	6.7%

# b16_1: 室內景觀圖片意義(後測)(試驗)				
Value	Label	Cases	Percentage	
放鬆心情		1		6.7%
有機會多接近大自然		1		6.7%
無		1		6.7%
環境的改變是對生活很重要, 好的環境會讓人更想多停留片刻		1		6.7%
要經常與大自然接觸		1		6.7%
走向大自然		1		6.7%
身心舒坦		1		6.7%
風景漂亮		1		6.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# b16_2: 室內景觀圖片意義(後測)(試驗)				
Information	[Type= discrete] [Format=character] [Missing=*]			
Statistics [NW/ W]	[Valid=8 /-] [Invalid=0 /-]			
Value	Label	Cases	Percentage	
一切都會好轉		1		12.5%
回歸自然		1		12.5%
大自然生命的奧秘		1		12.5%
室內光線柔和		1		12.5%
有如在樹林中		1		12.5%
深吸口氣		1		12.5%
要有朝氣		1		12.5%
身歷其境		1		12.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# b16_3: 室內景觀圖片意義(後測)(試驗)				
Information	[Type= discrete] [Format=character] [Missing=*]			
Statistics [NW/ W]	[Valid=6 /-] [Invalid=0 /-]			
Value	Label	Cases	Percentage	
一切光明		1		16.7%
放鬆心情		1		16.7%
沒有解決不了的問題		1		16.7%
活在當下, 真幸福		1		16.7%
視野要寬廣		1		16.7%
身心放鬆		1		16.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.				
# b17: 室內景觀圖片意義(後測)(試驗)				
Information	[Type= discrete] [Format=character] [Missing=*]			
Statistics [NW/ W]	[Valid=10 /-] [Invalid=0 /-]			

b17: 室內景觀圖片意義(後測)(試驗)

Value	Label	Cases	Percentage
加入動態聲音		1	10.0%
因在窗上有陽光照射，看出布與布之接縫沒有真實感		1	10.0%
圖片很好		1	10.0%
如前頁，太冷了，心已很冷再加上冷冷的景色，無法感覺溫暖的懷抱。請給我溫暖的感覺又不要太熱		1	10.0%
如有3D立體圖片更佳		1	10.0%
景觀圖片與教室看起來整體看起來不太符，感覺只是單純的一張圖，並未感覺身歷其境		1	10.0%
無		4	40.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b15_1: 教室環境對你的感受(後測)

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=14 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
乾淨		1	7.1%
安全舒適		1	7.1%
安定		1	7.1%
安撫身心靈		1	7.1%
快樂		1	7.1%
放鬆		2	14.3%
整潔的		1	7.1%
有如置身優美的風景中		1	7.1%
溫暖的地方		1	7.1%
熱鬧的		1	7.1%
空間太小		1	7.1%
美好的		1	7.1%
自在		1	7.1%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b15_2: 教室環境對你的感受(後測)

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=12 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
享受的		1	8.3%

b15_2: 教室環境對你的感受(後測)

Value	Label	Cases	Percentage
和諧		1	8.3%
寬心		1	8.3%
放鬆		1	8.3%
明亮的		1	8.3%
暗暗的		1	8.3%
有朋友的地方		1	8.3%
期盼		1	8.3%
清心		1	8.3%
舒適		1	8.3%
輕鬆		1	8.3%
鏡面太少		1	8.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b15_3: 教室環境對你的感受(後測)

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=10 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
冷冷的		1	10.0%
可問候的感覺		1	10.0%
和平		1	10.0%
平靜		1	10.0%
快活的		1	10.0%
感恩		1	10.0%
擁擠的		1	10.0%
溫暖		1	10.0%
紓壓		1	10.0%
自在		1	10.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

b15_4: 教室環境對你的感受(後測)

Information	[Type= discrete] [Format=character] [Missing=*]
Statistics [NW/ W]	[Valid=1 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
親切		1	100.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.