**ภาคผนวก ฉ**

**สรุปผลสมรรถภาพทางกาย**

**การเปรียบเทียบการเดิน 6 Minute walk test (6MWT) ก่อนและหลังเข้าร่วมโครงการ 12 สัปดาห์**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ระยะทาง (m)** | **Pre-test** | **Post-test** | | | |
| **<350** | | **≥ 350** | |
| <350 | 8 | 3 | | 5 | |
| ≥ 350 | 12 | 1 | | 11 | |
| **รวม** | **20** | **1** | **14** | | **5** |

| **One-Sample Statistics** | | | | |
| --- | --- | --- | --- | --- |
|  | N | Mean | Std. Deviation | Std. Error Mean |
| pretest | 20 | 331.2000 | 53.05568 | 11.86361 |
| posttest | 20 | 374.3000 | 16.06271 | 3.59173 |

| **Paired Samples Test** | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Paired Differences | | | | | t | df | Sig. (2-tailed) | |
|  |  | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | |
|  |  | Lower | Upper |
| Pair 1  pretest - posttest | | -43.10000 | 39.84430 | 8.90946 | -61.74771 | -24.45229 | -4.838 | 19 | .000 |

ประเมินอาการหอบเหนื่อย ( mMRCscore) ก่อนและหลังเข้าร่วมโครงการ 12 สัปดาห์ (N =20 )

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ระดับคะแนน** | **Pre-test** | **Post -test** | | | | | |
| **0** | **1** | | **2** | **3** | **4** |
| **0** | 0 | 0 | 0 | | 0 | 0 | 0 |
| **1** | 0 | 0 | 0 | | 0 | 0 | 0 |
| **2** | 14 | 0 | 12 | | 2 | 0 | 0 |
| **3** | 6 | 0 | 0 | | 5 | 1 | 0 |
| **4** | 0 | 0 | 0 | | 0 | 0 | 0 |
| **รวม** | **20** | **0** | | **3** | | **17** | |

| **Paired Samples Statistics** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  |  | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | pre | 2.3000 | 20 | .47016 | .10513 |
| post | 1.3500 | 20 | .48936 | .10942 |

| **Paired Samples Test** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Paired Differences | | | | | t | df | Sig. (2-tailed) |
|  |  | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | |
|  |  | Lower | Upper |
| Pair 1 | pre - post | .95000 | .22361 | .05000 | .84535 | 1.05465 | 19.000 | 19 | .000 |