





### 【書籍】

黃芳銘 (2009)。結構方程模式理論與應用。臺北：五南出版社。

Gurman, A. S., & Kniskern, D. P. (1981). Family therapy outcome research: Knowns and unknowns. In A. S. Gurman and D. P. Kniskern (Eds.), *Handbook of family therapy* (pp. 105-128). New York: Brunner.

### 【論文】

古琪雯 (2003)。青少女體型不滿意、社會體型焦慮與飲食異常傾向之關係研究-台中縣某中學為例。未出版碩士論文，國立臺灣師範大學衛生教育研究所，臺北。

Ryerson, J. F. (1983). *Effective management training: Two models*. Unpublished master's thesis. Clarkson College of Technology, Potsdam, New York.

### 【研討會論文】

李家梵 (2003)。台灣極限運動場使用者動機與滿意度之相關研究。論文發表於中華民國大專院校九十二年度體育學術研討會，桃園，國立體育學院。

Rocklin, T. R. (1989). *Individual differences in item selection in computerized self-adapted testing*. Paper presented at the Annual Meeting of the American Research Association, San Francisco, CA.

### 【引用網路資料】

行政院衛生署 (2002)。國人肥胖定義及處理原則。線上檢索日期：2010年05月20日。網址：[http://www.doh.gov.tw/CHT2006/DM/SEARCH\\_RESULT.aspx](http://www.doh.gov.tw/CHT2006/DM/SEARCH_RESULT.aspx)

Hilts, P. J. (1999, February 16). In forecasting their emotions, most people flunk out. *New York Times*. Retrieved November 21, 2000, from <http://www.nytimes.com>

### 【引用報紙資料】

李湧清 (2003, 8月11日)。學歷通貨膨脹成功要靠用功。聯合報，A15頁。

Schwartz, J. (1993, September 30). Obesity affects economic, social status. *The Washington Post*, pp. A1, A4.

# **A Study of Social Physique Anxiety and Self-Esteem by University Students at Different Stages of Exercise**

英文題目：14 號  
字、粗體、置中

摘要標題：12 號  
字、粗體、置中

## **Abstract**

The purpose of the study was to investigate the effects that gender, stages of exercise and body mass index bring to social physique anxiety and self-esteem. The subjects of the study were students selected from colleges and universities of technology in Taipei. There were 511 subjects in total including 284 males and 227 females with their average age  $18.28 \pm 1.42$ .

**Key words:** The transtheoretical model, body mass index, gender.

關鍵詞標題：12 號字、粗體

關鍵詞：12 號字、  
左右對齊