

**課程名稱:** 兒童與青少年健康研究 (Children and Adolescent Health Research) [健康促進與行為科學]

**講師:** 陳娟瑜 (Chuan-Yu Chen), 公衛所教授 (chuanychen@ym.edu.tw)

**時間:** 3:20-5:20 Wednesday (7<sup>th</sup>-8<sup>th</sup> class)

**學分:** 2 學分

**地點:** 221 RM

**修課上限:** 20

**學生要求:** 研究所，對兒童與青少年健康相關議題有研究興趣者

**課程描述:** 介紹兒童與青少年健康議題，以發展理論提供全面性的基礎知識與相關研究方法

**課表:**

Date	Course topics	Lecturer
09/16	1. Course overview and introduction	陳娟瑜
09/23	2. Human development-I Sociological/biological domains and theory	陳娟瑜
09/30	3. Human development-II Biological domain and theory (neuroscience)	王先逸
10/07	4. Social domain: school performance, runaway, truancy, bully	陳娟瑜
10/14	5. Physical domains: sexual behaviors, pregnancy, STD	陳娟瑜
10/21	6. Physical domains: injury and suicide	陳娟瑜
10/28	7. Physical domain: nutrition and weight	陳信任
11/04	8. <b>Mid-term exam</b>	陳娟瑜
11/11	9. Child welfare and social services for children and adolescents	張淑慧
11/18	10. Mental domain: substance use problems	陳娟瑜
11/25	11. Mental domain: neurodevelopmental disorders and affective disorder	陳娟瑜
12/02	12. Pre- and peri natal context	陳娟瑜
12/09	13. Social determinant I: SES and family	陳娟瑜
12/16	14. Social determinant II: Neighborhood, community, and policy	陳娟瑜
12/23	15. Research strategies and policy implications for underage health	陳娟瑜
12/30	16. Student Presentation	陳娟瑜

**Grading criteria:** Course grades will be evaluated on three domains (1) 20%: class participation; (2) 30% mid-term report; and (3) 50%: term paper & presentation.

**Course activities:** Each student is required to pick one topic on children/adolescent health-related issues for term paper which includes identification of research gap in Taiwan, literature review, and report drafting.

### Required Readings:

1. From Neurons to Neighborhoods: The Science of Early Childhood Development (2000). Eds: Committee on Integrating the Science of Early Childhood Development, Youth, and Families Board on Children, Jack P. Shonkoff, Deborah A. Phillips, Committee on Integrating the Science of Early Childhood Development, National Research Council. National Academies Press.
2. National Research Council and Institute of Medicine. (2004). Children's Health, the Nation's Wealth: Assessing and Improving Child Health. Committee on Evaluation of Children's Health. Board on Children, Youth, and Families, Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press.
3. Global and National Burden of Diseases and Injuries Among Children and Adolescents Between 1990 and 2013: Findings From the Global Burden of Disease 2013 Study. JAMA Pediatr. 2016 ;170(3):267-87.

### Recommended additional readings:

4. Adolescent Health: Understanding and Preventing Risk Behaviors (2009). Eds: DiClemente RJ, Santelli JS, Crosby RA. Jossey –Bass Publisher.
5. Development: Infancy through adolescence (2010). Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA. Wadsworth Cengage Learning
6. Epidemiological Methods in Life Course Research (2007). Eds: A Pickles, B, Maughan, and M. Wadsworth. Oxford University Press.
7. [http://www.who.int/child\\_adolescent\\_health/documents/adolescent/en/index.html](http://www.who.int/child_adolescent_health/documents/adolescent/en/index.html)

### Video:

1. Recovery boys: <https://www.netflix.com/tw/title/80177782>
2. Fed up <https://www.youtube.com/watch?v=ceRFvhlcsiY>
3. CPS (Inside The Child Protective Service): <https://www.youtube.com/watch?v=hy-JRoz6d1A>;  
<https://www.youtube.com/watch?v=PS1KaQ-EmZQ>;  
<https://www.youtube.com/watch?v=LQuOgtjMbhQ>

### 授課老師：

陳信任博士: 陽明大學公共衛生研究所([hsinjenchen@ms.ym.edu.tw](mailto:hsinjenchen@ms.ym.edu.tw))

王先逸博士：陽明大學解剖所 ([sabrinaw.wang@gmail.com](mailto:sabrinaw.wang@gmail.com))

張淑慧博士: 台灣照管協會理事長

陳娟瑜：陽明大學公共衛生研究所 ([chuanychen@ym.edu.tw](mailto:chuanychen@ym.edu.tw))

## Lecture 1: Course overview and introduction

- ◆ Reading:
  - Heckman JJ. Skill formation and the economics of investing in disadvantaged children. 2006;312(5782):1900-2.
  - Richter LM. Studying adolescence. Science. 2006;312(5782):1902-5.

## Lecture 2 Human development-I Psychological and sociological domain and theory

- ◆ Reading:
  - Steinberg L. Cognitive and affective development in adolescence. Trends Cogn Sci. 2005;9(2):69-74
  - Bretherton I. The Origins of Attachment Theory: John Bowlby and Mary Ainsworth. Developmental Psychology. 1992; 28 (5)759-775
  - **Executive Summary 2 Children's Health: A New Conceptual Framework.** National Research Council and Institute of Medicine. (2004). Children's Health, the Nation's Wealth: Assessing and Improving Child Health. Committee on Evaluation of Children's Health. Board on Children, Youth, and Families, Division of Behavioral and Social Sciences and Education. Washington, DC: The National Academies Press.
  - Bronfenbrenner U. Ecology of the Family as a Context for Human Development: Research Perspectives Developmental Psychology 1986; 22(6): 723-742
  
- ◆ Selective Reading:
  - Chapter V. Cognitive development in infancy. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) Development: Infancy through adolescence. Wadsworth Cengage Learning.
  - Chapter VIII. Cognitive development in early childhood. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) Development: Infancy through adolescence. Wadsworth Cengage Learning.\
  - Chapter IX. Nurturing relationship. From Neurons to Neighborhoods: The Science of Early Childhood Development (2000). Eds: Committee on Integrating the Science of Early Childhood Development, Youth, and Families Board on Children, Jack P. Shonkoff, Deborah A. Phillips, Committee on Integrating the Science of Early Childhood Development, National Research Council. National Academies Press.
  - Chapter VI. Socioemotional development in infancy. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) Development: Infancy through adolescence. Wadsworth Cengage Learning.
  - Chapter VIII. Socioemotional development in early childhood. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) Development: Infancy through adolescence. Wadsworth Cengage Learning.

### **Lecture 3: Human development-II Biological domain and theory (neuroscience)**

- ◆ Reading:
  - **Dahl RE.** Adolescent brain development: a period of vulnerabilities and opportunities. Keynote address. *Ann N Y Acad Sci.* 2004;1021:1-22.
  - **Chapter VIII. The developing brain.** From Neurons to Neighborhoods: The Science of Early Childhood Development (2000). Eds: Committee on Integrating the Science of Early Childhood Development, Youth, and Families Board on Children, Jack P. Shonkoff, Deborah A. Phillips, Committee on Integrating the Science of Early Childhood Development, National Research Council. National Academies Press.
- ◆ Selective Reading:
  - Chapter III. Physical development in infancy. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) *Development: Infancy through adolescence.* Wadsworth Cengage Learning.
  - Chapter VII. Physical development in early childhood. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) *Development: Infancy through adolescence.* Wadsworth Cengage Learning.

### **Lecture 4: Social domain: school performance, runaway, truancy, bully**

- ◆ Reading
  - Astone NM, McLanahan SS. Family structure parental practice and high school completion. *American Sociological Review* 1991;56: 309-20.
  - Witte K De, Cabus S, Thyssen G, Groot G. van den Brink HM. A critical review of the literature on school dropout. *Educational Research Review* 10 (2013) 13-28
- ◆ Selective Reading
  - Chapter XI. Eccles JS, Lord SE, Roeser RW, Barber BL, Hernandez Jozefowicz. The association of school transition in early adolescence with developmental trajectories through high school. Eds: Schulenberg, John, Maggs, Jennifer L, Hurrelmann, Klaus, (1997). *Health Risks and Developmental Transitions During Adolescence* (pp. 283-320). New York, NY, US: Cambridge University Press, xviii, 580 pp.

### **Lecture 5: Physical domains: sexual behaviors, pregnancy, STD**

- ◆ Readings
  - Bearinger LH, Sieving RE, Ferguson J, Sharma V. Global perspectives on the sexual and reproductive health of adolescents: patterns, prevention, and potential.

Lancet. 2007;369(9568):1220-31.

- Ruedinger E, Cox JE. Adolescent childbearing: consequences and interventions. *Curr Opin Pediatr.* 2012;24(4):446-52.

◆ Selective Reading

- Brooks-Gunn J & Paikoff R. Sexuality and developmental transition during adolescence. Eds: Schulenberg, John, Maggs, Jennifer L, Hurrelmann, Klaus, (1997). *Health Risks and Developmental Transitions During Adolescence* (pp. 190-219). New York, NY, US: Cambridge University Press, xviii, 580 pp.
- Caldwell CH and Antonucci. Childbearing during adolescence: mental health risks and opportunities. Eds: Schulenberg, John, Maggs, Jennifer L, Hurrelmann, Klaus, (1997). *Health Risks and Developmental Transitions During Adolescence* (pp. 220-245). New York, NY, US: Cambridge University Press, xviii, 580 pp.
- Chapter XIII. Physical development in adolescence. Eds: Steinberg L, Vandell DL, Bornstein M & Belmont CA (2010) *Development: Infancy through adolescence.* Wadsworth Cengage Learning.

## Lecture 6: Physical domains: injury and suicide

◆ Readings:

- Spirito A and Esposito-Smythers C (2006). Attempted and Completed Suicide in Adolescence. *Annual Review of Clinical Psychology: Vol. 2:* 237-266
- Hawton K, Saunders KE, O'Connor RC. Self-harm and suicide in adolescents. *Lancet.* 2012 Jun 23;379(9834):2373-82
- Sidebotham P, Fraser J, Covington T, Freemantle J, Petrou S, Pulikottil-Jacob R, Cutler T, Ellis C. Understanding why children die in high-income countries. *Lancet.* 2014;384(9946):915-27.

◆ Selective Reading:

- Chapters XIII: Unintentional injuries. *Adolescent Health: Understanding and Preventing Risk Behaviors* (2009). Eds: Ralph J. DiClemente, John S. Santelli, Richard A. Crosby. ISBN: 978-0-470-17676-4. Jossey –Bass Publisher.
- Chapters XIII: Prevention of Suicidal behaviors. *Adolescent Health: Understanding and Preventing Risk Behaviors* (2009) . Eds: Ralph J. DiClemente, John S. Santelli, Richard A. Crosby. ISBN: 978-0-470-17676-4. Jossey –Bass Publisher.
- Chapters IV: Resilience in Adolescence. *Adolescent Health: Understanding and Preventing Risk Behaviors* (2009) . Eds: Ralph J. DiClemente, John S. Santelli, Richard A. Crosby. ISBN: 978-0-470-17676-4. Jossey –Bass Publisher.

## Lecture 7: Physical domain: nutrition and weight

- ◆ Readings:
  - The motivating problem. Please read the attached file “[CAH] 1102 Required reading.pdf”
  - Daniels SR, Hassink SG; COMMITTEE ON NUTRITION. The Role of the Pediatrician in Primary Prevention of Obesity. *Pediatrics*. 2015 Jul;136(1):e275-92.
- ◆ Selective Reading
  - Dietz WH, Robinson TN. Clinical practice. Overweight children and adolescents. *N Engl J Med*. 2005 May 19;352(20):2100-9. Review
  - Brownell KD, Kersh R, Ludwig DS, Post RC, Puhl RM, Schwartz MB, Willett WC. Personal responsibility and obesity: a constructive approach to a controversial issue. *Health Aff (Millwood)*. 2010 Mar-Apr;29(3):379- 87.
  - Lobstein T, Jackson-Leach R, Moodie ML, Hall KD, Gortmaker SL, Swinburn BA, James WP, Wang Y, McPherson K. Child and adolescent obesity: part of a bigger picture. *Lancet*. 2015 Jun 20;385(9986):2510-20.

## Lecture 9: Child welfare and social services for children and adolescents

- ◆ Reading
  - 兒童權利公約[http://crc.sfaa.gov.tw/show\\_doc\\_area.php?location=A01](http://crc.sfaa.gov.tw/show_doc_area.php?location=A01)
  - 兒童權利公約逐條要義(A Commentary on the United Nations Convention on the Rights of the Child) [http://crc.sfaa.gov.tw/show\\_doc\\_area.php?location=C02&loc2=126](http://crc.sfaa.gov.tw/show_doc_area.php?location=C02&loc2=126)  
兒童及少年福利與權益保障法
- ◆ Selective Reading
  - 兒少福利與權益保障. 參閱社區發展季刊第 139 期 兒少福利與權益保障 (<http://www.sfaa.gov.tw/SFAA/Pages/List.aspx?nodeid=197>)
  - 馮燕、張紉、賴月蜜(2015)兒童及少年福利。台北：國立空中大學。
  - 各國兒少議題影片《被遺忘的天使》
  - 安置服務 兩段影片連結：[https://www.youtube.com/watch?v=vu\\_BAayToJA](https://www.youtube.com/watch?v=vu_BAayToJA)，<https://www.youtube.com/watch?v=76LqMnBZV-0>
  - 返家或自立(影片觀賞：[https://www.youtube.com/watch?v=3A8I\\_O7A4ws](https://www.youtube.com/watch?v=3A8I_O7A4ws))
  - 薛承泰 (2008)。台灣地區兒少貧窮：1991-2005 年的趨勢研究。臺灣社會學刊，40，89-130。

## **Lecture 10: Mental domain: substance use problems**

- ◆ Reading:
  - Masten AS, Faden VB, Zycker RA, Spear LA. Underage drinking: a developmental framework. *Pediatrics* 2008; 121:s235-251.
  - Hall WD, Patton G, Stockings E, Weier M, Lynskey M, Morley KI, Degenhardt L. Why young people's substance use matters for global health. *Lancet Psychiatry*. 2016 (3):265-79.
- ◆ Selective Readings:
  - Chapter X. Windle M & Windle WC. Adolescent alcohol Use. *Adolescent Health: Understanding and Preventing Risk Behaviors* (2009) . Eds: Ralph J. DiClemente, John S. Santelli, Richard A. Crosby.
  - Chapter XI. Kapungu C et al. Substance use among adolescents: risk, prevention, and treatment. *Adolescent Health: Understanding and Preventing Risk Behaviors* (2009) . Eds: Ralph J. DiClemente, John S. Santelli, Richard A. Crosby.

## **Lecture 11: Mental domain: neurodevelopmental disorders & affective disorders**

- ◆ Reading:
  - Rutter M, Kim-Cohen J, Maughan B. Continuities and discontinuities in psychopathology between childhood and adult life. *J Child Psychol Psychiatry*. 2006 Mar-Apr;47(3-4):276-95
  - Thapar A, Collishaw S, Pine DS, Thapar AK. Depression in adolescence. *Lancet*. 2012; 379(9820):1056-67.
- ◆ Selective Readings:
  - Ebata AT, Petersen AC, Conger JJ. The development of psychopathology in adolescence. Eds: Jon Rolf, Ann S. Masten, Dante Cicchetti, Keith H. Nüchterlein, Sheldon Weintraub (1990). *Risk and Protective Factors in the Development of Psychopathology* (pp 308-333). New York, NY, US: Cambridge University Press.

## **Lecture 12: Pre and perinatal contexts**

- ◆ Reading
  - Olds DL, Kitzman H. Can home visitation improve the health of women and children at environmental risk? *Pediatrics*. 1990 Jul;86(1):108-16.
  - Wigle DT, Arbuckle TE, Turner MC, Bérubé A, Yang Q, Liu S, Krewski D. Epidemiologic evidence of relationships between reproductive and child health outcomes and environmental chemical contaminants. *J Toxicol Environ Health B Crit Rev*. 2008 May;11(5-6):373-517.

## **Lecture 12: Social determinants I: SES and family**

- ◆ Reading
  - McLoyd VC. Socioeconomic disadvantage and child development. *Am Psychologist* 1998; 52(2): 185-204.
  - Duncan GJ and Brooks-Gunn J. Family Poverty, Welfare Reform, and Child Development. *Child development*, 2000; 71(1): 188-96.
- ◆ Selective Reading
  - Chapter VIII. Nurturing Relationship. *From Neurons to Neighborhoods: The Science of Early Childhood Development* (2000). Eds: Committee on Integrating the Science of Early Childhood Development, Youth, and Families Board on Children, Jack P. Shonkoff, Deborah A. Phillips, Committee on Integrating the Science of Early Childhood Development, National Research Council. National Academies Press. p

## **Lecture 13: Social determinant II: Neighborhood, community, and policy**

- ◆ Reading
  - Brooks-Gunn J, Duncan GJ, Klebanov PK, and Sealand N. Do Neighborhoods Influence Child and Adolescent Development? *Am J Sociology* 1993; 99(2): 353-95.
  - Kohen DE, et al. Neighborhood disadvantage: pathways of effects for young children. *Child Development* 2008;79(1): 156-69.
  - Kemper AR, Mabry-Hernandez IR, Grossman DC. U.S. Preventive Services Task Force Approach to Child Cognitive and Behavioral Health. *Am J Prev Med*. 2016 Jul 8
  - Child Mental Health Policy: Promise without Fulfillment? Fraser ME. In: *Social Policy for Children and Families. A Risk and Resilience Perspective*. Eds: Jenson JM & Fraser MW, Sage Publication (2006)

## **Lecture 15: Research strategies and policy implications for underage health**

- ◆ Reading
  - Rutter M, Kim-Cohen J, Maugham B. Continuities and discontinuities in psychopathology between childhood and adult life. *J Child Psychol Psychiatry*. 2006;47(3-4):276-95.
  - Catalano RF, Fagan AA, Gavin LE, Greenberg MT, Irwin CE Jr, Ross DA, Shek DT. Worldwide application of prevention science in adolescent health. *Lancet*;379(9826):1653-64.
  - Shonkoff JP, Garner AS; Committee on Psychosocial Aspects of Child and Family



Health; Committee on Early Childhood, Adoption, and Dependent Care;Section on  
Developmental and Behavioral Pediatrics.

The lifelong effects of early childhood adversity and toxic stress. *Pediatrics*. 2012;  
129(1):e232-46.