



Journal of Occupational Science

Abstract

Wilcock, A. A. (2007). Occupation and Health: Are They One and the Same? *Journal of Occupational Science*, 14(1), 3-8.

Addressing the question of what evidence there is for taking an occupational perspective of health, Wilcock argues that occupational science holds potential to improve the human condition and the environment by bringing together the diverse evidence being generated in many fields that address aspects of occupation and health. This possibility arises from the field's holistic nature, which encompasses the purpose and outcomes of humans' occupational nature, its interrelationship with health, and the outcomes of contemporary lifestyles. In supporting this vision, Wilcock cites evidence from history, health research, the directives of the World Health Organization, and occupational science itself.

職能與健康：他們是一回事或相同的？

針對有何證據支持以職能的觀點來看健康此一問題，Wilcock 收集了由許多領域中所產生的，關於職能與健康的多樣化的各種實証，主張職能科學具有提升人類健康的狀態及環境的潛能。這個可能來自於此領域的整體性本質，包含人類職能本質的目的和結果、它和健康的相互關係，以及現代生活型態的結果。為了支持這個看法，Wilcock 從歷史、健康研究、世界衛生組織的指示，以及職能科學本身中舉證。