

考試科目	輔導與諮商	系所別	輔導與諮商碩士學位學程	考試時間	2月9日(星期三) 第二節
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- 一、新冠肺炎(COVID-19)疫情，造成全世界身心健康議題的增加。請解釋以下名詞，並說明如何應用於因疫情而造成極度焦慮的個案狀況。(25分)
1. logotherapy
 2. externalizing conversations
 3. retroflection
 4. WDEP system
 5. negative cognitive triad
- 二、越來越多的腦科學及創傷研究相關知識，被應用於輔導諮商實務工作。請闡述當你面對一位具童年逆境經驗(Adverse Childhood Experiences, ACES)、並有情緒困擾及拒學行為的青少年個案，可以如何運用相關知識，來促進有效能的個案工作及系統合作?(25分)
- 三、近年來，諮商心理師逐漸扮演起促進改變與倡導(advocacy)的角色。試從你自身的社會參與及社會關懷經驗出發，說明可以如何使用社會正義諮商(social justice counseling)，來發揮諮商心理師的專業責任，你又會結合哪些其他諮商理論來進行此工作?(25分)
- 四、因應疫情的需求，通訊(遠距)心理諮商(telemental health)開始被更廣泛地使用，而在台灣，相關法規也逐漸鬆綁。試論述通訊心理諮商相較於實體面對面諮商的優點及其限制或挑戰，以及在執行上心理師所應注意之面項。(25分)

備

註

- 一、作答於試題上者，不予計分。
- 二、試題請隨卷繳交。

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一、選擇題（請以最適合的答案作選擇。每題 2 分，共 40 題，合計 80 分）

選擇題請在答案卡上作答，否則不予計分。

1. Which of the following phenomena do contemporary psychodynamic therapists NOT explore with their clients?

- A. interpersonal relations and childhood attachments
- B. cognitive distortions
- C. traumatic experiences
- D. recurring themes and patterns in thoughts and feelings

2. John is in psychotherapy for an eating disorder. Her therapist is warm and supportive and can easily take her perspective. He encourages her to express her thoughts and feelings about her eating issues and does not judge or criticize anything she says. This therapeutic relationship is the basis for change, creating an environment where the client can be herself. This therapist is using a _____ therapeutic approach.

- A. cognitive-behavioral
- B. client-centered
- C. mindfulness-based
- D. psychoanalytic

3. Which therapy is a legacy of the work of Ivan Pavlov?

- A. exposure therapy
- B. cognitive therapy
- C. insight therapy
- D. dialectical behavior therapy

4. Jake takes haloperidol to ease his hallucinations and delusional thinking. Haloperidol is considered:

- A. a tranquilizing drug.
- B. a psychedelic drug.
- C. an endogenous opioid.
- D. an antipsychotic medication.

5. This type of provider deals primarily with adjustment problems that do not involve mental illness.

- A. clinical psychologist
- B. psychiatrist
- C. counseling psychologist
- D. social worker

6. Obsessive-compulsive disorder is best treated through the use of:

- A. systematic desensitization.
- B. exposure and response prevention.
- C. lithium.
- D. cognitive restructuring.

7. Major depression and bipolar disorder:

- A. are both more prevalent in women than men.

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- B. are fundamentally different and require different treatment approaches.
C. both respond to lithium.
D. are as difficult to treat as personality disorders.
8. Children with ADHD respond best to this type of treatment in the short term.
A. structured behavioral treatment C. stimulant medication
B. cognitive therapy D. applied behavioral analysis
9. In summarizing what is known about the treatment of autism spectrum disorder, you should conclude that although not free of problems, _____ have shown the most promise.
A. biological treatments C. brain stimulation protocols
B. psychotherapy interventions D. behavioral techniques
10. In the current understanding of psychological disorders, _____ is thought to be a normal response to stress but is problematic when it is _____.
A. depression; severe
B. social anxiety; experienced with close friends and family
C. anxiety; experienced excessively in the absence of a true threat
D. panic; experienced more than once a week
11. In the *DSM-5* posttraumatic stress disorder is classified as a(n) _____ disorder.
A. anxiety C. depressive
B. trauma and stressor-related D. adjustment
12. Insomnia can be a symptom of:
A. depression. C. either depression or mania.
B. mania. D. neither depression nor mania.
13. A woman says, "The eagle takes flight at three o'clock and flies here from General Electric. I get my check from the eagle; he goes from the mailbox to make a payment. He's a secret spy for my husband and makes a shotgun sound." This woman is displaying a:
A. negative symptom of schizophrenia.
B. positive symptom of schizophrenia.
C. negative symptom of bipolar disorder.
D. positive symptom of bipolar disorder.

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14. Temperamental differences in humans are primarily a function of:
- different early environments.
 - different parenting styles.
 - underlying differences in biological processes.
 - gender differences.
15. Which of the following have Buss and Plomin identified as basic traits or temperaments in infants?
- novelty seeking, shyness, and activation
 - inhibition, extraversion, and sociability
 - activity level, emotionality, and sociability
 - shyness, sensation seeking, and agreeableness
16. The current view of defense mechanisms suggests that they:
- encourage moral decisions.
 - increase psychopathology.
 - support self-esteem.
 - decrease social interactions.
17. During the phallic stage, children develop hostility toward the same-sex parent because they desire an exclusive relationship with the opposite-sex parent. Freud argued that this conflict is typically resolved by the:
- child's adopting many of the same-sex parent's values and ideals.
 - parents' confronting the child's inappropriate behavior.
 - id, which attempts to rein in the sexual urges.
 - time the child is 3 years old.
18. Jane knows she can succeed at getting into medical school. She says, "All I have to do is figure out how other people got in, select the strategies I can successfully use, and then implement my plan." Martha is showing high levels of:
- unconditional positive regard.
 - external locus of control.
 - internal locus of control.
 - openness to experience.
19. In Eysenck's hierarchical model of personality, the most general or superordinate traits are:
- introversion/extraversion, emotional stability, and psychoticism.
 - sociability, dominance, and assertiveness.
 - conscientiousness, agreeableness, and neuroticism.
 - emotionality, sociability, and activity level.

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20. When people remember information about the self, which brain region is most active?

- A. amygdala
B. parietal lobe
C. frontal lobes
D. hypothalamus

21. The Body Mass Index (BMI) of an adopted child will be _____ to the BMI of the adoptive parents and _____ to the BMI of the biological parents.

- A. similar; similar
B. unrelated; dissimilar
C. unrelated; similar
D. dissimilar; dissimilar

22. Maya's HPA axis has been activated over many weeks. After chronic HPA activation over this long period, Maya is most likely to have problems in:

- A. smooth muscle movement.
B. remembering information.
C. understanding spoken language.
D. expressing positive and negative emotions.

23. According to Selye, the general adaptation syndrome consists of three stages that occur in the following order:

- A. exhaustion, resistance, alarm.
B. resistance, alarm, exhaustion.
C. alarm, exhaustion, resistance.
D. alarm, resistance, exhaustion.

24. Comparing the three-stages of the general adaptation syndrome (GAS) model in stress, you know that defenses are maximized during the _____ stage.

- A. alarm
B. exhaustion
C. resistance
D. pituitary

25. How might the James-Lange theory of emotion describe the relationship between fear and trembling?

- A. Fear and trembling are unrelated.
B. We tremble and feel afraid simultaneously.
C. We tremble because we feel afraid.
D. We feel afraid because we tremble.

26. Ever since his girlfriend broke up with him, Marcus has been going over the breakup in his mind. "Why did she leave? How could I have stopped her? We had such wonderful times. I miss her so much." Marcus is coping with his feelings through:

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38. The first time you pick up your pet hamster it recoils in fear, but after a week of handling, your hamster is not bothered anymore. What change came over your hamster through the simple act of repetitive handling?

- A. operant conditioning
B. learned helplessness
C. sensitization
D. habituation

39. What type of learned response occurs when a formerly neutral object begins to elicit a reflexive (or highly similar) response after it has been paired with a stimulus that naturally elicits that response?

- A. orienting reflex
B. classical conditioning
C. consequence conditioning
D. operant conditioning

40. Allie is afraid of her neighbor's large dog. She then becomes afraid of any dog she sees on the street, and eventually she fears even pictures of dogs or toy dogs. This change in her fear of dogs represents:

- A. second-order conditioning.
B. generalization.
C. discrimination.
D. reconditioning.

二、簡答題 (每題 4 分，共 5 題，合計 20 分)：

1. Multisystemic treatment
2. Meta-analysis
3. Cohort effect
4. Nonshared environment vs shared environment
5. Double-blind procedure

備

註

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作答說明：全部作答，不必抄題，但要清楚標示作答題號。

一、解釋名詞：(共 25 分)

1. 中央極限定理 (central limit theorem) (5 分)
2. 顯著性檢定 (test of significance) (5 分)
3. 第一類型錯誤率 (type I error) (5 分)
4. 標準誤 (standard error) (5 分)
5. 自由度 (degree of freedom) (5 分)

二、在諮商與輔導的研究領域上，研究者常採用受試者內(within-subjects)實驗設計方法，其最常見的作法即是針對同一批受試者進行實驗的前後測驗，並以後測分數(post-test scores)減去前測分數(pre-test scores)的差距，作為實驗成效的證據。請問：身為研究員的你/妳，針對這類實驗設計所收集的資料，你/妳該考慮使用何種最適宜的統計方法，來檢定該實驗結果確實是有效的？請說明你/妳決策的理由。(25 分)

三、請問：試比較 KR-20 信度係數和 α 信度係數有何異同？(10 分)身為輔導老師的你/妳，如果想要使用五大人格量表(Big-Five Factor Scale)來作為診斷學生的人格傾向，此時，你/妳該考慮採用何種信度係數(KR-20 信度係數或 α 信度係數)為宜，請說明你/妳選擇的理由為何？(15 分)

四、一份成就測驗的命題與施測，最怕碰到有偏差的試題(biased items)，因為有偏差的測驗(biased test)常會造成一場不公平的考試結果。因此，請問：常見的偏差測驗的來源有哪些類型？(10 分)身為輔導老師的你/妳，如果碰到自己所命的考試題目試後分析發現有偏差的話，你/妳該如何處理才能維持這場考試的公平性？(15 分)

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