

招生學年度	101	招生類別	碩士班
系所班別	諮商與臨床心理學系碩士班(臨床心理學組)		
科目	臨床心理學專論		
注意事項	滿分為 150 分；含變態心理學、臨床心理學、健康心理學		

一、選擇題(一題 2 分，共 70 分)

- When stress is defined as a series of transactions, what aspect of stress is emphasized?
 - Stress as a process involving continuous interaction with the person and environment each affecting and being affected by the other.
 - Stress as the transition mechanism from endocrine system to cardiovascular system.
 - Stress as the psychological and physiological response to a stressor.
 - Stress as physically or psychologically challenging events or circumstances.
- According to Lazarus (1999), when a person experiences stress, the secondary appraisal targets at:
 - The threats.
 - The challenges.
 - The resources.
 - The outcomes.
- According to Selye (1985), which of the following is not included in the general adaptation syndrome (GAS) in facing stress?
 - Stage of Preparation.
 - Alarm reaction.
 - Stage of resistance.
 - Stage of exhaustion.
- The type of social support people need depends on the stressful circumstance. According to Marin et al (1994), which of the following was reported as the most helpful by cancer patients?
 - Fanatical support.
 - Information support.
 - Emotional or esteem support.
 - Tangible or instrumental support.
- According to Abraham Maslow creative geniuses are:
 - special people with unique, innate abilities
 - what we all could be if we realized our potential
 - the result of unusual conditions of reinforcement
 - frequently neurotic
- If a person is said to be always having time to "stop and smell roses." This person is most likely to be of:
 - Type A behavior pattern.
 - Type B behavior pattern.
 - Type C behavior pattern.
 - Type D behavior pattern.
- Which emotion is highly linked to coronary heart disease (CHD) when the person is of competitive achievement orientation?
 - Sorrow/grief.
 - Anger/hostility.
 - Depression.
 - Anxiety.
- The coping strategy people tend to use when they believe they can do little to change the stressful conditions is:
 - Solution-focused coping.
 - Demand-focused coping.
 - Problem-focused coping.
 - Emotion-focused coping.
- The correlation between IQ scores and academic performance is:
 - greater in elementary and high school, and smaller in college and graduate school.
 - smaller in elementary and high school, and greater in college and graduate school.
 - relatively stable across different levels of schooling.
 - close to 0.0.
- Beck emphasizes:
 - automatic thinking and logical errors
 - positive self-statement
 - irrational beliefs
 - positive and negative reinforcement
- The therapist ingredient that contributes the most to successful therapy outcome is:
 - experience
 - empathy
 - personal therapy
 - gender

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12. A boy begins to display some fear of his father. Assuming there is no external basis for this fear (e.g., abuse), the boy is most likely in which of the following psychosexual stages:
- (1) Anal.
 - (2) Genital.
 - (3) Phallic.
 - (4) Latency.
13. After being released from the hospital, a adolescent is returned to her regular classroom, and a supportive therapy program is set up. This is an example of:
- (1) primary prevention.
 - (2) secondary prevention.
 - (3) tertiary prevention
 - (4) community-based intervention.
14. Gestalt therapists believe that dreams are reflections of:
- (1) unconscious aggressive and libidinal drives.
 - (2) the collective unconscious.
 - (3) aspects of the client.
 - (4) the social environment.
15. The treatment of choice for OCD involves:
- (1) systematic desensitization.
 - (2) exposure with response prevention.
 - (3) aversive counterconditioning.
 - (4) supportive psychotherapy.
16. The chief distinguishing feature of psychotic disorders is
- (1) confusion of fantasy and reality.
 - (2) exposure with response prevention.
 - (3) overwhelming anxiety.
 - (4) obsessive behavior.
17. Until WW II, clinical psychology meant:
- (1) application of psychology in hospitals
 - (2) doing psychotherapy
 - (3) administering mental tests
 - (4) teaching mental hygiene
18. Which of the following is NOT one of Carl Rogers' three modes of knowing?
- (1) objective knowledge of another person through observing their behavior
 - (2) objective knowledge of oneself through observing one's own behavior
 - (3) subjective knowledge of one's own self consciousness
 - (4) subjective knowledge of another person's consciousness through empathy
19. The drugs used to control hallucinations and other psychotic symptoms are called
- (1) anti-depressants.
 - (2) tranquilizers.
 - (3) minor tranquilizers.
 - (4) antipsychotics.
20. X makes an appointment with a therapist to discuss a problem he's been having. X must have a psychological disorder according to which of the following definitions?
- (1) irrational/dangerous
 - (2) Help seeking
 - (3) emotional distress
 - (4) deviance
21. Retreat from reality by hallucinations and delusions and by social withdrawal typically characterizes
- (1) somatoform disorders.
 - (2) anxiety disorders.
 - (3) psychotic disorders.
 - (4) personality disorders.
22. What is the connection between irrational or dangerous behavior and mental disorders?
- (1) Most people with mental disorders behave in a highly irrational or dangerous manner.
 - (2) Self-destructive behaviors, which are irrational and dangerous, are common in most mental disorders.
 - (3) The majority of people with mental disorders are not dangerous and they are not highly irrational.
 - (4) Most violent crimes, which are irrational and dangerous, are committed by mental ill people.
23. Which type of disorder typically involves little or no emotional distress for the person with the disorder?
- (1) anxiety disorders
 - (2) mood disorders
 - (3) personality disorders
 - (4) somatoform disorders

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24. Which of the following provides a better definition of abnormality than the others?
- (1) Deviant
 - (2) emotional distress
 - (3) Help seeking
 - (4) irrational/dangerous
25. The Freudian explanation of anxiety disorders emphasizes
- (1) the avoidance paradox.
 - (2) learned habits of self-defeating behavior.
 - (3) forbidden impulses that threaten a loss of control.
 - (4) the development of a faulty or inaccurate self-image and distorted self-perceptions.
26. Statistical approaches to abnormality define as "abnormal" those who
- (1) show evidence of loss of contact with reality.
 - (2) are unhappy, withdrawn, and depressed.
 - (3) deviate from typical or average patterns of behavior.
 - (4) are disabled by anxiety.
27. If a person suffering from schizophrenia has an identical twin, that twin
- (1) will have a 46 percent chance of becoming schizophrenic.
 - (2) will be no more likely than anyone else to become schizophrenic.
 - (3) is almost sure to become schizophrenic.
 - (4) is also likely to have more than one personality.
28. Persons who are excessively narcissistic, dependent, or antisocial are characterized as having
- (1) somatoform disorders.
 - (2) generalized anxiety.
 - (3) conversion reactions.
 - (4) personality disorders.
29. Mood disorders are those in which the person may
- (1) experience severe depression and threaten suicide.
 - (2) exhibit symptoms suggesting physical disease or injury but for which there is no identifiable cause.
 - (3) exhibit behavior that is the result of an organic brain pathology.
 - (4) experience delusions and hallucinations.
30. Which definition of abnormality is considered to be the best?
- (1) Deviant
 - (2) Help seeking
 - (3) irrational/dangerous
 - (4) significant impairment
31. Eclecticism is a psychological approach that draws upon many theories to understand the person as a whole. What does this statement suggest?
- (1) No one theory can completely explain every aspect of human behavior.
 - (2) Eclecticism is a complicated approach and often contains contradictions.
 - (3) Since psychology is not an exact science, psychologists rarely agree on theories.
 - (4) Human behavior is difficult to study, and theories are often not based on research.
32. Electroconvulsive therapy (ECT) is most likely to be used, as a last resort, with which type of problem?
- (1) hyperactivity and agitation
 - (2) conversion reactions
 - (3) paranoia
 - (4) severe depression that does not respond to any other treatment
33. Client-centered psychotherapy was important for developing clinical psychology in the 1940s because it:
- (1) provided a form of therapy not rooted in psychiatry
 - (2) worked better than psychoanalysis
 - (3) was solidly based on psychological research
 - (4) was scientifically quantitative

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34. X is feeling so depressed that he is having trouble making it to work and when he is there, he rarely completes his tasks with the degree of attention that they require. In addition, his wife has started complaining because X is no longer interested in doing things with her, the kids, or their friends. Which definition of abnormality best fits for X?
- (1) dangerous
(2) deviant
(3) Help seeking
(4) impairment
35. A man would be considered normal if he believes he is possessed by a spirit that causes him to shout and laugh uncontrollably, but in some cultures he would be considered abnormal. This example demonstrates:
- (1) cultural sensitivity
(2) cultural relativism
(3) historical relativism
(4) historical reductionism

二、解釋名詞 (20 分)

1. 請試述 HPA 代表什麼，通常以 HPA 說明何種疾病之生理致病成因(4 分)
2. 請試述 PTSD 代表什麼，及此疾患之主要症狀現象(4 分)
3. Psychoneuroimmunology (請儘量說明，並舉例) (4 分)
4. Resilience (4 分)
5. Ipsative measurement (請除解釋名詞外，並舉一例說明) (4 分)

三、問答題(60 分)

1. (1)請舉出測量壓力(the measurement of stress)的三種方法，詳細說明並至少指出一項測量工具。(12 分)
(2)根據 Sarafino (2008)的 *Health Psychology*，壓力是一個不容易定義，也就不容易測量的概念。如果我們發現，“measures of stress do not correlate very highly with illness” (Sarafino, 2008, p. 84)，你會如何來反省目前心理學研究上對壓力的定義呢？請儘量闡述。(8 分)
2. 請試述轉化症(Conversion disorder)與身體化症(Somatization)在 1. 症狀表現 2. 病程發展 3. 對症狀之態度有何差異。(10 分)
3. 請以 Beck 等人之認知治療角度解釋憂鬱症(depression)之形成：(a)學習無助感(2 分) (b)歸因理論(2 分) (c)無望感論(2 分)等如何導致憂鬱。
4. 以認知治療之角度解釋恐慌症(Panic disorder)之發生。(4 分)
5. 在神經傳導歷程中神經元的結構為何？(3 分)傳導方式為何？(2 分)
6. 目前吾人所知神經傳導可能出錯之歷程為何？(5 分)
7. 請闡述轉介問題 (referral question) 在心理銜鑑過程中的角色及重要性。(10 分)