

考試科目	心理學	系所別	輔導與諮商 碩士學位學程	考試時間	2 月 9 日(三) 第 3 節
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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:
- A. different early environments.
 - B. different parenting styles.
 - C. underlying differences in biological processes.
 - D. gender differences.
15. Which of the following have Buss and Plomin identified as basic traits or temperaments in infants?
- A. novelty seeking, shyness, and activation
 - B. inhibition, extraversion, and sociability
 - C. activity level, emotionality, and sociability
 - D. shyness, sensation seeking, and agreeableness
16. The current view of defense mechanisms suggests that they:
- A. encourage moral decisions.
 - B. increase psychopathology.
 - C. support self-esteem.
 - D. 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:
- A. child's adopting many of the same-sex parent's values and ideals.
 - B. parents' confronting the child's inappropriate behavior.
 - C. id, which attempts to rein in the sexual urges.
 - D. 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:
- A. unconditional positive regard.
 - B. external locus of control.
 - C. internal locus of control.
 - D. openness to experience.
19. In Eysenck's hierarchical model of personality, the most general or superordinate traits are:
- A. introversion/extraversion, emotional stability, and psychoticism.
 - B. sociability, dominance, and assertiveness.
 - C. conscientiousness, agreeableness, and neuroticism.
 - D. 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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A. thought suppression.

C. rebound.

B. misattribution.

D. rumination.

27. Yeast causes bread to rise, and sugar activates the yeast. In terms of human behavior, yeast is like _____ and sugar is like _____.

A. motivation; motivation

C. motivation; emotion

B. emotion; emotion

D. emotion; motivation

28. The Yerkes-Dodson law, which characterizes the relation between arousal and performance, is characterized graphically as a(n):

A. U-shaped function.

C. linear function.

B. inverted U-shaped function.

D. exponential function.

29. Thinking about how good a piece of chocolate cake would taste is a _____ cognition; working through how the recipe could be improved to make an even better cake is a _____ cognition.

A. cold; hot

C. cold; warm

B. hot; cold

D. warm; hot

30. Which of the following conditions is a preventable birth defect?

A. Down syndrome

C. hemophilia

B. fetal alcohol syndrome

D. developmental delay

31. Dynamic systems theory refers to the view that development is:

A. a self-organizing process.

B. shaped entirely by parenting.

C. based on inconsistent interactions between a child and the environment.

D. determined mostly by genetic factors.

32. The results of Harlow's research with infant monkeys:

A. supported Freud's notions of human development.

B. supported behavioral theories of development.

C. challenged Freudian theories of development.

D. undermined the notion of sensitive periods during development.

33. A hormone that has recently been shown to play an important role in mother/infant attachment is:

A. testosterone.

C. epinephrine.

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- B. oxytocin. D. norepinephrine.
34. Infantile amnesia refers to the observation that:
- A. infants quickly forget stimuli they have seen recently.
 - B. infants repress any unpleasant images they see.
 - C. adults are unable to remember things that occurred to them before about the age of 3.
 - D. we can remember what occurred in infancy but not why it occurred.
35. In Piaget's view of cognitive development, assimilation has occurred when _____, and accommodation when _____.
- A. something new that has happened to the child is incorporated into existing schemas; new experiences are reinterpreted
 - B. new experiences are incorporated into existing schemas; existing schemas are dramatically altered to include the new experiences
 - C. existing schemas are modified; existing schemas are discarded
 - D. existing schemas are discarded; existing schemas are modified
36. "Around Christmas time, Samantha sees her neighbor, Mr. Miller, dressed up as Santa Claus at the mall. When she asks him, 'Are you Mr. Miller?' he responds, 'No, I'm Santa Claus!'" Which of the following questions would assess a child's theory of mind in response to this story?
- A. How does Samantha know Mr. Miller?
 - B. Why does Mr. Miller say that?
 - C. Is it true what Mr. Miller says?
 - D. Why is Samantha at the mall?
37. Your grandparents are increasingly focused on things that have emotional meaning for them and have begun spending more time with a smaller circle of friends. These developments are most consistent with:
- A. Erikson's stage theory.
 - B. Freud's psychodynamic theory.
 - C. Carstensen's socioemotional selectivity theory.
 - D. Piaget's stages of development.

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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

- 一、作答於試題上者，不予計分。
- 二、試題請隨卷繳交。