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Multiple choice (Select the most optimal answer for each item)

1. Cholinesterase _____, one class of drugs approved to treat the cognitive symptoms of dementia, _____.
 - A. blockers; help break down the neurotransmitter acetylcholine.
 - B. inhibitors; help reduce the production of acetylcholine.
 - C. agonists; help produce greater amounts of acetylcholine.
 - D. inhibitors; help prevent the breakdown of acetylcholine.
2. Conversion disorder is usually characterized by:
 - A. sensory and motor deficits.
 - B. loss of memory.
 - C. pain in different areas of the body.
 - D. sexual dysfunction.
3. Family studies show that the relatives of people with substance-related disorders are _____ to have a substance disorder than are the relatives of people with no such disorder.
 - A. just as likely
 - B. less likely
 - C. significantly more likely
 - D. no more likely
4. Which of the following personality disorders is more likely to endorse beliefs such as "I don't have to be bound by rules that apply to other people"?
 - A. Borderline personality disorder
 - B. Schizotypal personality disorder
 - C. Avoidant personality disorder
 - D. Narcissistic personality disorder
5. Negative symptoms of schizophrenia:
 - A. are only seen in the acute phase of the disorder.
 - B. are most prominent in the prodromal and residual phases.
 - C. are present during the premorbid level of functioning.
 - D. are present only in the disorganized type of schizophrenia.
6. A researcher should expect low test-retest reliability for an anxiety questionnaire that measures:
 - A. general tendencies.
 - B. enduring characteristics.
 - C. current symptoms.
 - D. common tendencies.
7. Which of the following best explains why those who take heroin while on methadone do not experience heroin's intense psychological effects?
 - A. Methadone is more potent than heroin.
 - B. Methadone has longer-lasting effects than heroin.
 - C. Methadone blocks receptors for heroin.
 - D. Methadone transfers dependency.

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8. Which of the following is the best method of improving the validity and reliability of psychological tests?
 - A. Conducting at least three trials before using them for research
 - B. Having them reviewed by professionals in the field of psychopathology
 - C. Limiting their use to patients with severe disorders
 - D. Standardizing their administration and interpretation

9. "The finding that functional neurological disorder is currently more common in Libya than in England means that cultures with increased medical sophistication are less likely to have somatoform disorders." What is a flaw in this argument?
 - A. Functional neurological disorder was actually more common in 19th century England.
 - B. It fails to recognize that differing rates may be caused by variations in diagnostic practices.
 - C. Functional neurological disorder is fundamentally different from the somatoform disorders.
 - D. None of the above is correct.

10. Longitudinal studies have shown that women who:
 - A. internalize the thin ideal are more likely to develop bulimic symptoms.
 - B. understand all the implications of the thin ideal are more likely to develop bulimic symptoms.
 - C. argue against the thin ideal are more likely to develop bulimic symptoms.
 - D. recognize pressures from the media to subscribe to the thin ideal are more likely to develop bulimic symptoms.

11. When participants in research studies are told about the potential risks and are free to decline participation, it is called
 - A. informed consent.
 - B. freedom of choice.
 - C. confidentiality
 - D. *mens rea*.

12. An area of the inferior frontal gyrus called _____ is involved in the ability to articulate and analyze words.
 - A. Wernicke's area
 - B. Broca's area
 - C. the anterior cingulate
 - D. the anterior commissure

13. Results from Weisz et al (2003) follow-up study of behavior problems in Thai and U.S. cultures suggest that
 - A. U.S. children are referred to clinics more often for internalizing problems than externalizing problems.
 - B. Thai children exhibit more externalizing behaviors.
 - C. internalizing and externalizing behaviors are fairly comparable across cultures, but specific behaviors within these domains are not.
 - D. behaviors should not be separated into internalizing and externalizing behaviors because a behavior that is viewed in one culture as internalizing may not be viewed the same way in a different culture.

14. Which of the following can be used to show differences in activity in specific areas of the brain?
 - A. Positron-emission tomography (PET)
 - B. Thematic Apperception Test (TAT)
 - C. Electroencephalogram (EEG)
 - D. Computerized tomography (CT)

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15. People who inherit _____ alleles of the ApoE gene from both parents have an 8 to 12 times greater risk of developing Alzheimer's disease.
A. e2 B. e3 C. e4 D. e5
16. The current edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM):
A. incorporates a continuum perspective on disorders.
B. is theoretically-based on the behavioral perspective.
C. fails to account for social factors that impact mental illness.
D. uses personal experiences and feelings as the main criteria for diagnosis.
17. John showed behavioral problems in preschool, and they only seem to have gotten worse as he has gotten older. He is more likely to continue to engage in antisocial behaviors into adulthood than kids who developed the behavioral patterns at a later age, a pattern called:
A. transient antisocial behavior.
B. infantile-onset antisocial behavior.
C. adolescent-onset antisocial behavior.
D. life-course-persistent antisocial behavior.
18. For many years, James had been isolated from the public by his family members on account of his mental illness. His family kept him locked in a room, and brought him his meals. Suddenly, they began to allow him to move more freely throughout the house. In addition, he was allowed to sit outside, and work in the garden. The new approach to James' caregiving is representative of the _____.
A. moral treatment model.
B. community mental health movement.
C. managed care system.
D. psychoanalytic perspective.
19. Which of the following represents one of the difficulties in diagnosing somatic symptom disorders?
A. The person is probably faking the symptoms
B. The person has difficulty pinpointing the physical discomfort
C. The person may have a real physical problem that is difficult to detect
D. The person does not consciously produce or control the symptoms
20. Which of the following statements is true about the diathesis-stress model of the development of disorders?
A. The vulnerability can be biological, psychological, or social, and a stressor causes the disorder to manifest.
B. An individual experiences a minimal amount of psychological and social stress that creates an atmosphere for the emergence of a disorder.
C. Biological factors and psychological factors interact and create social stressors that influence the disorder.
D. Psychological and social vulnerability are loosely associated with the disorder and biological factors are the main contributors to the disorder.
21. Which of the following is a criticism leveled against the biological approach to abnormality?
A. It often ignores the fact that environmental and psychological processes can affect biological functioning.
B. It argues that people prefer to deal with the issues in their lives that are contributing to their psychological problems rather than turn to drugs.
C. It seems to erase any blame or responsibility that might be put upon the sufferer of a disorder.
D. It forces people who suffer disorders to simply accept that they have a disease and obtain the appropriate treatment.

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22. A bee stung Leah while she was playing in the yard a few weeks ago. She now becomes panicky each time she goes out to play. In this example, the conditioned stimulus is ____.
- A. the sting
 - B. playing outside
 - C. seeing the bee
 - D. feeling panicky
23. Social drift refers to the:
- A. impoverished social conditions that cause symptoms of schizophrenia.
 - B. tendency of people with schizophrenia to willingly isolate themselves, thus drifting away from social relationships.
 - C. likelihood that people with schizophrenia will be neglected by society.
 - D. tendency of people with schizophrenia to drift downward in social class.
24. Which of the following statements is true of prevention programs?
- A. Primary prevention strategies focus on detecting a disorder in its earliest stages.
 - B. Secondary prevention focuses on people who already have a disorder and focus on prevention of relapse.
 - C. Tertiary prevention strategies for preventing drug abuse might include changing neighborhood characteristics that contribute to drug use.
 - D. Secondary prevention often involves screening for early signs of a disorder and then administering an intervention to prevent the development of a full-blown disorder.
25. Mary is extremely opinionated and overcontrolling. She is often stingy with her money and is obsessed with neatness and order. According to Freudian theory, Mary is most likely fixated at which psychosexual stage of development?
- A. Oral
 - B. Anal
 - C. Phallic
 - D. Genital
26. The research on epigenetic processes carried out by Michael Meany found that:
- A. the behavior of mother rats toward their offspring influences the development of the pups' reactions to stress in adulthood.
 - B. the extent to which the mother rat grooms the pup in the first week of life is indirectly related to the release of certain hormones in the pup.
 - C. pups that are licked and groomed more tend to grow into adult rats that are more fearful and show less developed responses to stress.
 - D. the biological offspring of mothers who typically lick and groom less, when raised by mothers who lick and groom more, have less effective stress responses.
27. Lithium is:
- A. a rare metallic element found only in natural springs.
 - B. a safer treatment than anticonvulsants because it has fewer and milder side effects.
 - C. commonly used in the treatment of bipolar disorder.
 - D. very effective in reducing tardive dyskinesia.
28. Which of the following spend the least amount sleeping time in REM sleep?
- A. Newborn infants
 - B. Teens
 - C. Young adults
 - D. Older people

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29. Julia suddenly experienced delusions, hallucinations, and disorganized speech but these symptoms lasted for only 3 days. She is most likely to be diagnosed with _____.
- A. schizoaffective disorder
 - B. schizophreniform disorder
 - C. delusional disorder
 - D. brief psychotic disorder
30. Under the DSM-5 approach, the first step in diagnosing a personality disorder is determining:
- A. how physiological factors come into play.
 - B. an individual's level of functioning.
 - C. whether an individual has any pathological traits.
 - D. relevant details of family history.
31. Dissociative disorders share
- A. feelings of depersonalization.
 - B. physical symptoms with no physiological basis.
 - C. an inability to distinguish reality from fantasy.
 - D. an alteration in consciousness or identity.
32. The behavioral component of cognitive-behavioral therapy in treating anorexia involves:
- A. identifying and analyzing the client's childhood experiences with food.
 - B. giving rewards that are contingent on weight gain.
 - C. providing negative reinforcements every time the client purges.
 - D. conditioning the client's responses to the environment.
33. Which type of attention-deficit/hyperactivity disorder (ADHD) is diagnosed if six or more symptoms of inattention but fewer than six symptoms of hyperactivity-impulsivity are present?
- A. Predominantly inattentive type
 - B. Predominantly hyperactive-impulsive type
 - C. Predominantly sluggish type
 - D. Combined type
34. Which of the following characterizes schizotypal personality disorder?
- A. Blunted or inappropriate affect
 - B. Highly intense interpersonal relationships
 - C. Nearly complete loss of touch with reality
 - D. Bizarre or idiosyncratic worldviews
35. The DSM-IVTR had a classification for both autism spectrum disorder (ASD) and Asperger's disorder arguing that in the latter,:
- A. there are no significant delays or deviances in language.
 - B. in the first 3 years of life, children show underdeveloped cognitive skills.
 - C. children with Asperger's disorder tend to have lower IQ scores.
 - D. individuals experience significant impairments in social and occupational functioning.

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36. Tom is having difficulty learning to read in school. He has poor reading accuracy, a slow rate of reading and a weakness in reading comprehension. If Tom were to be diagnosed with a specific learning disorder, it would most likely be _____.
A. social communication disorder
B. dysgraphia
C. dyslexia
D. dyscalculia
37. The philosophy of Alcoholics Anonymous (AA) is based on the _____ model of alcoholism.
A. addictive B. disease C. relapse D. biological
38. Under the DSM-5 criteria, which of the following pathological personality traits is associated with avoidant personality disorder?
A. Psychoticism B. Detachment C. Disinhibition D. Antagonism
39. Which of the following is true about the neurotransmitters involved in schizophrenia?
A. Excess dopamine activity in the amygdala and unusually low dopamine activity in the frontal cortex play a role in schizophrenia.
B. New research suggests that epinephrine, serotonin, and GABA also play a role in schizophrenia.
C. New research suggests that norepinephrine, glutamate, and ACH also play a role in schizophrenia.
D. Excess dopamine activity in the mesolimbic pathway and unusually low dopamine activity in the prefrontal area play a role in schizophrenia.
40. The set of symptoms of a diagnosis that tend to occur together is called a(n) _____.
A. category B. syndrome C. assessment D. prognosis
41. Which of the following is one of the four categories of harmful consequences that suggest substance abuse?
A. The individual fails to fulfill important obligations at work, home, or school as a result of substance use.
B. The individual uses the substance only in situations in which it is not physically hazardous to do so.
C. The individual stops using the substance because of legal problems in the past.
D. The individual complains of withdrawal symptoms, such as nervousness, headaches, and nausea.
42. Which of the following is probably the most common psychiatric syndrome found among the elderly in general hospitals?
A. Depression B. Anxiety C. Delirium D. Suicide
43. Alcohol is considered a _____ because it _____.
A. stimulant; makes people less inhibited in their behavior
B. depressant; slows the central nervous system
C. stimulant; activates the brain
D. stimulant; activates the sex drive
44. Anna's doctor is trying to distinguish between illness anxiety disorder and somatic symptom disorder. According to the DSM-5, to make the distinction he should determine if Anna _____.
A. has physical symptoms
B. seeks medical help
C. has anxious thoughts
D. experiences acute stress

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45. Many courts deny the use of hypnosis in the case of dissociative amnesia because of the possibility that:
- A. the individual may not be able to come out of the hypnotic state.
 - B. some individuals are not suggestible and cannot be hypnotized.
 - C. the hypnosis will cause more damage to the individuals' well-being.
 - D. hypnosis will "create" memories through the power of suggestion.
46. Which of the following is true of amphetamine use?
- A. The symptoms of intoxication are completely different from those of cocaine intoxication.
 - B. Like cocaine, amphetamines can produce perceptual illusions.
 - C. Tolerance and physical dependence develops slowly over a long period of time.
 - D. Abuse of these drugs has fallen in recent years.
47. Hippocrates influenced psychology by
- A. distinguishing medicine from religion and magic.
 - B. debunking the notion that the four humors were related to disorders.
 - C. reforming mental hospitals.
 - D. suggesting mental illness was punishment from God.
48. Dr. Lin and her colleagues are investigating a new drug for depression that stimulates serotonin receptors. Dr. Lin is most likely investigating which kind of drug?
- A. an antagonist B. an agonist C. a second messenger D. a synaptic blocker
49. Margaret received an intelligence quotient (IQ) score of 100 on her intelligence test. How does her performance compare with the average performance of other individuals in her age group?
- A. It is much lower. B. It is much higher. C. It is similar. D. It is slightly higher.
50. Projective tests:
- A. are valid and reliable. B. tend to be free from biases. C. have been adapted for different cultures.
 - D. rely on subjective interpretations by clinicians.
51. Oppositional defiant disorder:
- A. tends to be found in only few, specific cultures.
 - B. often manifests for the first time during adolescence.
 - C. is common among most children who develop conduct disorder at a later age.
 - D. is equally likely in both boys and girls, though boys tend to be more aggressive.
52. _____ is a personality trait characterized by hyperreactivity to stress and poor coping skills.
- A. Extraversion B. Neuroticism C. Psychoticism D. Introversion
53. Plaques are made of deposits of a class of protein called _____.
- A. beta-amyloid B. glutamates C. interferons D. prions

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54. Which of the following is true about factors contributing to the development of schizophrenia?
- A. Strong evidence for a single genetic component to schizophrenia exists and fully explains the connection between genetics and the disorder.
 - B. All people with schizophrenia show structural and functional abnormalities in the brain including highly active prefrontal cortex and smaller ventricles.
 - C. Prenatal and birth difficulties have been implicated as factors contributing to the development of schizophrenia.
 - D. Prenatal exposure to viruses during the third trimester of gestation decreases the risk of developing schizophrenia as it allows the fetal immune system to build resistance.
55. Which of the following was developed by William Miller to elicit and solidify clients' motivation and commitment to changing their substance use?
- A. Dependency transfer
 - B. Social learning model
 - C. Motivational interviewing
 - D. Alcoholics Anonymous
56. _____ developed a scheme of classifying symptoms into discrete disorders that is the basis for our modern classification systems.
- A. Wilhelm Griesinger
 - B. Richard Krafft-Ebing
 - C. Emil Kraepelin
 - D. Jean Charcot
57. According to the DSM-5, bereavement-related symptoms are no longer excluded from the diagnosis of
- A. Major depressive disorder
 - B. Persistent depressive disorder
 - C. Premenstrual Dysphoric disorder
 - D. Bipolar I disorder
58. Which of the following statements is correct?
- A. Cardiovascular health predicts depression
 - B. Depression predicts cardiovascular health
 - C. Cardiovascular health and depression are unrelated
 - D. Cardiovascular health and depression predict each other
59. Flight of ideas refers to
- A. delusional thinking.
 - B. suicidal thinking.
 - C. the thinking of a person with dementia.
 - D. rapid shifts in topics while speaking
60. Functional studies of people with major depression show
- A. elevated activity in the amygdala.
 - B. decreased activity in the amygdala.
 - C. diminished volume in the prefrontal cortex.
 - D. diminished volume of the hippocampus.

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61. Mindfulness-based cognitive therapy (MBCT) is
- A. most effective for women.
 - B. most effective for people who have had just one major depressive episode.
 - C. most effective for people who experience recurrent depressive episodes.
 - D. as effective as treatment as usual.
62. Given that antidepressant medications have been demonstrated to be effective, why are other treatments for depression still used?
- A. The medication is effective only for the first few weeks of use.
 - B. Medication is effective in treating bipolar but not unipolar patients.
 - C. The medications are only effective for children and adolescents.
 - D. Patients often do not recover or relapse after they stop taking the medication.
63. Which research method would be most useful in generating hypotheses about the cause of a newly discovered, rare form of abnormality?
- A. case study
 - B. correlational method
 - C. experimental design
 - D. single-subject ABAB design
64. Professor Lin has observed a correlation between students sitting in the front of the room and getting better grades in her classes. In order to conduct an "experiment" on this, Professor Jones could
- A. collect data on student study habits.
 - B. assign students randomly to seats.
 - C. adjust her data for overall grade point average.
 - D. obtain similar data from other professors and classes.
65. Incidence refers to
- A. the likelihood that a disorder will be found in another culture.
 - B. the number of people who develop new cases of the disorder in a given time period.
 - C. the proportion of a population that has a disorder now.
 - D. the likelihood that a person will have a disorder given that they have a particular characteristic.
66. An investigator finds that the concordance rate for bipolar disorder is higher among monozygotic twins than among dizygotic twins. Which would be an INCORRECT conclusion on the basis of this finding?
- A. Bipolar disorder is partially inherited.
 - B. Bipolar disorder is learned through interactions and observations of family members.
 - C. Genetics play no role in bipolar disorder.
 - D. Identical twins may not be treated in the same way as non-identical twins.
67. The single subject ABAB design cannot be used to study behaviors that
- A. are not prevalent in the population.
 - B. do not return to baseline.
 - C. are highly reactive.
 - D. have highly heritable components.

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68. Which of the following is a critique of findings from meta-analyses?
- A. The summarized studies use different statistical procedures.
 - B. Different studies reach different conclusions.
 - C. They summarize findings from studies of varying quality.
 - D. There are usually insufficient numbers of studies to analyze.
69. Agoraphobia is characterized by a fear of
- A. being in unfamiliar places.
 - B. being embarrassed by saying or doing something foolish in front of others.
 - C. strangers misinterpreting their symptoms as a heart attack.
 - D. having a panic attack in places in which escape would be difficult or embarrassing.
70. Imagine that a man is bitten by a dog and then develops a phobia of dogs. The dog bite would be considered the
- A. UCS
 - B. UCR
 - C. CS
 - D. CR
71. After viewing tapes of monkeys apparently showing fear of snakes, lambs, and flowers, monkeys who viewed these tapes were only fearful of snakes. This provides only partial support for _____ but better support for _____.
- A. modeling; classical conditioning
 - B. vicarious learning; avoidance learning
 - C. modeling; prepared learning
 - D. prepared learning; diathesis
72. What is the main symptom of GAD?
- A. increased heart rate.
 - B. fear of dying.
 - C. worry.
 - D. dizziness.
73. According to Borkovec and colleagues, worry in GAD
- A. serves as an avoidance mechanism.
 - B. is adaptive.
 - C. increases psychophysiological signs of arousal.
 - D. helps people remember traumatic images.
74. Based on research of effective treatments for social anxiety disorder, a therapist should consider
- A. exposure and cognitive therapy.
 - B. exposure only.
 - C. systematic desensitization.
 - D. cognitive therapy only.

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75. People who compulsively check their appearance and spend countless hours staring at themselves in the mirror will likely be diagnosed as having
- A. obsessive-compulsive disorder
 - B. body dysmorphic disorder
 - C. generalized anxiety disorder
 - D. specific phobia
76. Diane has repetitive thoughts that her house will catch on fire. She repeatedly checks the stove to make sure it is turned off. Diane's compulsive behavior serves to
- A. provide immediate relief from the anxiety associated with her repetitive thoughts.
 - B. reinforce her checking behaviors.
 - C. lower her psychophysiological arousal.
 - D. all of the above.
77. The most widely used psychological treatment for OCD related disorders is
- A. interpersonal psychotherapy.
 - B. psychoanalysis.
 - C. exposure and response prevention.
 - D. operant conditioning.
78. Treatment of acute stress disorder is
- A. unnecessary, as most people recover anyway with time.
 - B. dangerous, as reliving the event increases the trauma.
 - C. important, as it reduces the risk of developing PTSD.
 - D. difficult, as it is hard to recreate the original trauma.
79. When the person deliberately remembers the event in therapy it is called
- A. treatment exposure.
 - B. imaginal exposure.
 - C. cruel treatment.
 - D. activation treatment.
80. _____ involves immediate treatment of trauma victims within 72 hours of the traumatic event.
- A. Emergency therapy
 - B. Critical incident stress debriefing
 - C. Victim distancing therapy
 - D. All of the above

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