

## 一、選擇題 (單選題，請將最適當的答案填寫於「答案卡」上；每題 1.2%，共 84%)

- (1) Which of the following is an example of emotion-focused coping as a way to deal with the stress of a really difficult test tomorrow?
- A) Remind yourself that one test will not ruin your career.
  - B) Seek comfort and support from a friend.
  - C) Develop strategies to prepare for things that might go wrong during the test.
  - D) Stay up all night studying.
- (2) The major biological responses to stress involve activation of
- A) the sympathetic nervous system and HPA axis.
  - B) the parasympathetic nervous system and HPA axis.
  - C) the amygdale only.
  - D) the HPA axis only.
- (3) For the past two weeks, Gu-Chen has been working 14 hours per day on his academic works. In addition, he has been responsible for caring for his sick mother. Consequently, he has had little time for eating well, exercising, sleeping or seeing friends. As a result, Gu-Chen's immune system has weakened and he feels he is going to get sick. One can view this situation as an effect of
- A) poor nutrition.
  - B) a high allostatic load.
  - C) hypertension.
  - D) cytokines.
- (4) Which of the following statement is the main theme described by the general adaptation syndrome model?
- A) effects of relaxation training on psychophysiological disorders.
  - B) effects of psychological coping on the body's response to stress.
  - C) biological reaction to chronic physical stress.
  - D) effects of autonomic lability on anxiety.
- (5) A major personality characteristic that predicts coronary heart disease, atherosclerosis and myocardial infarctions is
- A) neuroticism.
  - B) cynicism.
  - C) depression.
  - D) hypochondriasis.
- (6) Delirium tremens mostly refers to
- A) a symptom of conversion disorder.
  - B) the symptoms that is a part of psychological dependency of heroin.
  - C) the symptoms that may accompany withdrawal from alcohol.
  - D) the hallucinations common in schizophrenia.

- (7) Studies on the effects of smoking marijuana on the brain have shown that it is associated with
- A) impaired short-term memory and increased blood flow to brain regions associated with emotion.
  - B) impaired long-term memory and decreased blood flow to brain regions associated with emotion.
  - C) impaired short-term memory and increased blood flow to brain regions associated with attention.
  - D) impaired long-term memory and decreased blood flow to brain regions associated with attention.
- (8) The benefit of marijuana when used for chronic illnesses is primarily
- A) to reduce nausea for patients undergoing chemotherapy.
  - B) to increase immune function.
  - C) to improve attention and maintain medication adherence.
  - D) to prevent additional infection.
- (9) Sedatives most likely affect
- A) norepinephrine levels.
  - B) the GABA system.
  - C) dopamine receptors.
  - D) muscarinic receptors.
- (10) A first step for treating people dependent on drugs is
- A) helping them identify why they began to use drugs.
  - B) detoxification.
  - C) helping them understand why the drug is not good for them.
  - D) committing to abstinence.
- (11) Compared to children with ADHD, children with oppositional defiant disorder
- A) are more impulsive.
  - B) are more deliberate in their unruly behavior.
  - C) are more likely to be male.
  - D) have more attentional deficits.
- (12) A boy was diagnosed as having *selective mutism*. This means that he
- A) has a communication disorder which makes him unable to talk.
  - B) refuses to speak in unfamiliar social circumstances.
  - C) communicates to his parents and other family members with gestures only.
  - D) has created his own language; this disorder is common in twins.
- (13) Studies of treatment for childhood fears and phobias suggest that the best treatment is
- A) based on exposure methods.
  - B) relaxation.
  - C) insight-oriented therapy.
  - D) parent training.

- (14) Typical treatment of learning disabilities consists of
- A) specialized diet and medication to improve brain functioning.
  - B) individualized instruction and practice in the deficient skill.
  - C) systematic reinforcement of the desired academic behavior.
  - D) instruction in other skills that compensate for the deficiency.
- (15) Neurological studies have found abnormalities in which part of the brains of autistic individuals?
- A) prefrontal cortex
  - B) left hemisphere language centers
  - C) cerebellum
  - D) limbic system
- (16) Ageism refers to
- A) the physical deterioration that accompanies old age.
  - B) the intellectual deterioration that frequently occurs as a person ages.
  - C) the diversity present among older adults.
  - D) prejudice against a person based on their age.
- (17) Social selectivity refers to
- A) cultivating only one's most important social relationships.
  - B) restricting one's social interactions only to family members.
  - C) seeking out new social interactions.
  - D) seeking out solitary social activities.
- (18) Which of the following statements is an example of selective mortality?
- A) Today's older adults are less likely to seek mental health services because when they were growing up, mental illness was stigmatized.
  - B) Because exercise has become widely promoted in the media, many older adults are now exercising and thus healthier than predicted by earlier measures of their physical well-being.
  - C) Because of the effects of aging on the brain, older adults do worse than younger adults on measures of "fluid" intelligence.
  - D) In a longitudinal study, many of the elderly subjects died before the follow-up data was collected.
- (19) Impairment in which of the following areas is the most prominent symptom of dementia?
- A) memory
  - B) abstract thinking
  - C) judgment
  - D) language
- (20) Alzheimer's disease is the result of
- A) age-based slowing of all bodily processes.
  - B) low social and intellectual stimulation.
  - C) tangled abnormal protein filaments called neurofibrillary tangles.
  - D) side-effects of long-term medication, such as anti-Parkinson's medication.

- (21) The dimensional approach to personality disorders
- A) clearly distinguishes normal from disordered personality.
  - B) has been shown to be a comprehensive theory for identifying the personalities of the DSM.
  - C) eliminates the problem of comorbidity among personality disorders.
  - D) None of the above choices are correct
- (22) A primary characteristic of histrionic personality disorder is
- A) avoidance of others.
  - B) multiple, vague physical complaints.
  - C) inability to make realistic life plans.
  - D) overly dramatic and attention seeking behavior.
- (23) Given that people with borderline personality disorder are impulsive, we would expect them to do poorly on tests that measure functioning of the
- A) frontal lobe.
  - B) parietal lobe.
  - C) occipital lobe.
  - D) temporal lobe.
- (24) Mindfulness based cognitive therapy (MBCT)
- A) is one of the third-wave behavior therapies
  - B) focuses on modification of dysfunctional negative cognitions
  - C) is contraindication to preventing relapse of recurrent major depressive episodes
  - D) aim to foster a less decentered perspective of painful negative thoughts and feelings
- (25) Two primary features of Linehan's diathesis-stress theory of borderline personality disorder are
- A) ego functioning and transference.
  - B) object representation and cognitive style.
  - C) cognitive bias and attribution error.
  - D) emotional dysregulation and experiences of invalidation.
- (26) Alison is in therapy with a Gestalt therapist. As part of therapy, she is asked to imagine that her mother is in the room, and she is instructed to communicate to her how she feels, while gazing at a seat in the room. This is also known as the
- A) empty-chair technique.
  - B) enacted interaction method.
  - C) analogue interaction.
  - D) accurate empathy.

- (27) Which of the following is NOT an example of a diathesis?
- A) Chronic feelings of hopelessness often found in people with depression.
  - B) The ability to be hypnotized often seen in people with dissociative identity disorder.
  - C) Intense fear of becoming fat often found in people with eating disorders.
  - D) Delusions often found in people with schizophrenia.
- (28) Which of the following statements are TRUE about paradigms?
- A) Data gathered by researchers subscribing to different paradigms are not necessarily incompatible with one another.
  - B) The genetic paradigm offers a "complete" conceptualization of psychopathology.
  - C) The diathesis stress model is not considered a paradigm.
  - D) Clinical cases are seldom conceptualized using more than one paradigm.
- (29) The DSM-IV-TR provides diagnoses along 5 areas. These areas are called
- A) axes.
  - B) classifications.
  - C) multiple dimensions.
  - D) differential diagnoses.
- (30) Comorbidity refers to
- A) the likelihood that a given psychological disorder will result in death.
  - B) how long a person is expected to live with a given psychological disorder.
  - C) the presence of a second diagnosis.
  - D) the absence of an Axis I disorder.
- (31) The DSM-IV-TR is an example of which approach to classification?
- A) categorical
  - B) dimensional
  - C) quantitative
  - D) atheoretical
- (32) What behavioral assessment procedure is associated with the most reactivity?
- A) self-monitoring
  - B) personality inventory
  - C) projective test
  - D) structured clinical interview
- (33) One of the major problems with drawing conclusions from metabolite studies is that
- A) they are inaccurate.
  - B) metabolite levels change significantly over time.
  - C) they are correlational.
  - D) they provide little data.

- (34) Which of the following statements regarding compulsions is false?
- A) Most people with OCD feel that if they do not complete the compulsion, something dire will happen.
  - B) The person generally realizes there is no rational need for such behaviors.
  - C) Counting and cleaning are common compulsions.
  - D) People with OCD rarely see their compulsions as "silly" or "absurd."
- (35) A major psychological hypothesis regarding the onset of panic involves
- A) a fundamental problem with breathing control.
  - B) difficulties in relaxing.
  - C) a concern with, and misinterpretation of, bodily sensations.
  - D) excessive attempts to relax that fail.
- (36) According to Borkovec and colleagues' cognitive model, why do people worry?
- A) It prevents people from having a panic attack.
  - B) It distracts people from more powerful negative emotions and images.
  - C) It serves as a useful problem-solving strategy.
  - D) Some people have a genetic disposition to worry.
- (37) Brain imaging studies of people with PTSD indicate that
- A) smaller hippocampal volume probably precedes the onset of the disorder.
  - B) severe trauma leads to smaller hippocampal volume.
  - C) women are more likely to have smaller hippocampal volume than men.
  - D) identical twins have larger hippocampal volume.
- (38) A common focus of most effective psychological treatments for the anxiety disorders is
- A) modeling.
  - B) exposure.
  - C) muscle relaxation.
  - D) behavioral activation.
- (39) Among the dissociative disorders, dissociative fugue is characterized by
- A) massive repression.
  - B) moving away and establishing a new identity.
  - C) sudden development following severe stress.
  - D) memory loss for virtually all past events.
- (40) Which of the following best illustrates hypochondriasis?
- A) An ulcer caused by stress.
  - B) A persistent unsubstantiated fear of having cancer.
  - C) Having obsessions with an imagined physical defect, such as facial wrinkles.
  - D) Experiencing recurring pain with no physical basis.

- (41) The psychodynamic perspective on conversion disorder was revised in light of experimental findings with hysterically blind people who
- A) have underlying brain defects.
  - B) can see when under hypnosis.
  - C) can respond to visual information.
  - D) experienced traumatic visual events.
- (42) Some of the neurobiological risk factors for obsessive-compulsive disorder may be involved in the genesis of
- A) hysteria.
  - B) body dysmorphic disorder.
  - C) dissociative identity disorder.
  - D) conversion disorder.
- (43) Isaac was being treated for somatoform pain disorder, and his psychiatrist prescribed imipramine, an antidepressant, in a very low dose for his symptoms. Assuming Isaac is also depressed, what is his likely treatment outcome?
- A) His depression will improve, but his pain will persist.
  - B) All his symptoms will improve.
  - C) His pain will subside, but his depression may still persist.
  - D) He will not improve.
- (44) "Flight of ideas" refers to
- A) a schizophrenic's delusional thinking.
  - B) a depressed person's suicidal thinking.
  - C) the thinking of a person with dementia.
  - D) a manic person's rapid shifts of topic while speaking.
- (45) Which of the following best describes hypomania?
- A) a type of mania that alternates with depression
  - B) a type of mania more common in dysthymic patients
  - C) a more severe form of mania
  - D) a less severe form of mania
- (46) According to Freud's theory, a depressed person is fixated in which stage of development?
- A) oral
  - B) anal
  - C) genital
  - D) phallic

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- (47) In the latest version of helplessness/hopelessness theory, depression results from inescapable aversive situations only
- A) when the person believes they can survive the aversive situation.
  - B) if the individual already feels depressed.
  - C) for individuals who make depressive attributions during or following the aversive situation.
  - D) when a family member has a history of depression.
- (48) According to ethical guidelines of professional mental health organizations, if clients make serious suicide threats, the therapist
- A) can break confidentiality to keep the clients from harming themselves.
  - B) cannot break confidentiality but can encourage the clients to voluntarily hospitalize themselves.
  - C) must explore the possibility of physician-assisted suicide with the clients.
  - D) must either prescribe or refer the clients for the prescription of medication to prevent the clients from harming themselves.
- (49) A physiological effect of anorexia nervosa is
- A) growing heavier, darker hair.
  - B) amenorrhea (loss or irregularity of menstrual period).
  - C) high blood pressure.
  - D) All of the above are correct.
- (50) During binge episodes, many bulimics
- A) feel a great sense of control.
  - B) experience a feeling of being out of control.
  - C) feel very satisfied.
  - D) None of the above choices are correct.
- (51) In the cognitive-behavioral view, the non-eating of anorexics is reinforced by
- A) reducing anxiety about being fat.
  - B) reducing sexual demands from males.
  - C) attention of overly concerned family members.
  - D) increased time and energy for studies.
- (52) After looking through a fashion magazine, Daisy feels fat and is ashamed of her body. She doubts that she will ever be as thin as the models she sees in the magazine. Which theory explains Daisy's reactions to the magazine?
- A) biosocial theory
  - B) expectancy theory
  - C) objectification theory
  - D) self-deprecating theory



- (53) The first step in treating anorexia nervosa is
- A) medication to reduce anxiety about eating.
  - B) education on the importance of a well-balanced diet.
  - C) hospitalization to promote and monitor eating.
  - D) assessment to identify causes and plan individualized treatment.
- (54) The following are examples of positive symptoms of schizophrenia:
- A) social support, physical health
  - B) low activity level, lack of intense emotional responses
  - C) hallucinations and delusions
  - D) coping skills, which are different for different individuals and help them to manage their illness
- (55) What symptom of schizophrenia is illustrated by the following? "I was just walking and there are wolves. When it's colder than ice cream. But I'm not fat. I go to school in the mountains."
- A) hallucinations
  - B) anhedonia
  - C) loose associations
  - D) inappropriate affect
- (56) Which is required as part of the DSM-IV-TR definition of schizophrenia?
- A) acute onset of symptoms
  - B) symptoms for at least six months
  - C) family history of schizophrenia
  - D) dopamine imbalance
- (57) In people with schizophrenia, the amount of gray matter in the temporal and frontal cortexes is
- A) more than normal.
  - B) normal.
  - C) full of holes and lesions.
  - D) less than normal.
- (58) Research examining childhood predictors of schizophrenia would employ which of the following research methods?
- A) case study
  - B) epidemiological
  - C) correlational
  - D) high-risk
- (59) In schizophrenia research, *prodrome* refers to
- A) neurobehavioral functioning in the disorder.
  - B) positive symptomatology in the disorder.
  - C) intellectual functioning in the disorder.
  - D) the period before a person meets diagnostic criteria for schizophrenia but nonetheless shows some symptoms.

- (60) Which of the following personality disorders falls in the odd/eccentric cluster?
- A) paranoid
  - B) borderline
  - C) avoidant
  - D) histrionic
- (61) Personality disorders began being placed on a separate axis in the DSM-III
- A) to allow room for additional Axis I disorders.
  - B) because they were not considered as problematic as Axis I disorders.
  - C) to ensure that clinicians would consider whether a personality disorder is also present.
  - D) to make diagnoses more thorough.
- (62) Early in therapy, Tom has found that he enjoys meeting with his therapist. The two seem to be working toward a common goal, and the time appears to go quickly. This would characterize a good
- A) example of transference.
  - B) initial symptom reduction.
  - C) process.
  - D) therapeutic alliance.
- (63) Changes in patients' cognitions
- A) are seen in patients successfully treated with cognitive therapy.
  - B) are seen in patients successfully treated with medication treatment.
  - C) Both a and b are correct.
  - D) Neither a nor b is correct.
- (64) The *Tarasoff* decision has created concerns over duty to warn in which of the following situations?
- A) Sam, who has indicated to his therapist that he may abuse his children when angry
  - B) Tony, who is HIV-positive, and continues to engage in unprotected sex
  - C) Alison, who has threatened to kill her ex-boyfriend
  - D) All of the above are recent issues that have been considered under the *Tarasoff* decision
- (65) The *Tarasoff* case led to the ruling that a therapist who learns that a client is threatening to harm someone must
- A) do something to have the person committed.
  - B) physically detain the client.
  - C) warn the intended victim of the client.
  - D) show great empathy and take part in the action.

- (66) If the heritability of ADHD is around .70 then
- A) 70% of Liam's ADHD is due to genes.
  - B) 30% of Liam's ADHD is due to genes.
  - C) Liam's individual heritability for ADHD is .70.
  - D) In a given population, approximately 70% of variation in ADHD is attributed to genes and approximately 30% is attributed to the environment.
- (67) One's observable characteristics are called
- A) fistulas.
  - B) genotypes.
  - C) genetic types.
  - D) phenotypes.
- (68) Psychodynamic theory involving the role of the unconscious in behavior prompted researchers in psychopathology to study
- A) implicit memory biases.
  - B) the desires of the id.
  - C) Freud's unconscious desires.
  - D) the effect of the ego on the id.
- (69) Your friend gives you a description of her cousin who will be in town this weekend. Her description is very similar to that of one of your closest friends from high school, which makes you smile. This reaction could be explained by which of the following concepts?
- A) attachment theory
  - B) the relational self
  - C) object relations theory
  - D) psychoanalysis
- (70) Joan tends to see everything on the 'bright side.' That is, she rarely feels that negative events occur in her life. According to the cognitive perspective, Joan's tendency to see things positively represents her
- A) schema.
  - B) discriminative stimulus.
  - C) fixation.
  - D) conditioned response.

二、申論題：(16%) (請以中文撰寫) 請於試卷內之「非選擇題作答區」標明題號依序作答。

If you are a qualified researcher and you want to conduct a study to evaluate the efficacy of a new treatment for a particular disorder,

- (1) Describe as many as possible potential research approaches you might consider. (2%)
- (2) Among them, which research method is your first choice? Why? (2%)
- (3) Describe your research design, instruments and data analysis method. Also, describe ethical issues you might have to consider in your study. (12%)

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