

※ 考生請注意：本試題不可使用計算機。請於答案卷(卡)作答，於本試題紙上作答者，不予計分。

1. 李先生，25 歲，大學肄業，賦閒在家。20 歲發病後，曾多次入住精神科病房。最近幾個月，其服藥順從度不佳，一直聽到耳邊有人在說話，並認為自己住在外太空。兩周前，他整天待在房間裡，一天只睡二、三個小時，並出現攻擊行為，最後被送至醫院接受治療。住院期間大都待在房內，少與人互動，最近精神症狀稍緩解，可至交誼廳看電視，經邀請也願意參與職能活動，並告知治療師希望能完成學業及結交朋友 (本題共 25%)。
 - (1) 請問此個案可能患有哪種疾病? (2%) 此疾病之主要症狀表現為何? (5%)
 - (2) 請列出此個案的主要問題 (3%)，選擇一個參考架構來處理這些狀況並說明理由 (5%)。
 - (3) 請提出對此個案可能進行的評估與介入方式 (10%)。

2. 精神障礙者常有動機不佳的問題，請列出一個動機理論及相關可提升動機的策略 (15%)。

3. 請說明 Model of Human Occupation 的架構及介紹一個相關的評估工具 (20%)。

4. 請參考下篇文章摘要，回答下列問題 (本題共 20%):

- (1) 請說明此篇文章的研究設計及研究結果 (10%)。
- (2) 試說明復元原則在此介入方案之應用 (10%)。

Brown, C., Read, H., Stanton, M., Zeeb, M., Jonikas, J.A., & Cook, J.A. (2015). A Pilot Study of the Nutrition and Exercise for Wellness and Recovery (NEW-R): A Weight Loss Program for Individuals With Serious Mental Illnesses. *Psychiatric Rehabilitation Journal*, 38 (4), 371-373.

OBJECTIVE: This purpose of this study was to evaluate the Nutrition and Exercise for Wellness and Recovery (NEW-R) weight loss intervention.

METHOD: Using a pretest/posttest design, 18 participants recruited from a community-based mental health program were assessed at baseline, immediately following the intervention (8 weeks), and at 6-month follow-up. The intervention was delivered by an occupational therapist and occupational therapy graduate students and consisted of 8 weekly sessions lasting 2 hr. Outcomes included changes in weight, and levels of knowledge about nutrition and exercise.

RESULTS: Participants lost an average of 3 pounds at immediate postintervention, and lost an average of 10 pounds at the 6-month follow-up. Participants also demonstrated significant increases in their knowledge about nutrition and physical activity.

CONCLUSIONS AND IMPLICATIONS FOR PRACTICE: The results of this study provide preliminary support for the impact of the NEW-R intervention on weight loss and knowledge about diet and exercise.

5. 請設計一個一次性的團體計畫書，包含團體名稱、參考架構、目的、團體成員及人數、材料及設備需求、活動簡述與規劃 (20%)。