

※ 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. 梁先生，30 歲男性學員，曾擔任賣場臨時工、物流作業員。梁先生不吃不喝，懷疑家人下毒，因而入院，診斷為思覺失調症。育有二子，妻子為主要照顧者，妻子工作為百貨服務業。被動、逃避、畏縮，無法勝任父親、先生和工作者等角色，獨來獨往。參與活動表現：臉部表情淡漠，思考動度作緩慢，遇到問題或挑戰多採逃避方式面對，妻子希望先生能回到工作，幫忙家計。接下來您要規劃他的復健計畫。

- (1) 您會以哪個職能治療理論架構(FOR)介入呢?為什麼? (20 分)
- (2) 您會進行那些評估? (5 分)
- (3) 短程與中程治療目標分別為何? (10 分)
- (4) 與目標相對應之治療計畫為何? (10 分)

2. 請規劃設計一個為期 8 週，每周一次，每次一小時的社交技巧團體，回答以下問題

- (1) 個案篩選標準 (5 分)
- (2) 描述此團體目標 (5 分)
- (3) 各週之活動內容，請明確簡述 (24 分)
- (4) 如何評量成效 (5 分)

3. 請參考文章摘要，回答下列問題

出處: Mak, W. W. S., Chan, R. C. H., Pang, I. H. Y., Chung, N. Y. L., Yau, S. S. W., & Tang, J. P. S. (2016).
Effectiveness of Wellness Recovery Action Planning (WRAP) for Chinese in Hong Kong.
American Journal of Psychiatric Rehabilitation, 19(3), 235-251.
doi:10.1080/15487768.2016.1197859

- (1) 此篇文章的研究設計與實證層級為何? (6 分)
- (2) 請說明此研究結果可能的臨床應用與意涵 (10 分)

ABSTRACT

The present study evaluated the effectiveness of the Wellness Recovery Action Planning (WRAP) in a matched controlled design among individuals in recovery of mental illness in Hong Kong. Feedback from the first batch of WRAP facilitators in Hong Kong was sought for future implementation of WRAP. Participants were recruited from the service units of the largest nongovernmental organization (NGO) serving people in recovery in Hong Kong. Fifty-nine service users were recruited to learn WRAP and 59 service users served as matched controls. The WRAP program consisted of eight weekly sessions delivered by NGO staff who were certified WRAP facilitators. Assessments were completed before, immediately after, and 3 months after the program. Findings based on repeated measures ANOVAs showed that compared with their matched controls, WRAP participants reported significant increase in perceived social support. No significant change was noted in empowerment, hope, self-stigma, social network size, symptom severity, and recovery. Facilitators discussed issues on cultural adaptation and resources needed for future implementation of WRAP for Chinese. Discrepancies between the present findings and those from previous studies were discussed. This is the first quantitative study evaluating the effectiveness of WRAP among Chinese.