

國立成功大學

110學年度碩士班招生考試試題

編 號：318

系 所：職能治療學系

科 目：臨床心理職能治療學

日 期：0203

節 次：第 3 節

備 註：不可使用計算機

※ 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. 請閱讀下方所列之文章摘要，並回答問題 (本題共 29%)。

Faulkner, S., & Bee, P. (2016). Perspectives on sleep, sleep problems, and their treatment, in people with serious mental illnesses: A systematic review. *PLoS One*, 11(9), e0163486.

<https://doi.org/10.1371/journal.pone.0163486>

Sleep problems are common in people with serious mental illness, and impact negatively on functioning and wellbeing. To understand the development of sleep problems, their maintenance, and their treatment, an in depth understanding of patient perspectives is crucial. A systematic literature review was conducted using Medline, AMED, PsychInfo, Embase and CINAHL. Qualitative and quantitative studies were included if they explored or measured patient perspectives on sleep, sleep problems or sleep treatments in people with serious mental illness. Of the 2,067 hits, only 22 met review inclusion criteria, and high quality evidence was sparse. The limited findings suggested sleep was seen as highly interlinked with mental health. Evaluations of treatments varied, however perceived efficacy and personalization of treatments were valued. Some evidence suggested patient priorities and conceptualizations regarding sleep may diverge from those of validated screening tools developed in general population and sleep medicine samples. More rigorous research is needed to support adaptation and development of interventions and outcome measures for use in specialist mental health settings. Qualitative studies exploring the experience of sleep disturbance in particular diagnostic groups and contexts are urgently required, as are patient perspectives on sleep interventions.

(1) 請問此文之研究類型與實證等級為何? (6%)

(2) 請說明此研究之結論。(8%)

(3) 請問職能治療師可以如何協助精障者的睡眠問題? (15%)

2. 阿秀是一位 30 歲躁鬱症個案，大學肄業，他目前在社區復健中心能規律出席並參與工作訓練。某次與職能治療師的會談過程中，阿秀提出復學的想法，他希望能完成大學學業以提升自己的能力與資歷。身為職能治療師，你可以如何運用復元概念，與阿秀進行後續的討論與規劃。(15%)

3. 請說明 Cole 的團體領導七步驟。(21%)

4. 請設計一個六周的健康促進團體，每周進行一次以促進精障者之健康(本題共 35%)。

(1) 每周之團體目標與活動內容(30%)

(2) 使用之成效評量(5%)