

大專校院學生
心理健康關懷量表
Attentive Inventory of
Mental Health
&

諮商與輔導中心介紹
Introducing the
Counseling Center

歡迎加入文藻大家庭
在未來的日子裡
讓我們一起走過生活中的酸、甜、苦
辣學習照顧自己的身心

Welcome to the Wenzao
family in the future
Let's learn to take care of
our body and mind

測驗目的 TEST PURPOSE

☆ 瞭解自己目前的身心狀態

Know your current state of mind and body

☆ 瞭解自己目前生活調適的情況

Understand your current life adjustment situation

☆ 瞭解目前生活的壓力源

Understand current stressors in your life



接下來，請閱讀說明並完成測驗

Please read the information in the website,
then complete the test.



有問題請隨時舉手哦！

Any question?



測驗解釋

外部情境

與他人有關

S01同儕與
人際互動

S02家庭
功能影響

S03親近與
親密關係

與生活有關

S04課業
與作息變化

S05網路
經驗與霸凌

S06性別
認同壓力

內在個人

與自己相關

S07 情境
誘發情緒

S08 生氣與
衝動控制

S09 憤怒
表達與攻擊

與自己相關

S10
負向認知

S11憂鬱
相關症狀

S12
自殺意圖

TEST EXPLANATION

External situation

related to others

S01 peer and
Interpersonal
Interaction

S02 family
function

S03 closeness
and intimacy

related to life

S04 changes in
class and
schedule

S05 internet
experience and
bullying

S06 gender
identity pressure

Inner individual

related to oneself

S07 situation
evoked emotion

S08 anger and
impulse control

S09 anger
expressions and
aggression

related to oneself

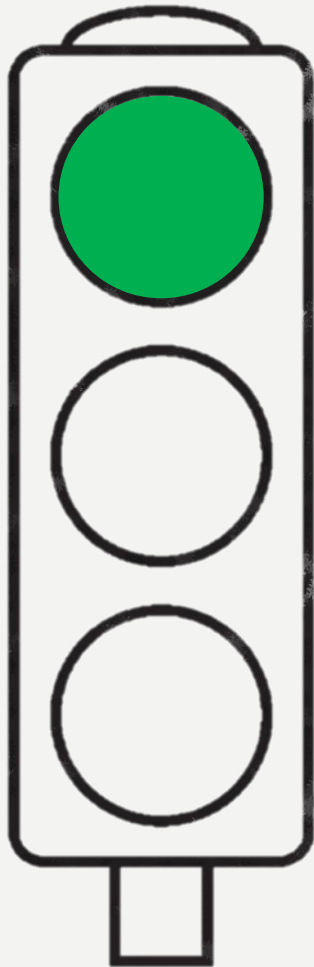
S10 negative
cognition

S11depression-
related
symptoms

S12 suicidal
intent

測驗解釋

TEST EXPLANATION



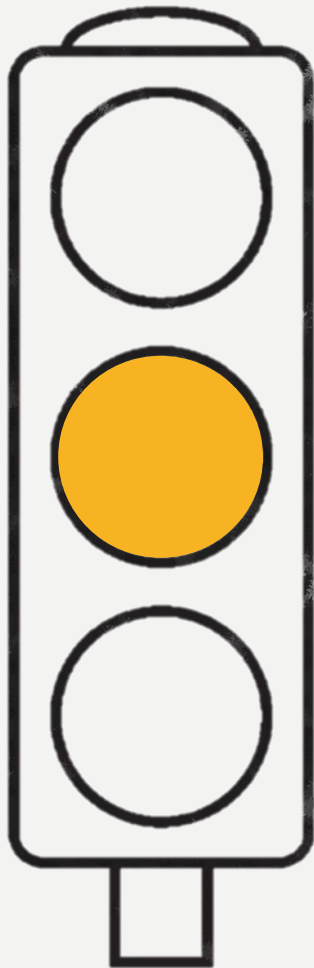
綠燈 green light

整體感覺良好，近期沒有太高等度的心理困擾，
對於困擾能夠自行調適或應付。

The overall feeling is good, there is no high degree of psychological distress recently, and the distress can be adjusted or dealt with by oneself.

測驗解釋

TEST EXPLANATION



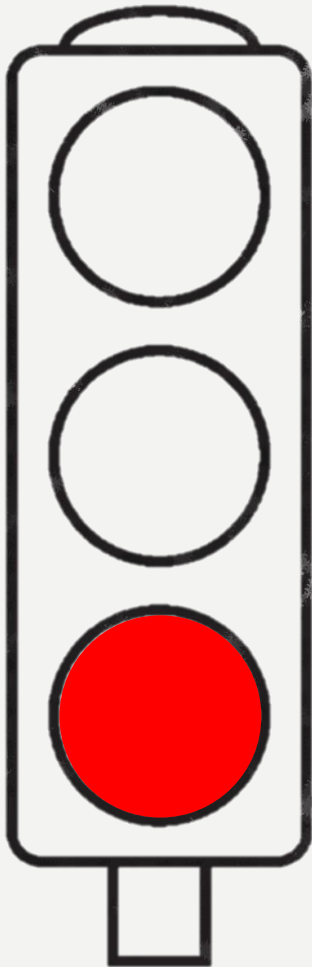
黃燈 yellow light

正有一些心事困擾著妳，讓你感到有些壓力，
可能稍微超出負荷！建議近期找信任的人聊一聊。
There is something on your mind that is bothering you, making you feel a little stressed, maybe a little bit overloaded! It is recommended that you talk to someone you trust in the near future.

測驗解釋

TEST EXPLANATION

紅燈 red light



最近有重大的困擾讓你感到壓力，超出自己的負荷，靠近臨界點的你，建議盡快聯絡導師或學校諮輔中心。

If you have a major trouble recently that makes you feel pressure, exceed your own load, and you are close to the critical point, it is recommended to contact your advisor or the school counseling center as soon as possible.



紅燈 red light ≠ 一定有問題 there must be a problem

綠燈 green light ≠ 一定沒問題 must be fine

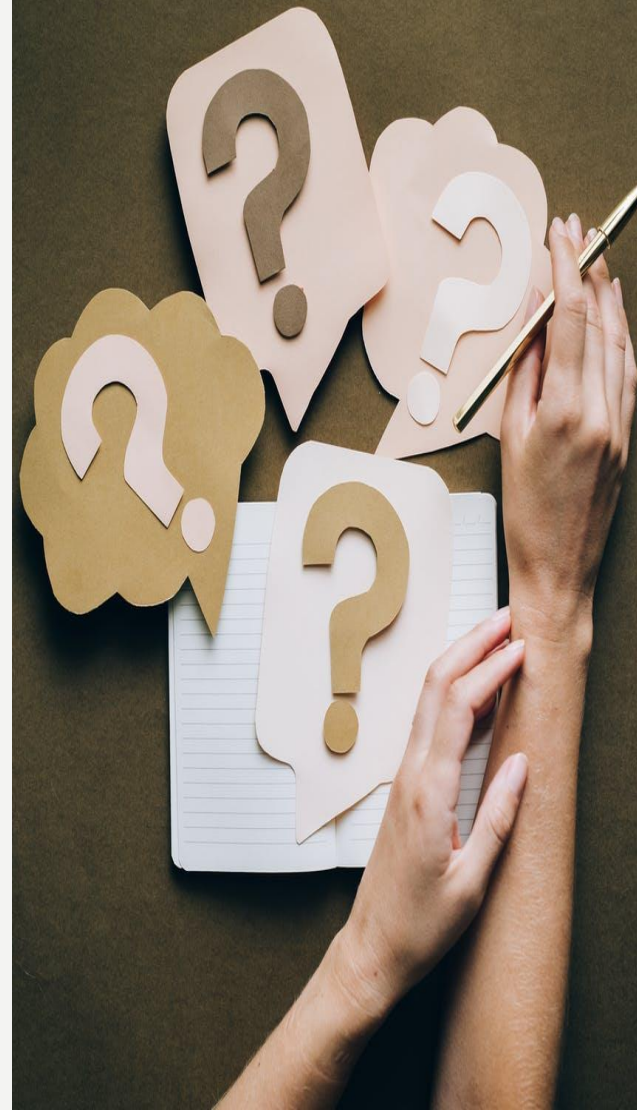
測驗結果只呈現當下的狀態 The test results only
show the current state

測驗結果做為參考資料 Test results for reference

覺得疑惑的話

可以來諮輔中心詢問唷！ If in doubt

*You can inquire at the Counseling
Center*





新生活不適應

NOT GETTING
USED TO THE
NEW LIFE



人際互動困難

情緒低落

睡眠困擾

飲食習慣改變

喪失自信

提不起勁

注意力不集中

Difficulty interacting with people

Upset

Sleep disturbance

Changes in eating habits

Loss of self-confidence

Can't get up

Inability to concentrate

可以怎麼做？ What can we do?

找家人或朋友聊聊

儘量維持正常作息

培養專屬的紓壓方式

尋求專業協助

Chat with family or friends

Try to maintain a normal routine

Develop a unique way to relieve stress

Seek professional assistance

轉介資源 Resources

- 諮商與輔導中心 *Counseling Center*
- 07-3426031 #2272~2280
- 校安中心 *Campus Security Center*
- 07-342-9958





WISH YOU HAVE
A NICE DAY