

# 高危險群學生處遇方案之規劃與實施成效評估 研究——以中部某大學大一新生憂鬱傾向學生為例

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## 摘要

本研究目的在針對有憂鬱情緒的大學生，設計與實施一套適用於學校的憂鬱處遇團體輔導方案，具體實施並評估成效。本研究團體成員為經篩選後有憂鬱傾向之大一新生 8 人，共進行為期六週，每週一次，每次兩小時之憂鬱處遇團體。成員於團體前與團體結束後皆接受貝克焦慮、憂鬱、自殺及無望量表、簡氏量表與句子完成測驗以了解參與團體後的改變。研究結果顯示：部分成員的憂鬱傾向有較為降低、認知有正向的轉變，而團體領導者的指導和成員彼此間的分享回饋是為團體的療效因子，成員對團體皆給予正向評價。最後，本研究針對上述研究結果提出省思與建議，以提供教育機構與輔導工作者參考應用。

關鍵字: 憂鬱諮商、憂鬱處遇團體、大一新生

# **A study of the group counseling programs for college students at high risk -- Example of college freshmen with depression tendency in one university of central Taiwan**

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## **Abstract**

The purpose of this study is to construct a school-based program by using group counseling to treat college freshmen who were depressive. The program is going to be practiced and the data will be recorded and evaluated.

This study has been conducted. In this study, after interviewed, 8 freshmen with depression tendency were selected as candidates in this program. Once a week, six-week program was designed. Each time, two-hour treatment was planned.

In order to evaluate this study, the following questionnaires were used for the assessment of pre-treatment and post-treatment. They are: Beck Anxiety Inventory (BAI), Beck Depression Inventory-II (BDI-II), Beck Scale for Suicide Ideation (BSS), Beck Hopelessness Scale (BHS), Brief Symptom Rating Scale (BSRS), and Sentence Completion Test.

After collecting and analyzing the data, the results were as follows: Some members were inclined to reduce depression and have positive change on cognitive perception. The guidance from group leaders and the feedback of sharing among members are the factors to group therapy. Members of the groups were giving a positive feedback on this program.

Finally, based on the discussion from the above results, some valuable recommendations were made and as a reference for educational institutions and practical counselors.

**Keywords:** depression counseling, depression treatment group program, college freshmen