2025 年 11 月 8 日(土)

日本福祉大学大学院　社会福祉学研究科　心理臨床専攻修士課程

2026 年度　第 1 期入学試験問題

英語（一般）

出題の意図：以下の①～③を確認するためのものである。①大学学士課程で学ぶ臨床心理学および基礎心理学に関する基礎知識、②心理臨床実践における倫理的問題を含めた諸課題について理解する力、③大学院修士課程において研究および修士論文の作成を進めていくうえで必要となる英語論文の読解力。
解答例については、以下、問題ごとに記載した。

Ⅰ．メンタルヘルス・ケアにおける人工知能（AI）の活用について述べた下記の文章を読み、問いに答えなさい。解答はすべて日本語で記述しなさい。（35 点）（出典: Artificial intelligence in mental health care American Psychological Association. https://www.apa.org/practice/artificial-intelligence-mental-health-care Last updated: March 12, 2025 Date created: November 21, 2024）

Artificial intelligence in mental health care

Increasingly, AI is being utilized in health care settings. AI is used to streamline administrative tasks, make workflows more efficient, and aid in clinical decision-making. And the possible uses for AI are projected to only grow.【中略】

Clinical use

AI tools offer an array of options to augment and extend care beyond the traditional therapy visit.

Early detection

AI has the potential to aid in the early detection of individuals who may be at risk for developing mental health concerns.① AI does this by noticing patterns from vast amounts of data; for example, AI could be used to analyze a person's entire medical record to help identify those who might benefit from early intervention.

Clinical support

AI is being incorporated into many types of clinical support tools. Digital therapeutics, which are evidence-based, clinically validated software programs, are one category of digital tools that show considerable promise to augment care. For example, a clinician could treat a patient for one presenting concern, such as anxiety, and also could order the patient a digital therapeutic for use at home that could support their work (e.g., facilitate the practice of CBT-based skills to augment anxiety treatment) or to target other symptoms, like co-occurring insomnia.

Additionally, AI-enabled wearable devices② can monitor symptoms and provide feedback both to the patient and clinician about a patient's functioning. This category of devices offers opportunities to enhance real-time symptom monitoring, prompt the use of relevant therapeutic skills in the moment, and facilitate outcomes assessment.【中略】

Ethical considerations

While using AI in mental health care has considerable potential, there also are many ethical considerations that must be navigated to harness AI responsibly. Some of these considerations include mitigating algorithmic bias, obtaining informed consent from patients, and safely handling and protecting sensitive data. Given these ethical considerations, governments, industry experts, and patient advocate groups across the world are working to develop legal and regulatory frameworks to provide appropriate guardrails for the development and use of AI.

問１　下線部①を訳しなさい。（10 点）

AI は、精神衛生上の問題が発生するリスクのある個人の早期発見に役立つ可能性がある。

問２　下線部②の AI 搭載のウェアラブル・デバイスにより、何ができるのかについて述べなさい。（10 点）

症状をモニタリングし、患者と医者の双方に患者の機能に関するフィードバックを提供できる。

問３　メンタルヘルス・ケアにおいて AI を活用するうえで必要となる倫理的配慮について、３つ挙げなさい。（5×3 点）

(1)（　アルゴリズムのバイアスの軽減　）
(2)（　患者からのインフォームド・コンセントの取得　）
(3)（　機密データの安全な取り扱いと保護　）

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Ⅱ．次のポスターは、家族が直面する逆境やリスクから、家族を守る保護的要因について啓発・説明しています。ポスターを読み、問いに答えなさい。解答はすべて日本語で記述しなさい。（38 点）（出典：Understanding the Protective Factors Framework. Great Start Collaborative&Family Coalition https://greatstartcollaborative.org/strengthening families protective-factors）

What makes your family

STRONG?

The reality is... hard times, adversity, misfortune, bad breaks, difficulties, tough Luck... whatever you call it - your family is sure to face it one time or another.

The good news is...the risks you and your children face do not define your Family - protective factors do! When these **FIVE PROTECTIVE FACTORS** are well established, family strength & optimal child development emerge.

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened and transformed by those experiences

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network①

Knowledge of Parenting&Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop (physically, cognitively, socially & emotionally)

Concrete Support in Times of Need

Access to supports and services that reduce stress and make families stronger

Social & Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize & regulate their emotions, and establish & maintain relationships

問１．５つの保護的要因を挙げなさい。（3×5 点）

(1)（　　親のレジリエンス　　）
(2)（　　社会とのつながり　　）
(3)（　　子育てと子どもの発達に関する知識　　）
(4)（　　必要な時の具体的なサポート　　）
(5)（　　子どもの社会的・情緒的能力　　）

問２．下線部①を訳しなさい。（10 点）

【社会福祉学研究科】

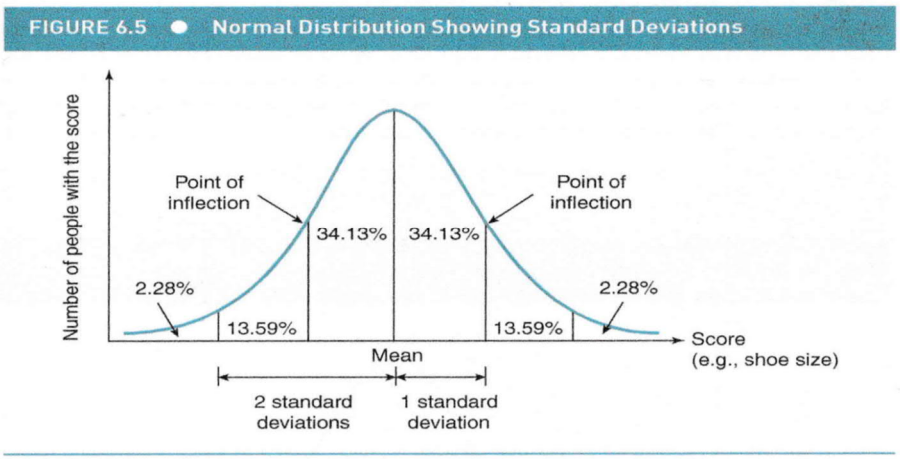
ストレスや孤立を軽減し、支持的なネットワークの構築に役立つような前向きな関係を築いていく能力と機会

問３．５つの保護的要因が十分に安定してはたらくと、どのような結果がもたらされるのか２つ挙げなさい。（5×2点）

(1)（　　家族の強さ　　）
(2)（　　子どもの最適な発達　　）

Ⅲ．正規分布について述べた下記の文章を読み、問いに答えなさい。解答はすべて日本語で記述しなさい。（30点）（出典：William J.Ray. Research Methods for Psychological Science. Sage Publication, Inc.2022）

The normal distribution has a number of interesting practical and mathematical properties. For example, some characteristics of humans, such as height, intelligence, and even shoe size, tend to occur in this distribution, In other words, the majority of people wear similarly sized shoes, with only a few wearing very large or very small sizes. To obtain a graph of this distribution, we would plot shoe size along the x axis (horizontal axis) and the number of people who wear that size along the y axis (vertical axis). If we were to identify the places where the curve changes direction (the points of inflection) and draw lines from these points perpendicular to the x axis, we would find that these lines divide the x axis into segments, each equal to 1 standard deviation (SD) from the mean. If we let the area under the curve equal 100%, or the whole population, then we can describe how much of the population is found in each standard deviation(Figure 6.5). <u>You can approximate this information by plotting a probability distribution for tossing a coin a large number of times and then counting the numbers that fall under these areas.①</u>



問１．正規分布する事象として挙がっている例を３つ述べなさい。（4×3点）

(1)（　　身長　　）
(2)（　　知能　　）
(3)（　　靴のサイズ　　）

問２.平均値から±１標準偏差について､上記の問題文ではどのように説明されているか、日本語で述べなさい。(8 点)

曲線の方向が変わる箇所（変曲点）を特定し、そこから x 軸に向かって垂直に線を引く。これらの線により分割された区間が、平均値からの 1 標準偏差に相当する。

問３．下線部①を訳しなさい。(10 点)

各標準偏差の範囲にどれくらいの割合が含まれるかは、コインを大量に投げた場合の（表が出るか裏が出るかの）確率分布を描き、その分布の下に含まれる数を数えることでおおよそ推定することができる。