

## 新生心理测评指导手册（电脑端）

说明：本手册中的系统操作图均为电脑版，手机版与电脑版操作步骤一致。

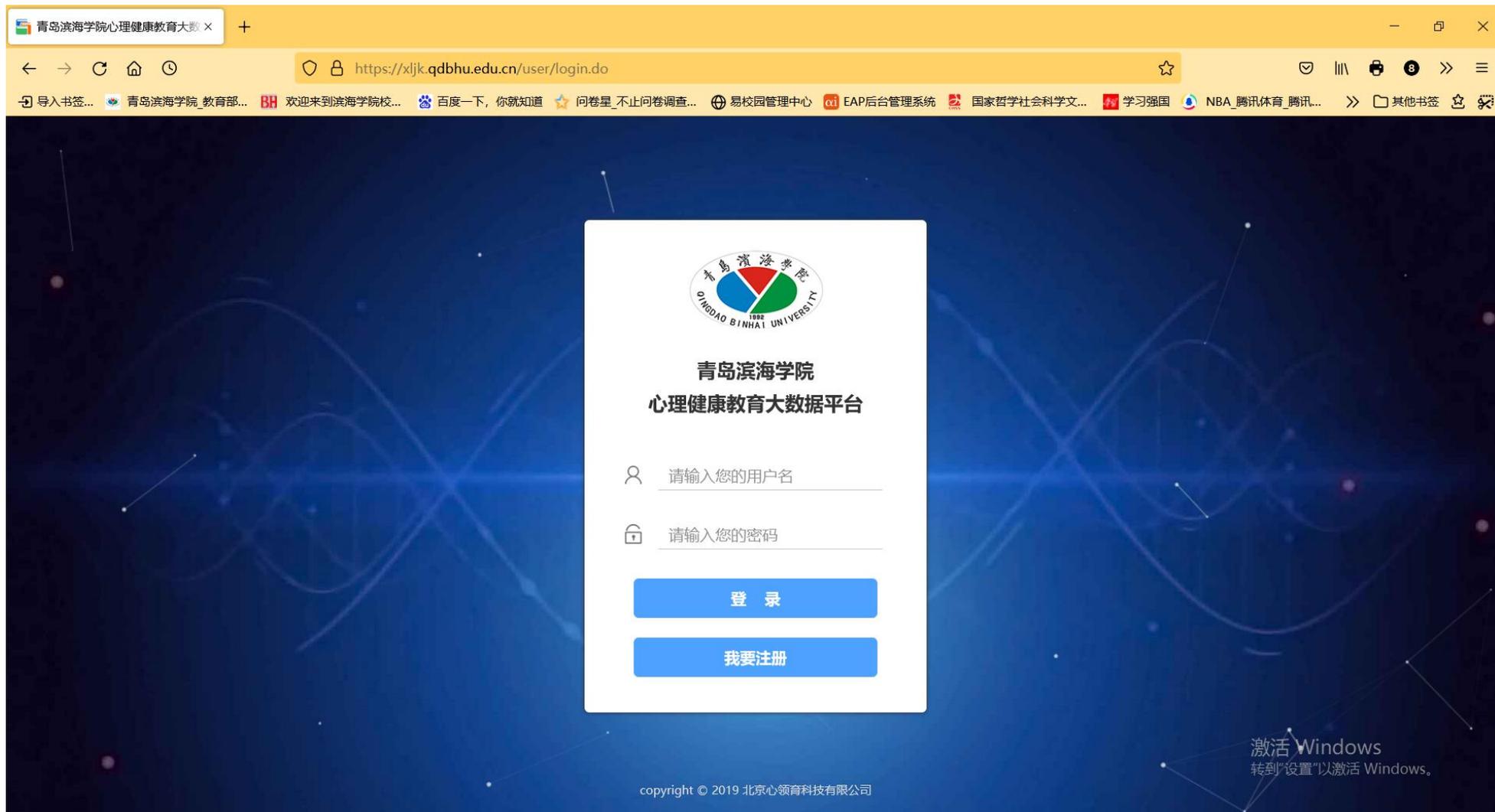
### 1. 打开青岛滨海学院心理健康教育大数据平台

方法一：不连接校园网的情况下，打开电脑或手机的浏览器输入网址 <https://xljk.qdbhu.edu.cn/>

方法二：电脑或手机连接校园的WLAN:CMCC-BHXY，进入青岛滨海学院内网，网址 [192.168.0.107](http://192.168.0.107/)



## 2. 在页面中输入用户名和密码（用户名和密码一致，均为学号），点击登录



3. 登录后首先需要修改密码，填写完整个人信息，完成后方可进入心理平台。

在页面中选择“心理普测”功能



#### 4. 点击“新生入学心理普查”的“开始测试”

青岛滨海学院心理健康教育大数据平台

桌面 > 心理普测

测评项目

新生入学心理普查 (测试) [开始测试](#)

心理自助

心理测评

心理评估

在线预约

测试学生【学生】

退出

5. 页面出现“大学生心理健康调查表”和“抑郁自评量表”两个问卷，需依次完成（用时约 10 分钟），认真阅读指导语后点击“开始测试”

The screenshot displays the user interface of the 'Qingdao Binhai University Psychological Education Big Data Platform'. The top navigation bar includes the university logo and name, and the user's profile 'Student Test [Student]'. A sidebar on the left lists navigation options: 'Psychological Self-Help', 'Psychological Assessment', 'Psychological Evaluation', and 'Online Appointment'. The main content area shows the 'Desktop > Psychological Assessment' path and a section for 'New Student Psychological Survey (Test) - Untested Part'. Two buttons are visible: 'University Student Mental Health Survey (UPI)' (highlighted in blue) and 'Depression Self-Rating Scale (SDS)'. Below these, the 'University Student Mental Health Survey (UPI)' section is active, displaying a 'Guidance' message: 'Please read each question carefully below, answer based on your first feeling after finishing the question. There is no right or wrong answer, just choose the answer that fits you. Please do not skip questions during the answer process. Thank you for participating.' A prominent blue 'Start Test' button is centered at the bottom of the survey area.

6. 进入正式测验后，根据题目表述选择符合自己的真实情况的选项。

注意：如果中途因为各种原因退出测试，只需要重新按照以上的步骤重新进入就可以

2 / 20

抑郁自评量表(SDS)

2、我感到早晨心情最好

- A、从无或偶而
- B、有时
- C、经常
- D、总是如此

上一题 下一题

## 7. 一份问卷完成后会出现如下页面

The screenshot displays a web interface for a psychological assessment platform. At the top, a blue header bar contains the logo of Qingdao Binhai University and the text '青岛滨海学院心理健康教育大数据平台'. On the right side of the header, there is a user profile icon labeled '学生测试【学生】', a bell icon, a question mark icon, and a '退出' (Logout) button.

On the left side, a vertical navigation menu lists several options: '心理自助' (Psychological Self-Help), '心理测评' (Psychological Assessment), '心理评估' (Psychological Evaluation), and '在线预约' (Online Appointment). The main content area shows a breadcrumb path '桌面 > 心理普测' (Desktop > Psychological Assessment) and a title '【新生入学心理普查(测试)】未测试部分' (【New Student Entrance Psychological Survey (Test)】 Untested Part). Below this, there are two buttons: '大学生心理健康调查表(UPI)' (University Student Mental Health Survey (UPI)) and '抑郁自评量表(SDS)' (Depression Self-Rating Scale (SDS)).

The main content area is titled '大学生心理健康调查表(UPI)' and shows a progress indicator '64 / 64'. A question is displayed: '64. 你有健康或心理卫生方面想要咨询的问题吗?' (64. Do you have any questions you want to consult about health or mental health?). The options are 'A、有' (A, Yes) and 'B、没有' (B, No). A modal dialog box is overlaid on the question, containing the text '您的测试已完成, 请提交结果, 谢谢!' (Your test is complete, please submit the results, thank you!) and a '确定' (Confirm) button. Below the dialog box, there are two buttons: '上一题' (Previous Question) and '提交测试结果' (Submit Test Results).

## 8. 点击“提交测试结果”，选择“继续答题”完成下一份问卷

The screenshot displays a web-based psychological assessment interface. At the top, a blue header bar contains the logo of Qingdao Binhai University and the text '青岛滨海学院心理健康教育大数据平台'. On the right side of the header, there is a user profile icon labeled '学生测试【学生】', a bell icon, a question mark icon, and a '退出' (Logout) button.

On the left side, a vertical navigation menu includes the following items: '心理自助' (Psychological Self-Help), '心理测评' (Psychological Assessment), '心理评估' (Psychological Evaluation), and '在线预约' (Online Appointment). The main content area shows the current assessment progress: '【新生入学心理普查(测试)】未测试部分' (New Student Entrance Psychological Survey (Test) - Untested Part). Below this, two buttons are visible: '大学生心理健康调查表(UPI)' (University Student Mental Health Survey (UPI)) and '抑郁自评量表(SDS)' (Depression Self-Rating Scale (SDS)).

The main assessment area is titled '大学生心理健康调查表(UPI)' and shows a progress indicator '64 / 64'. The current question is: '64、你有健康或心理卫生方面想要咨询的问题吗?' (64. Do you have any questions you want to consult about health or mental health?). The options are: 'A、有' (A. Yes) and 'B、没有' (B. No). The 'B' option is selected.

At the bottom of the question area, there are two buttons: '上一题' (Previous Question) and '提交测试结果' (Submit Test Results). The '提交测试结果' button is highlighted with a red rectangular box, indicating the next step in the process.



- 心理自助
- 心理测评
- 心理评估
- 在线预约

桌面 > 心理普测

【新生入学心理普查（测试）】未测试部分

抑郁自评量表(SDS)



问卷结果已提交，请继续作答其他问卷

继续答题



心理自助



桌面 > 心理普测

心理测评



心理评估



在线预约



【新生入学心理普查(测试)】未测试部分



抑郁自评量表(SDS)



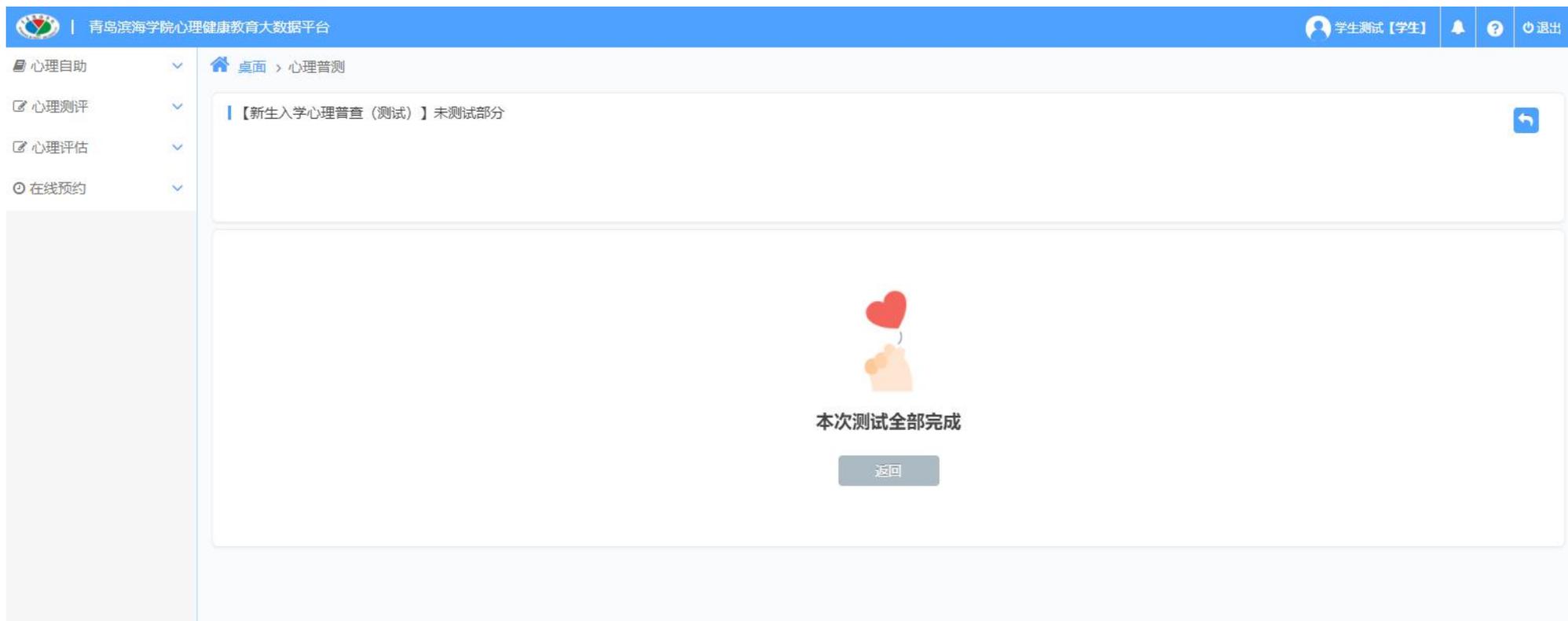
### 抑郁自评量表(SDS)

**指导语:**

本评定量表共有20个项目，分别列出了有些人可能会有的问题。请仔细阅读每一条目，然后根据最近一星期以内你的实际感受，选择一个与你的情况最相符合的答案。A表示没有该项症状，B表示比较少的时间有该症状，C表示相当多的时间有该症状，D表示绝大部分时间或全部时间。请你不要有所顾忌，应该根据自己的真实体验和实际情况来回答，不要花费太多的时间去思考，应顺其自然，应根据第一印象作出判断。

开始测试

## 9. 所有问卷完成并提交后会出现如下页面，点击右上角退出系统即可



学生处

心理健康辅导中心

2022年9月8日