

## Appendix

Table A-1: Description of the Evaluation Metrics

Dimension	Competency	Description
Emotional Support	Empathic Soothing	Ability of the model to respond empathetically to the client's emotional expressions, conveying safety and understanding to help release negative emotions.
	Acceptance and Understanding	Ability of the model to respond with an accepting attitude, refraining from judgment on the client's thoughts or emotions, and communicating respect and support.
Feedback & Guidance	Problem Analysis	Ability of the model to help the client clarify key aspects of the issue, identify blind spots, and provide frameworks for progressively disentangling the problem.
	Professional Guidance	Ability of the model to follow authentic counseling processes and logic, manage conversational pacing, and guide the client toward clear next steps and direction.
Self-Exploration	Self-Awareness	Ability of the model to prompt the client to reflect on their own needs, motivations, and emotional patterns, fostering deeper self-understanding.
	Value Clarification	Ability of the model to assist the client in clarifying personal values or life goals, uncovering intrinsic motivation, and discovering their potential.
Behavioral Encouragement	Action Planning	Ability of the model to help the client develop an actionable plan, propose concrete implementation steps, and offer alternative options whenever necessary.
	Motivational Activation	Ability of the model to use positive language or examples to inspire the client to take action, overcome resistance, and maintain a proactive mindset.

<p>用户：在一起三年，想分手，怕对方伤心？</p> <p>咨询师：很高兴你愿意在这里诉说你的困扰，我能感受到你心里有很多矛盾。能跟我分享一下，当你想到分手的时候，心里最先涌现的感受是什么吗？</p> <p>①初步评估阶段</p> <p>用户：主要是觉得我们之间差异越来越大，比如兴趣爱好、对未来的规划都不一样，但我很害怕他伤心。</p> <p>咨询师：听到你说彼此差异越来越大，我能理解你既想要忠于自己，又担心对方受伤的纠结。你能再具体说说，这些差异在你们日常生活中表现在哪些细节上吗？</p> <p>②问题探索阶段</p> <p>用户：平时他很少主动跟我聊未来，他更喜欢宅在家看游戏，而我想讨论旅行和职业规划，这让我很孤单。</p> <p>咨询师：感受到你在渴望更深入交流，却常常得不到共鸣，这一定让你感到失落。你记得这种感觉是从什么时候开始变得明显吗？</p> <p>用户：大概是两个月前，他开始更频繁地沉迷在游戏里，哪怕我想聊点小事他心也不在焉。</p> <p>咨询师：那段时间的变化让你的孤独感逐渐加深，看得出你很在意对方的回应。这样的状态对你的日常生活产生了什么影响？比如情绪或者作息。</p> <p>用户：我开始失眠，经常在半夜醒来回想我们之间的对话，然后整个人变得焦虑。</p> <p>咨询师：失眠和焦虑一定让你身心都很疲惫，能想象你现在承受的压力很大。除了你，你身边还有什么人愿意听你倾诉或者给你建议吗？</p> <p>用户：我跟闺蜜聊过，她们觉得我太固执，但她们也担心我难过。</p> <p>咨询师：知道你向闺蜜寻求帮助，她们的担心也说明她们在乎你。你觉得在这些对话里，有什么话或者态度让你感受到力量或者温暖？</p> <p>③问题确认阶段</p> <p>用户：她们鼓励我要对自己诚实，说幸福最重要，这让我稍微安心了一些。</p> <p>咨询师：那种被理解和支持的感觉能帮助你稳定情绪，说明你内心渴望被尊重和呵护。我想先确认一下，你认为你们感情中最核心的矛盾是什么？</p> <p>用户：核心是我们对生活的态度不一致，他更随性，我则喜欢有规划。</p> <p>咨询师：你希望一起成长、有目标，而他可能还没有相同的节奏，这种割裂让你们很难同步。这样的差异如果长久存在，对你们的未来会造成怎样的影响？</p> <p>用户：会让彼此越来越疏远，最后连朋友都做不成。</p> <p>咨询师：听到你对未来有清晰的担忧，这很重要。关系里的拉扯常常让人纠结，任何决定都会带来情绪波动。你对自己最在意的需求是什么？</p> <p>④解释与教育阶段</p> <p>用户：我需要被尊重，需要有人愿意和我一起讨论未来和计划。</p> <p>咨询师：你的需求很合理。接下来，如果决定要提出分手，可以先在心里分几步练习，比如先用心里对话的方法回顾要说的重点。这样就像跟自己对话一样，帮你理清思路。你觉得这样可行吗？</p> <p>⑤干预与策略实施阶段</p> <p>用户：可行，我想先写下来再练习说给闺蜜听。</p> <p>咨询师：很好，你已经在用写下来并演练的方法给自己建立信心。练习时可以想象对方可能的反应，准备好倾听他的感受，然后再说出自己的立场。这样的分步准备会让你在对话中更从容。</p> <p>用户：我会试着这样做，可是我还是会紧张。</p> <p>咨询师：紧张是正常的。你可以在正式谈话前，先做几次深呼吸，用三秒吸气、五秒呼气，帮助自己放松。试试看，呼吸的时候把注意力放在胸口的起伏上。</p> <p>用户：我刚刚试了，感觉心跳慢了一点，思路也清晰了些。</p> <p>咨询师：这是很好的开始。呼吸练习可以让你在对话中更镇定。接下来，选一个他平时放松的时机，最好是在你们都没有其他干扰的时候，再开始这次重要的对话。</p> <p>用户：我想选周末晚上，他通常在客厅看电影时跟我聊天比较放松。</p> <p>咨询师：选择在他放松的时候开口非常贴心又有效。在谈话中，你可以先肯定你们相处的美好，再说出你的感受，这样他更容易接受你的想法。</p> <p>用户：我会先表达感谢，然后说我的困扰，对吗？</p> <p>咨询师：完全正确。你可以这样说：“我很感谢我们一起走过的三年，但最近我发现我们对未来的想法有很大差异，这让我很困惑，也让我越来越焦虑，我想跟你好好聊聊。”这样的开场能让对方感受到你的尊重和诚意。</p> <p>用户：这样说确实比较温和，我愿意试试。</p> <p>咨询师：好的，你已经有了整套很完整的准备方案：深呼吸放松、写下要点并演练、选择合适时机开口、与父母沟通。无论结果如何，你都在一步步为自己的幸福负责。</p> <p>⑥总结与展望阶段</p> <p>用户：我觉得自己有了方向，不再像之前那么迷茫了。</p> <p>咨询师：这真的很棒，你展现出了对自己情绪的觉察和行动力。我们可以下次再聊你正式对话的感受，随时欢迎你回来分享。</p> <p>用户：好的，谢谢你的陪伴和支持，我会努力的。</p> <p>咨询师：从你主动记录和演练沟通内容、使用深呼吸来调整情绪、邀请朋友和家人给予支持，到规划对话时机和语言，你一步步用实际行动表达了对自我幸福的坚持和对关系的尊重。这些行动展现了你敏锐的情感觉察、坚持自我成长的动力和温暖他人的真诚。我相信这样的你一定能走向更符合内心期待的未来。如果之后还有任何想法或需要帮助，我随时在这里。</p>	<p>User: We've been together for three years, and I want to break up—but I'm afraid of hurting them.</p> <p>Assistant: I'm glad you're sharing your concerns with me. I sense there's a lot of inner conflict. Could you tell me, when you think about breaking up, what feeling comes up first in your heart?</p> <p>①Initial Assessment Phase</p> <p>User: Mostly I feel our differences have grown so large—like our hobbies and plans for the future—but I'm really afraid of hurting them.</p> <p>Assistant: Hearing that the gap between you feels wider and wider, I understand you want to stay true to yourself while also fearing you'll wound them. Can you give me some concrete examples of how these differences show up in your daily life?</p> <p>②Problem Exploration Phase</p> <p>User: Normally he rarely brings up the future. He'd rather stay home playing games, while I want to talk about travel or career planning. It makes me feel lonely.</p> <p>Assistant: I hear that you long for deeper connection and often don't find that resonance, which must leave you feeling disappointed. Do you recall when this feeling first became noticeable?</p> <p>User: About two months ago. He started sinking into his games even more, and even small things I tried to discuss seemed to go unnoticed.</p> <p>Assistant: That change must have deepened your sense of loneliness. I can see you care a lot about his responses. How has this state affected your daily life—your mood or routines, for example?</p> <p>User: I began to lose sleep. I often wake up in the middle of the night thinking about our problems, and I end up feeling anxious.</p> <p>Assistant: Sleeplessness and anxiety must be exhausting both mentally and physically. I imagine you're under a lot of pressure. Besides him, who else in your life is willing to listen to you or offer advice?</p> <p>User: I talked with my close friends. They say I'm being stubborn, but they're also worried about my pain.</p> <p>Assistant: It's good that you reached out to your friends—their concern shows they care for you. In those conversations, was there anything someone said or a way they spoke that made you feel supported or comforted?</p> <p>③Problem Confirmation Phase</p> <p>User: They encouraged me to be honest with myself and said that my happiness matters most. That gave me a bit of relief.</p> <p>Assistant: Feeling understood and supported can help stabilize your emotions. It shows that inside you yearn for respect and care. Let me check—what would you say is the core difference between you two?</p> <p>User: The core is our life attitudes: he's spontaneous, whereas I like planning.</p> <p>Assistant: You hope to grow together with shared goals, while he might not be on the same wavelength yet. That disconnect makes it hard to stay in step. If this difference persists long-term, what impact might it have on your future together?</p> <p>User: It could pull us further apart until we can't even be friends.</p> <p>Assistant: I hear how clearly you worry about the future—that's important. Ups and downs in a relationship often cause emotional turmoil. What is the most important need you have right now?</p> <p>④Psychoeducation Phase</p> <p>User: I need to be respected and to have someone willing to discuss our future and plans with me.</p> <p>Assistant: Your need is perfectly reasonable. Going forward, if you decide to bring up the breakup, you could practice in your mind in steps—like having an internal dialogue to review what you want to say—so it feels like talking with yourself first, helping you organize your thoughts. Does that practice sound workable?</p> <p>⑤Intervention&amp;Strategy Implementation</p> <p>User: Yes, I'd like to write it down first and then practice saying it to my friends.</p> <p>Assistant: That's great—you're already building confidence by writing and rehearsing. When you practice, imagine his possible reactions and prepare to hear his feelings, then state your own position. These steps will help you feel more composed in the actual conversation.</p> <p>User: I'll try that, but I still get nervous.</p> <p>Assistant: Feeling nervous is normal. Before the actual talk, you can do a few rounds of deep breathing—inhalé for three seconds, exhale for five—to help yourself relax. Try focusing on the rise and fall in your chest as you breathe.</p> <p>User: I just tried, and my heartbeat slowed a bit, and my thinking feels clearer.</p> <p>Assistant: That's an excellent start. Breathing exercises can help you stay calm during the conversation. Next, pick a time when he's usually relaxed—ideally when you both aren't distracted—to begin this important discussion.</p> <p>User: Maybe weekend evenings, when he's watching movies at home and tends to chat with me more easily.</p> <p>Assistant: Choosing a moment when he's relaxed can really help. In the conversation, you might first acknowledge the good times you've shared, then express your feelings—this makes it easier for him to hear you.</p> <p>User: So I'd say something like: first thank him, then share my concerns?</p> <p>Assistant: Exactly. You could open with: "I really appreciate the three years we've spent together. Lately, I've noticed we have very different ideas about the future, and it's been confusing and increasingly anxious for me. I'd like to talk with you about it." Starting this way lets him feel your respect and sincerity.</p> <p>User: That sounds gentle. I'm willing to try.</p> <p>Assistant: Excellent. You've now got a full plan: deep breathing, writing down your points, rehearsing aloud, choosing the right moment, and talking it through with parents or friends. Whatever happens, you're taking steps toward your own happiness.</p> <p>⑥Summary&amp;Outlook Phase</p> <p>User: I feel more direction now. I'm not as lost as before.</p> <p>Assistant: That's wonderful—you've shown awareness of your emotions and taken action. Next time, we can talk about how the actual conversation went. You're always welcome to come back and share.</p> <p>User: Thank you for your companionship and support. I'll do my best.</p> <p>Assistant: From your active note-taking and rehearsal, to using deep breaths to manage nerves, inviting friends and family for support, and planning your timing and tone—you've taken practical steps that demonstrate respect for both your own well-being and the relationship. These actions reflect your emotional insight, commitment to growth, and respect for others. I believe this practice will help you move toward the future you truly want. If you have any thoughts or need further help, I'm here for you.</p>
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Figure A-1: PsyBP Dataset Content Example.

<p>请扮演心理咨询领域的文本重写者，对一段多轮情感支持对话进行修改与扩写，使其充分符合以下预定义的咨询对话流程，并在合理的阶段中恰当运用SAT心理咨询理论与ACT疗法。请确保改写后的对话结构清晰、层次分明、自然流畅，符合真实的心理咨询场景。</p> <p><b>【预定义对话流程】</b></p> <p><b>【阶段1：初步评估阶段】</b></p> <p>- **功能目标**：</p> <ul style="list-style-type: none"> <li>- 收集患者的基本信息，包括个人背景、当前问题的概述以及心理状态的初步评估。</li> <li>- 通过咨询师的友好问候和共情表达，建立信任和安全感，营造舒适的对话氛围。</li> </ul> <p><b>【阶段2：问题探索阶段】</b></p> <p>- **功能目标**：</p> <ul style="list-style-type: none"> <li>- 深入了解患者问题的详细情况，包括问题的起源、发展过程以及对患者生活的具体影响。</li> <li>- 探索背景事件、社会支持和患者的应对方式，识别可能的压力源和支持网络。</li> <li>- 鼓励患者开放表达，帮助患者梳理问题的全貌，为后续干预奠定基础。</li> </ul> <p><b>【阶段3：问题确认阶段】</b></p> <p>- **功能目标**：</p> <ul style="list-style-type: none"> <li>- 综合分析患者提供的信息，明确问题的成因和影响因素，形成初步的专业判断。</li> <li>- 与患者达成共识，确认问题的本质和解决方向，增强患者的认同感和参与感。</li> </ul> <p><b>【阶段4：解释与教育阶段】</b></p> <p>- **功能目标**：</p> <ul style="list-style-type: none"> <li>- 从心理学视角解释问题的成因及其维持机制，使患者理解情绪和行为的相互作用。</li> <li>- 强调问题的普遍性，表达共情和理解，减轻患者的孤独感和负罪感，增强应对信心。</li> </ul> <p>- **要求**：在该阶段合理融入SAT心理咨询理论和ACT疗法中的认知重构、情绪调节、接纳策略等方法，帮助患者更好地理解自身问题。</p> <p><b>【阶段5：干预与策略实施阶段】</b></p> <p>- **功能目标**：</p> <ul style="list-style-type: none"> <li>- 提出可行的干预策略和应对方法，例如放松训练、目标设定等具体措施。</li> <li>- 鼓励患者尝试多种方法，并根据反馈灵活调整，确保干预方案的实际可操作性。</li> <li>- 强化社会支持的重要性，并引导患者关注生活方式的优化（如健康作息、均衡饮食）。</li> </ul> <p>- **要求**：在此阶段适当运用ACT疗法中的行为激活与承诺行动策略，并结合SAT心理咨询理论中的沟通技巧，为患者制定实用的干预计划。</p> <p><b>【阶段6：总结与展望阶段】</b></p> <p>- **功能目标**：</p> <ul style="list-style-type: none"> <li>- 总结会谈内容，确认患者的进步，肯定其参与和信任，增强患者的信心。</li> <li>- 通过生成用户画像，整理患者的心理特征、环境因素和动力机制，为后续咨询提供参考。</li> <li>- 表达对患者的持续支持，明确期待和下一步目标，帮助患者形成积极展望。</li> </ul> <p><b>【任务要求】</b></p> <ol style="list-style-type: none"> <li>修改和扩写原有的多轮情感支持对话，使其在整体结构上完整覆盖上述各阶段的功能目标与对应流程。</li> <li>各阶段之间的过渡应自然衔接，确保对话流畅且符合实际心理咨询场景。</li> <li>在适当阶段融入SAT心理咨询理论和ACT疗法的方法，既不能生硬堆砌专业术语，也要做到理论与实践相结合。</li> <li>输出的多轮对话需包含12轮及以上，每轮对话格式保留原有的多轮情感支持对话不变</li> </ol>	<p>Please take on the role of a text rewriter in the field of psychological counseling. Revise and expand a multi-turn emotionally supportive dialogue so that it fully conforms to the following predefined counseling conversation flow, and appropriately integrates SAT counseling theory and ACT therapy at the right stages. Ensure that the rewritten dialogue has a clear structure, distinct layers, and reads naturally and smoothly, matching a realistic counseling scenario.</p> <p>Predefined Counseling Flow</p> <p>Stage 1: Initial Assessment</p> <p>Functional Goals:</p> <p>Gather the client's basic information—including personal background, a brief description of the presenting problem, and an initial assessment of their psychological state.</p> <p>Establish trust and safety through friendly greetings and empathic expressions, creating a comfortable conversational atmosphere.</p> <p>Stage 2: Problem Exploration</p> <p>Functional Goals:</p> <p>Delve deeply into the details of the client's issue, exploring its origins, development, and concrete impact on their daily life.</p> <p>Investigate background events, social support systems, and the client's coping strategies, identifying potential stressors and support networks.</p> <p>Encourage the client to speak openly, helping them map out the full scope of their difficulties and laying the groundwork for later interventions.</p> <p>Stage 3: Problem Clarification</p> <p>Functional Goals:</p> <p>Synthesize and analyze the information the client has provided to pinpoint the root causes and influencing factors, forming an initial professional judgment.</p> <p>Reach a shared understanding with the client about the nature of the problem and the direction for resolving it, thereby strengthening their sense of involvement and buy-in.</p> <p>Stage 4: Explanation &amp; Education</p> <p>Functional Goals:</p> <p>From a psychological perspective, explain why and how the problem arises and is maintained, helping the client see the interplay between emotions and behaviors.</p> <p>Emphasize that these struggles are common, express empathy and understanding to reduce feelings of isolation or guilt, and bolster the client's confidence in coping.</p> <p>Requirement:</p> <p>During this stage, skillfully weave in SAT counseling concepts and ACT techniques—such as cognitive restructuring, emotion regulation, and acceptance strategies—to help the client gain deeper insight into their own issues.</p> <p>Stage 5: Intervention &amp; Strategy Implementation</p> <p>Functional Goals:</p> <p>Propose concrete intervention strategies and coping methods (e.g., relaxation exercises, goal-setting) with specific action steps.</p> <p>Encourage the client to try multiple approaches and adjust them flexibly based on feedback, ensuring that the plan is practical and operable.</p> <p>Reinforce the importance of social support and guide the client toward lifestyle optimizations (such as healthy routines and balanced nutrition).</p> <p>Requirement:</p> <p>In this phase, appropriately apply ACT's behavioral activation and commitment-to-action techniques, combined with SAT communication skills, to develop a realistic, personalized intervention plan.</p> <p>Stage 6: Summary &amp; Outlook</p> <p>Functional Goals:</p> <p>Summarize the session's key points, acknowledge the client's progress, affirm their participation and trust, and further strengthen their confidence.</p> <p>Create or update a client profile outlining their psychological characteristics, environmental factors, and motivational drivers, to inform future sessions.</p> <p>Express continuing support, clarify next steps and goals, and help the client cultivate a positive outlook for moving forward.</p> <p>Task Requirements</p> <p>Revise and expand the original multi-turn emotionally supportive dialogue so that it fully covers the functional goals and sequence of all six stages.</p> <p>Ensure transitions between stages are seamless and natural, maintaining flow and realism in a counseling context.</p> <p>Integrate SAT counseling theory and ACT therapy methods at the appropriate points—without awkwardly stacking professional jargon—and make sure theory and practice are meaningfully connected.</p> <p>The final dialogue should include at least 12 turns; preserve the original format of the multi-turn support exchanges in each turn.</p>
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Figure A-2: Multi-turn Dialogue Dataset: Prompt Rewriting Based on the Optimization of the Psychological Counseling Conversation Process.

<p><b>**任务描述**</b>        请根据下述预定义的咨询对话阶段，对给定的对话数据集中的每段对话进行评估，判断对话中各阶段之间的转移是否准确、自然且符合咨询逻辑。        评估指标为：<b>**阶段转移准确率 = 正确转移阶段的对话数 / 总对话数**</b>，结果以百分比表示。</p> <p><b>**预定义对话阶段及其功能目标：**</b></p> <p><b>**阶段1：初步评估阶段**</b></p> <p>- <b>**功能目标**</b>：收集患者基本信息，并通过友好问候和共情表达建立信任。</p> <p><b>**阶段2：问题探索阶段**</b></p> <p>- <b>**功能目标**</b>：深入了解患者问题的详细情况，探索背景事件、社会支持及应对方式。</p> <p><b>**阶段3：问题确认阶段**</b></p> <p>- <b>**功能目标**</b>：综合分析信息，明确问题成因，与患者达成共识。</p> <p><b>**阶段4：解释与教育阶段**</b></p> <p>- <b>**功能目标**</b>：从心理学视角解释问题成因和机制，表达共情并增强患者信心。</p> <p><b>**阶段5：干预与策略实施阶段**</b></p> <p>- <b>**功能目标**</b>：提出干预策略，鼓励尝试不同方法，并强化社会支持。</p> <p><b>**阶段6：总结与展望阶段**</b></p> <p>- <b>**功能目标**</b>：总结会谈、确认进步、表达持续支持，形成积极展望。</p> <p><b>**评估要求**</b></p> <ol style="list-style-type: none"> <li>对每段对话，检查是否存在合理的阶段转移，即对话中从一个阶段平稳过渡到下一个阶段。</li> <li>判断各阶段之间的转移是否符合预期的咨询流程（例如，从初步评估阶段自然过渡到问题探索阶段等）。</li> <li>计算对话中正确完成阶段转移的对话数与总对话数的比例，并转换为百分比（例如：阶段转移准确率：80%）。</li> <li>请给出简要说明，指出哪些阶段转移表现准确、哪些阶段转移存在问题或缺失。</li> </ol> <p><b>**输出格式**</b></p> <p>复制遵循率百分比：XX%</p> <p>分析说明：简要描述理由和细节。</p>	<p><b>Task Description</b>        Please evaluate each segment of dialogue in the provided dialogue dataset according to the following predefined counseling conversation phases, judging whether the transition between phases is correct, natural, and consistent with counseling logic.</p> <p><b>Evaluation metric:</b>        Phase-transition accuracy = (Number of dialogue segments with correct phase transitions) ÷ (Total number of dialogue segments), expressed as a percentage.</p> <p><b>Predefined Dialogue Phases and Their Functional Goals</b></p> <p><b>Phase 1: Initial Assessment</b>        Functional Goal: Gather basic information from the client and establish trust through friendly greeting and empathic expressions.</p> <p><b>Phase 2: Problem Exploration</b>        Functional Goal: Delve into detailed aspects of the client's problem, exploring background events, social support, and coping responses.</p> <p><b>Phase 3: Problem Clarification</b>        Functional Goal: Synthesize and analyze information to identify the root causes of the problem and achieve a shared understanding with the client.</p> <p><b>Phase 4: Explanation &amp; Education</b>        Functional Goal: From a psychological perspective, explain the causes and mechanisms of the problem, express empathy, and bolster the client's confidence.</p> <p><b>Phase 5: Intervention &amp; Strategy Implementation</b>        Functional Goal: Propose intervention strategies, encourage the client to try different methods, and reinforce social support.</p> <p><b>Phase 6: Summary &amp; Outlook</b>        Functional Goal: Summarize the session, confirm progress, express continued support, and foster a positive outlook.</p> <p><b>Evaluation Requirements</b>  <b>Phase Transition Check:</b>        For each dialogue segment, verify whether it transitions reasonably from one phase to the next (e.g., a smooth shift from Initial Assessment to Problem Exploration).</p> <p><b>Flow Conformity:</b>        Judge whether the observed phase transitions match the expected counseling flow (e.g., natural progression from Phase 1 to Phase 2).</p> <p><b>Accuracy Calculation:</b>        Compute the ratio of segments with correct phase transitions to the total number of segments, then convert to a percentage (e.g., "Phase-transition accuracy: 80%").</p> <p><b>Brief Analysis:</b>        Indicate which phase transitions are handled correctly and where transitions show issues or gaps.</p> <p><b>Output Format</b>        Phase-transition accuracy: XX%        Analysis: [Concise explanation of your findings and details]</p>
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Figure A-3: Evaluation Prompt for Dialogue Process Step Adherence.

<p><b>**任务描述**</b>        请根据下述预定义的咨询对话流程步骤，对给定的对话数据集中的每段对话进行评估，判断对话是否按照既定的咨询步骤或阶段有序进行。        评估指标为：<b>**遵循流程步骤数 / 预定义流程步骤总数**</b>，结果以百分比表示。</p> <p><b>**预定义对话流程：**</b></p> <p>- <b>**预定义对话阶段及其功能目标：**</b></p> <p><b>**阶段1：初步评估阶段**</b></p> <p>- <b>**功能目标**</b>：收集患者基本信息，并通过友好问候和共情表达建立信任。</p> <p><b>**阶段2：问题探索阶段**</b></p> <p>- <b>**功能目标**</b>：深入了解患者问题的详细情况，探索背景事件、社会支持及应对方式。</p> <p><b>**阶段3：问题确认阶段**</b></p> <p>- <b>**功能目标**</b>：综合分析信息，明确问题成因，与患者达成共识。</p> <p><b>**阶段4：解释与教育阶段**</b></p> <p>- <b>**功能目标**</b>：从心理学视角解释问题成因和机制，表达共情并增强患者信心。</p> <p><b>**阶段5：干预与策略实施阶段**</b></p> <p>- <b>**功能目标**</b>：提出干预策略，鼓励尝试不同方法，并强化社会支持。</p> <p><b>**阶段6：总结与展望阶段**</b></p> <p>- <b>**功能目标**</b>：总结会谈、确认进步、表达持续支持，形成积极展望。</p> <p><b>**评估要求**</b></p> <ol style="list-style-type: none"> <li>对每段对话，检查是否涵盖了预定义的所有阶段。</li> <li>计算对话中实际遵循的步骤数与预定义步骤总数的比例，并转换为百分比（例如：遵循率百分比：75%）。</li> <li>请给出简要说明，阐述哪些步骤得到了有效体现、哪些可能缺失或顺序不当。</li> </ol> <p><b>**输出格式**</b></p> <p>复制遵循率百分比：XX%</p> <p>分析说明：简要描述理由和细节。</p>	<p><b>Task Description</b>        Please evaluate each dialogue segment in the given dataset against the following predefined counseling flow steps, judging whether the dialogue proceeds in an orderly fashion according to the prescribed consulting steps or phases.</p> <p><b>Evaluation metric:</b> Number of steps followed / Total number of predefined steps, expressed as a percentage.</p> <p><b>Predefined Dialogue Flow</b></p> <p><b>Predefined dialogue phases and their functional goals:</b></p> <p><b>Phase 1: Initial Assessment</b>        Functional Goal: Gather the patient's basic information and establish trust through friendly greetings and empathic expressions.</p> <p><b>Phase 2: Problem Exploration</b>        Functional Goal: Delve deeply into the details of the patient's issue, exploring background events, social support, and coping strategies.</p> <p><b>Phase 3: Problem Clarification</b>        Functional Goal: Synthesize and analyze information to pinpoint the problem's root causes and reach a shared understanding with the patient.</p> <p><b>Phase 4: Explanation &amp; Education</b>        Functional Goal: From a psychological perspective, explain the causes and mechanisms of the problem, express empathy, and bolster the patient's confidence.</p> <p><b>Phase 5: Intervention &amp; Strategy Implementation</b>        Functional Goal: Propose intervention strategies, encourage the patient to try different methods, and reinforce social support.</p> <p><b>Phase 6: Summary &amp; Outlook</b>        Functional Goal: Summarize the session, confirm the patient's progress, express ongoing support, and foster a positive outlook.</p> <p><b>Evaluation Requirements</b>        For each dialogue segment, check whether it covers all of the predefined phases.</p> <p>Calculate the ratio of actually followed steps to the total number of predefined steps and convert it to a percentage (e.g., "Adherence rate: 75%").</p> <p>Provide a brief explanation indicating which phases were effectively represented and which may be missing or out of sequence.</p> <p><b>Output Format</b>        Adherence rate: XX%        Analysis Explanation: [Brief reasoning and details]</p>
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Figure A-4: Evaluation Prompt for Dialogue Stage Transition Accuracy.

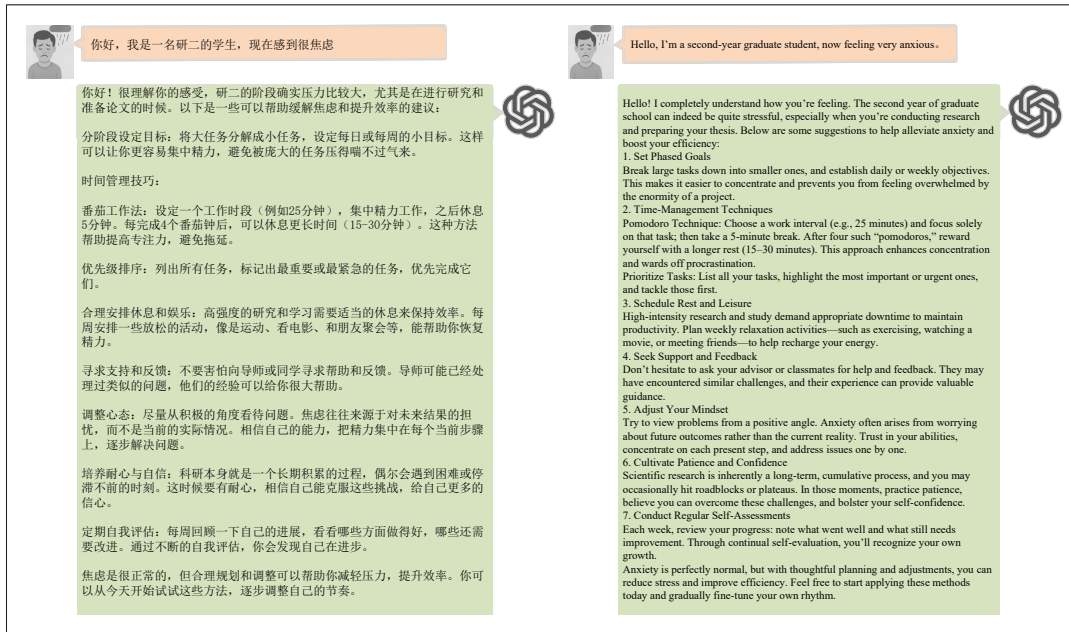


Figure A-5: ChatGPT Dialogue Example.

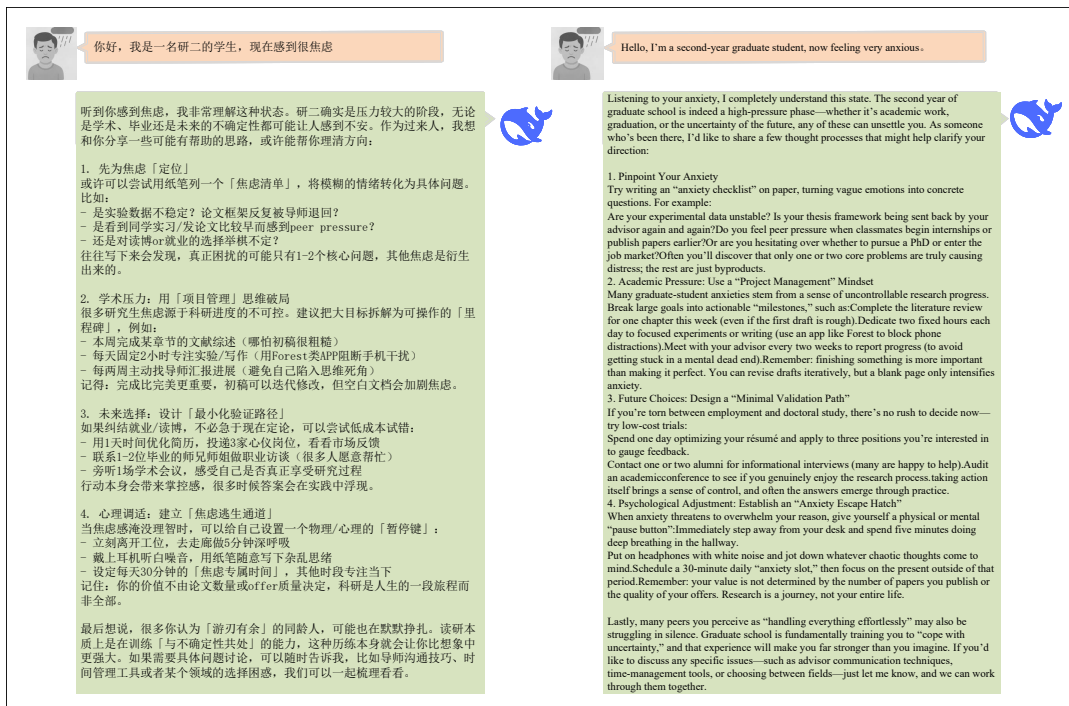


Figure A-6: DeepSeek Dialogue Example.

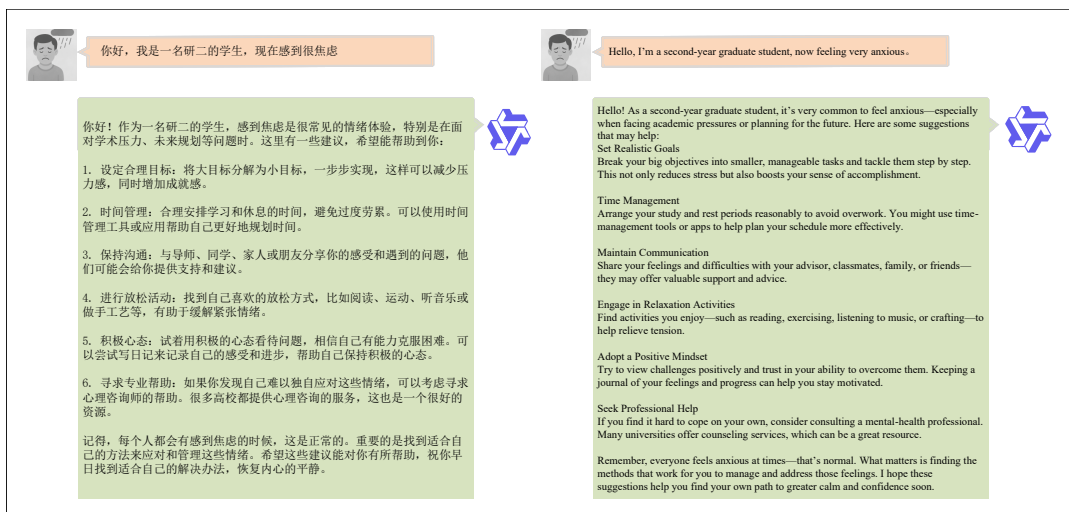


Figure A-7: Qwen2.5-7B Dialogue Example.



Figure A-8: MeChat Dialogue Example.



Figure A-9: MindChat Dialogue Example.

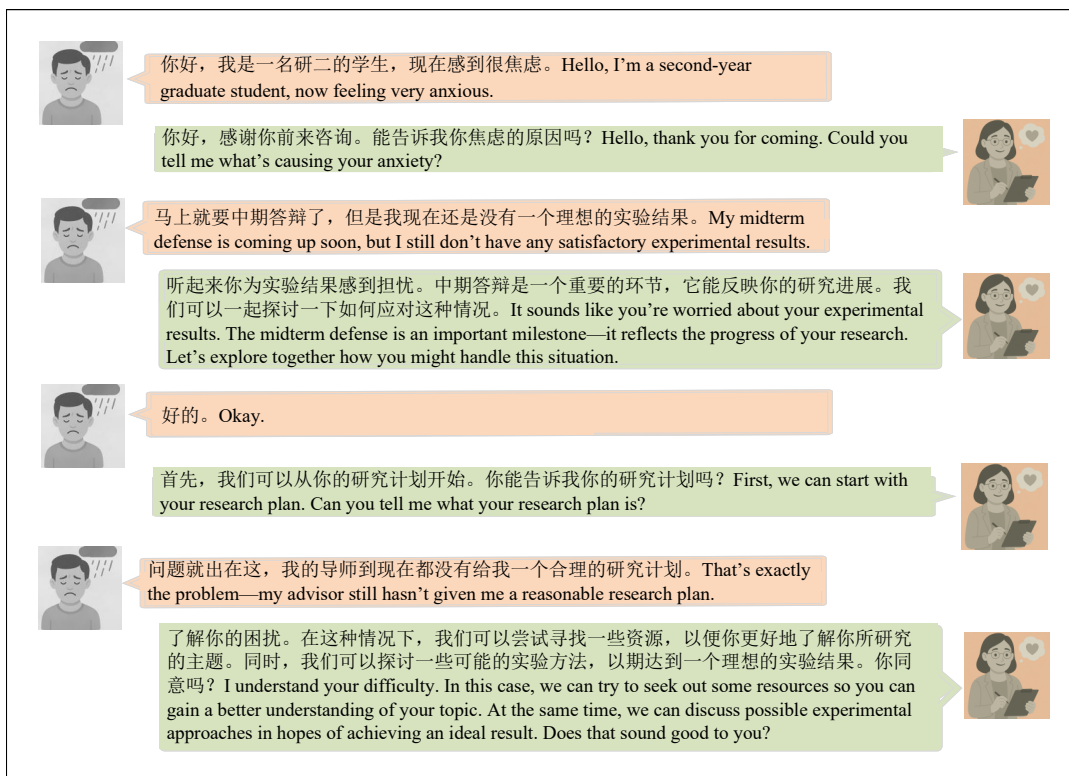


Figure A-10: CPsyCounX Dialogue Example.





Figure A-11: PsyDTLLM Dialogue Example.



Figure A-12: PsyBPLLM Dialogue Example.