

附件 2:

新版 App（心赏）下载使用说明

心赏 App（中文版）

一、App 下载

1. iOS 系统

苹果用户请在 App Store 内搜索“心赏”进行下载，如下图。



提示：由于一些 iOS 系统的 bug，个别苹果用户可能会遇到无法下载心赏 App 的问题。遇到这类问题，可以考虑将 iOS 更新到最新版本，或者换个设备再进行尝试。

2. 安卓系统

安卓用户可以通过以下几种途径进行 App 下载。

(1) 可在“华为应用市场”中，搜索“心赏”进行下载，如



下图。

(2) 在手机浏览器中打开以下链接，进行下载：

<https://mhec.ucas.ac.cn/apk/xinshang.apk>

(3) 用手机浏览器扫描下图二维码来进行下载。

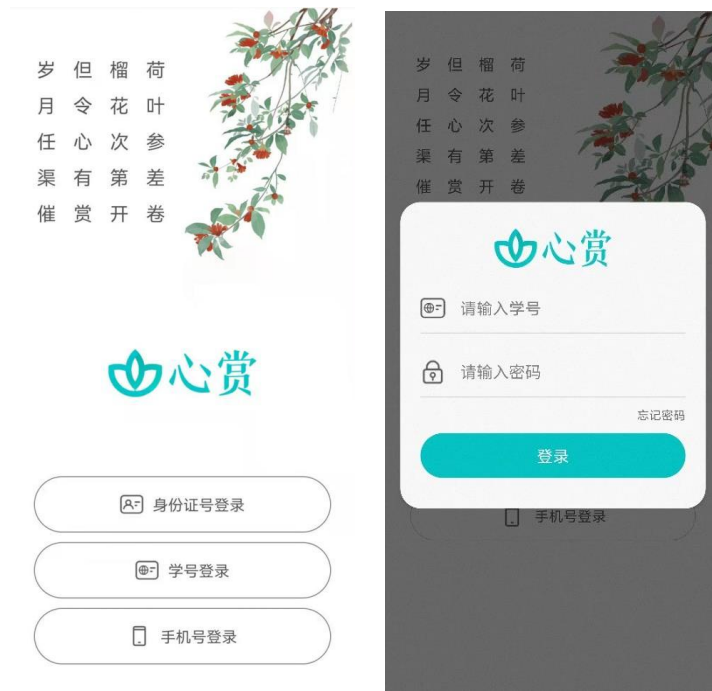


二、 关于如何进行普测的说明

1. 登录

可以选择用学号、身份证号、手机号进行登录。其中，手机号需是在学校预留的手机号码。初始密码为学生的身份证后六位(注：如果身份证后6位中有字母，需大写)。

提示：请优先使用身份证号或者学号进行登录。



2. 进入普测

方式 1: 下图中红框跳转到“待测量表”

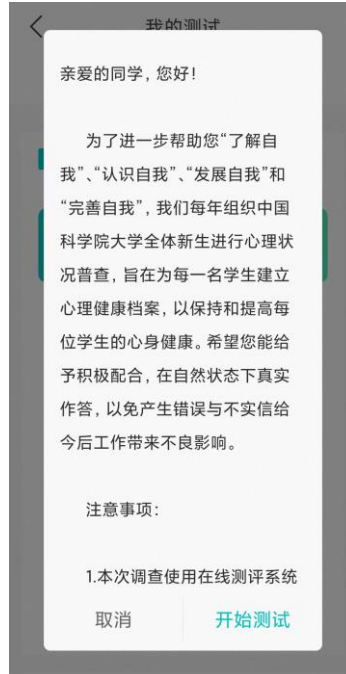
方式 2: 底部“身心”，点击上方普测横幅

方式 3: 右下角“我的” - “我的测试” - “待测试”



3. 开始普测

步骤 1: 点击【测试须知】查看普测指导语。阅读完毕后，点击“开始测试”。



步骤 2: 阅读各个量表的指导语，按指引答题。



温馨提示: 若在测试过程中需临时退出测试，退出前请先按下图步骤进行保存。若不进行保存，会导致部分题会需重新进行回答。



4. 查看普测结果报告

方式 1：底部“身心”-“测试报告”-“已完成”



方式 2：右下角“我的”-“我的测试”-“已完成”



心赏 App 英文版

Xin Shang App User Manual

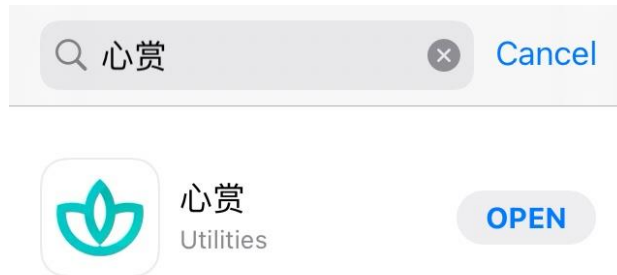
Note:

Please make sure the language of your smart phone is **English**.

1. Download

(1) For iOS Users.

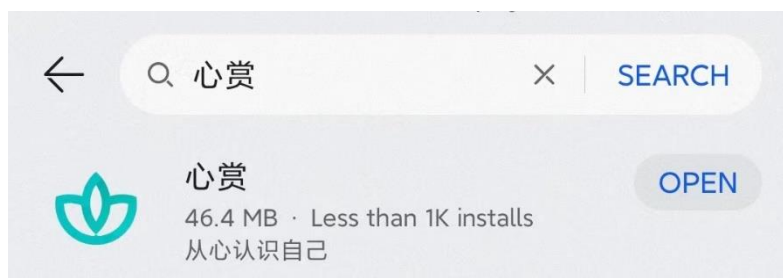
Please search for “心赏” (Pinyin: Xin Shang) in the App Store, as shown below.



(2) For Android Users.

You can download the App through the following ways:

- a) Please search for “心赏” (Pinyin: Xin Shang) in the “HUAWEI AppGallery”, as shown below.



- b) Open the following link in the browser in your phone and download.

<https://mhec.ucas.ac.cn/apk/xinshang.apk>

- c) Scan the QR code to download.

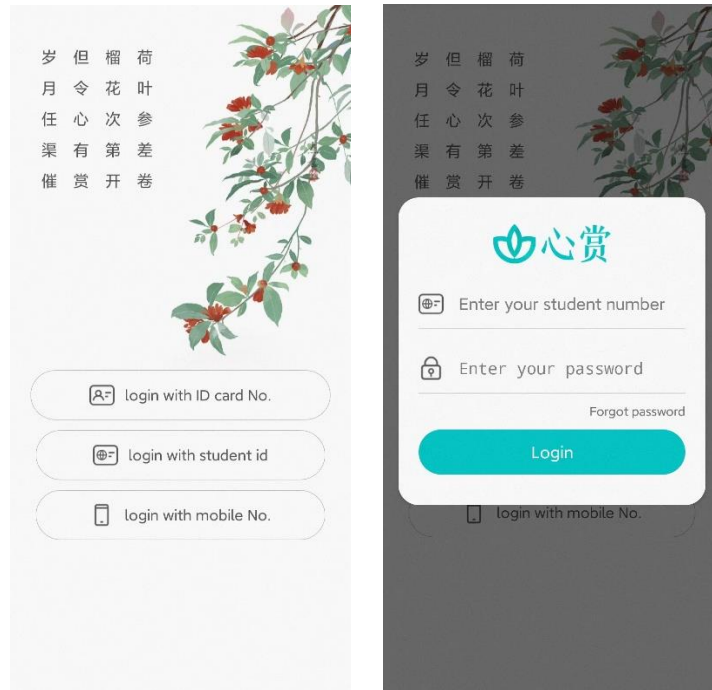


2. How to take the Mental Health Survey.

(1) Login

You can choose to login with your Passport ID, Student ID, or your phone number. Please note, the phone number must be the number you previously reserved at UCAS. The default password is the last 6 digits of your Passport ID.

Note: Please login with your Passport ID or Student ID first.

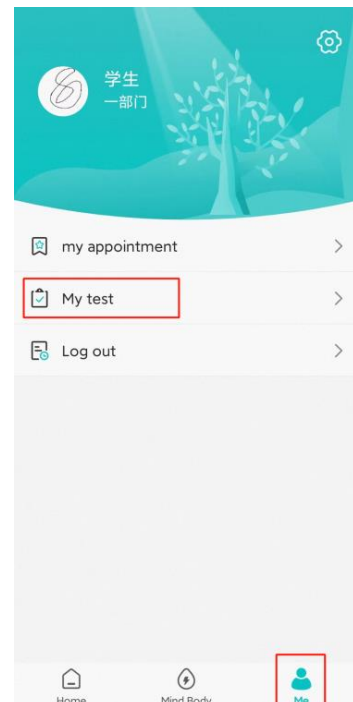
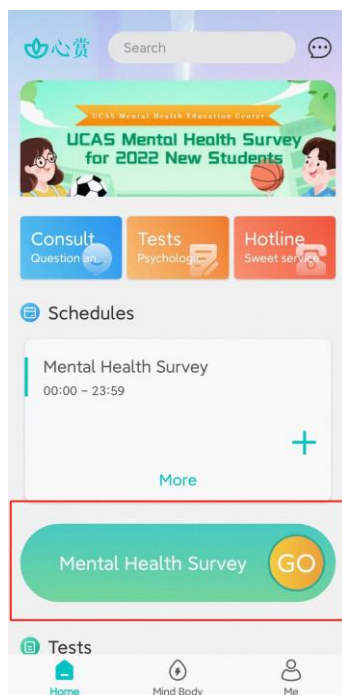


3. Enter Your Test

Method 1: Click
“GO”- “To Do”

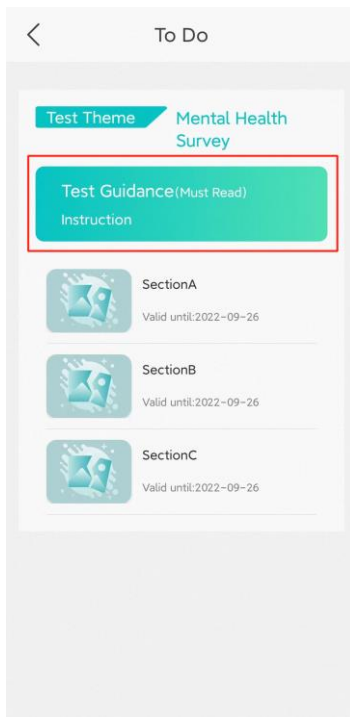
Method 2: “Mind
Body”- banner above.

Method 3: “Me”- “My
test”-“To Do”.

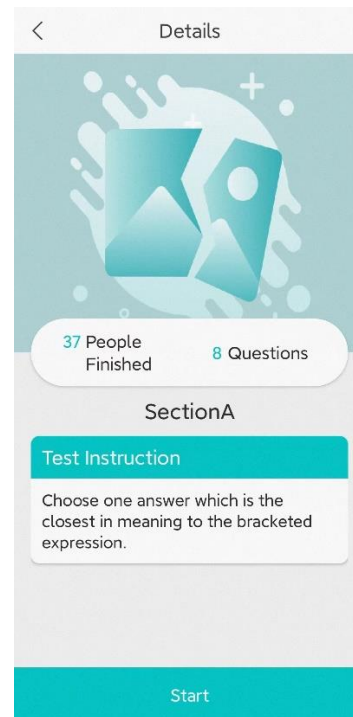


4. Start Your Tests

Step 1: Click “Test Guidance” and read it. Then click “Start”

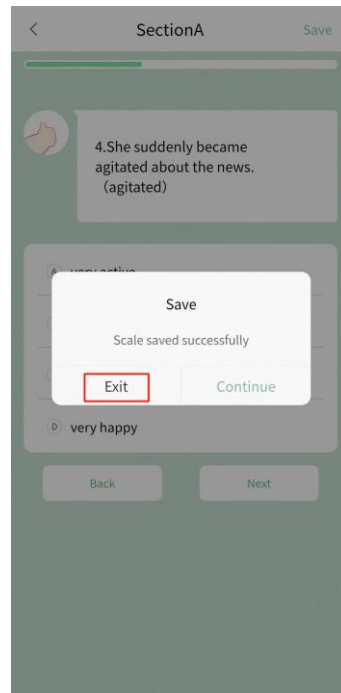
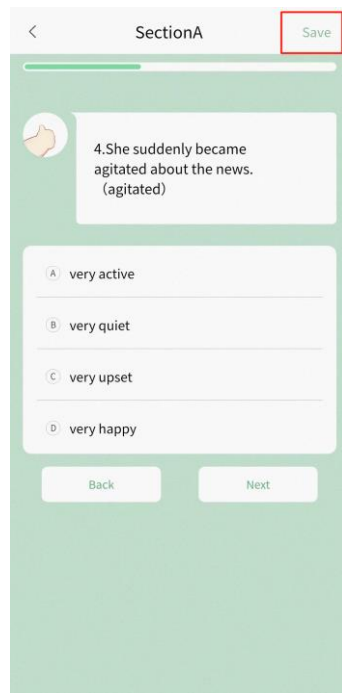


Step 2: Read Test Instruction for each test and answer questions accordingly.



【Notice】

If you need to leave the App temporarily during your test, you can save your answers by following the instruction below. If you did not save your answers before you leave the App, you may need to re-answer some of the questions.



5. View Your Results

Method 1: Click “Mind Body”-
“Test Results” - “Finished”



Method 2: Click “Me”-
“My test”- “Finished”

