讲义

Britain

英国

Britain's mental-health mess

英国的心理健康困境

Too many mild cases are being medicalised; too many severe ones ignored

太多轻度病例被医疗化；太多严重病例被忽视

选自：The Economist December 9th 2023 edition Leaders

Much of the rich world has struggled with rising rates of self-reported mental-health problems, particularly since the covid-19 pandemic. But the numbers in Britain are startling. Around 4.5m Britons were in contact with mental-health services in 2021-22, a rise of almost 1m in five years. In the past decade no other European country has seen a greater increase in the use of antidepressants. A National Health Service (NHS) survey in 2023 found that one in five 8- to 16-year-olds in England had a probable mental disorder, up from one in eight in 2017. In 17- to 19-year-olds the figure had increased from one in ten to one in four. The number of people who are out of work with mental-health conditions has risen by a third between 2019 and 2023.

大部分富裕国家都在努力应对自我报告心理健康问题日益增加的情况，尤其是自新冠疫情以来。但英国的数字令人震惊。2021-22 年，约有 450 万英国人接触过心理健康服务，五年内增加了近 100 万人。在过去十年中，没有任何一个欧洲国家的抗抑郁药物使用量有英国这样大的增长。英国国民健康服务体系（NHS）2023 年的一项调查发现，英格兰 8 至 16 岁的青少年中，有五分之一的人可能患有精神障碍，高于 2017 年的八分之一。在 17 至 19 岁的青少年中，这一数字从十分之一上升到四分之一。在 2019 年至 2023 年间，因心理健康状况而失业的人数增加了三分之一。

【词汇】

1. **mild** /maɪld/ adj. 四级 六级 高考 考研 not severe or strong 温和的；不强烈的；不严重的

例：It's safe to take a mild sedative.

服用药性不强的镇定剂没有危险。

2. **medicalise** /ˈmɛdɪkəˌlaɪz/ v. to consider something to be a medical problem, or to represent it as a medical problem 医疗化；用医学方法处理

例：There is a growing tendency in our society to medicalise problems that are not medical.

在我们的社会中，将非医学问题医学化的趋势越来越大。

3. **startling** /ˈstɑːrtlɪŋ/ adj. GMAT extremely unusual and surprising 惊人的；让人震惊的

例：These myths have a startling likeness to one another.

这些神话彼此有惊人的相似之处。

4. **antidepressant** /ˌæntidɪˈpresnt/, /ˌæntaɪdɪˈpresnt/ n. a drug used to treat the illness depression 抗抑郁药；抗抑郁剂

【特殊词汇】

1. **National Health Service** ：National Health Service (the public health service in Britain that provides medical treatment and is paid for by taxes) 国民医疗服务体系（NHS，英国靠税收维持的公众医疗服务）

【长难句】

A National Health Service (NHS) survey in 2023 found that one in five 8- to 16-year-olds in England had a probable mental disorder, up from one in eight in 2017.

句子**主干部分**为 A National Health Service (NHS) survey found that one in five 8- to 16-year-olds had a probable mental disorder，意为：英国国民健康服务体系（NHS）的一项调查发现，8 至 16 岁的青少年中，有五分之一的人可能患有精神障碍

其中，(NHS)为**同位语**，补充说明 National Health Service，意为：英国国民健康服务体系（NHS）

according to a recent paper 为**状语**，意为：2023 年的（调查）

up from one in eight in 2017 为**状语**，意为：高于 2017 年的八分之一

It is good that people do not feel they must bottle things up and the suffering from mental illnesses is real. Awareness of mental health has diminished the stigma of some conditions and revealed that many Britons'	人们不再感到他们必须将情绪隐藏起来是件好事，精神疾病的痛苦是真实存在的。人们对心理健康的认识减少了一些疾病的污名，并揭示出许多英国人的需求没有得

needs are not met. But awareness has caused damage, too.	到满足。但这种意识也造成了损害。

【词汇】

1. **diminish** /dɪˈmɪnɪʃ/ v. 六级 GMAT 考研 雅思 to become smaller, weaker, etc.; to make something become smaller, weaker, etc. 减少；（使）减弱，缩减；降低

例：The world's resources are rapidly diminishing.

世界资源正在迅速减少。

<同义替换>decrease

5. **stigma** /ˈstɪɡmə/ n. 专八 negative feelings that people have about particular circumstances or characteristics that somebody may have 耻辱；羞耻

【词组】

1. **bottle up** : to not allow other people to see that you are unhappy, angry, etc., especially when this happens over a long period of time 长时间掩饰，遏制，隐瞒（不快等）

例：Be assertive rather than bottle up your anger.

要坚定自信，而不是把愤怒藏在心里。

For all their good intentions, campaigns intended to raise awareness are leading some people to conflate normal responses to life's difficulties with mental-health disorders. Special treatment creates incentives for people to seek diagnoses and to medicalise problems unnecessarily. The need to treat people with milder conditions competes with care for those who have the most severe ones.	尽管宣传活动的初衷是好的，但却导致一些人将生活中遇到困难时的正常反应与心理疾病混为一谈。特殊治疗创造了人们寻求诊断和不必要地医学化问题的动机。对较轻症状的治疗需求与对最严重症状患者的护理产生了竞争关系。

【词汇】

1. **conflate** /kənˈfleɪt/ v. 专八 to put two or more things together to make one new thing 合并；合成；混合

例：The issues of race and class are separate and should not be conflated.

种族和阶级问题是分开的，不应混为一谈。

Start with the idea that mental health has become a catch-all term. The sheer proportions of people who say they have a disorder is a red flag. Some 57% of university students claim to suffer from a mental-health issue; over three-quarters of parents with school-age children sought help or advice over their child's mental health in 2021-22. In surveys Britons increasingly describe grief and stress as mental illnesses, redefining how sickness is understood. Most conditions do not yet have objective biomarkers, so self-reported symptoms weigh heavily in official statistics and in diagnostic processes.

首先，心理健康已成为一个笼统的术语。自称患有精神障碍的人比例之高令人担忧。约 57%的大学生声自称有心理健康问题；2021-22 年，超过四分之三有学龄儿童的家长就孩子的心理健康问题寻求帮助或建议。在调查中，越来越多的英国人将悲伤和压力描述为心理疾病，重新定义了对疾病的理解。大多数病症尚未具有客观的生物标志物，因此在官方统计和诊断过程中，自我报告的症状占很大比重。

【词汇】

1. **catch-all** /ˈkætʃ ɔːl/, /ˈketʃ ɔːl/ adj. including several different things without stating clearly what is included or not 笼统的一类（或描述）

例：Globalisation is a catch-all to describe increased international trade.

"全球化"是个泛称，用以描述增进了的国际贸易。

2. **sheer** /ʃɪr/ adj. 六级 GMAT 考研 雅思 used to emphasize the size, degree or amount of something（用来强调事物的大小、程度或数量）

例：The area is under threat from the sheer number of tourists using it.

这一地区由于游客人数太多而面临威胁。

3. **grief** /griːf/ n. 六级 考研 雅思 a very sad feeling, especially when somebody dies 悲伤，悲痛，伤心

4. **objective** /əbˈdʒektɪv/ adj. 四级 六级 GMAT 考研 not influenced by personal feelings or opinions; considering only facts 客观的；就事论事的；不带个人感情的

例：There's little objective evidence to suggest that he is guilty. 几乎没有客观证据表明他有罪。

5. **biomarker** /ˈbaɪəʊˌmɑːkə/ n. a substance, physiological characteristic, gene, etc that indicates, or may indicate, the presence of disease, a physiological abnormality or a psychological condition 生物标志物：一种可以在生物体内检测到的物质，通常用于研究生物过程、疾病发展或治疗效果。

【词组】

1. **red flag** : If you refer to something as a red flag, you mean that it acts as a danger signal. 危险信号；预警

例：The abnormal bleeding is your body's own red flag of danger.

非正常的出血是你的身体发出的危险信号。

Medicalising mild distress may not benefit patients. One study of mindfulness courses in 84 British schools found that normal teaching was just as good for mental health. But the great harm from overdiagnosis is to those who most need help.	对轻度痛苦进行医疗治疗可能对患者无益。一项针对 84 所英国学校正念课程的研究发现，正常的正念教学对心理健康同样有益。但过度诊断会对那些最需要帮助的人造成了巨大损害。

【词汇】

1. **mindfulness** /ˈmaɪndflnəs/ n. a mental state achieved by concentrating on the present moment, while calmly accepting the feelings and thoughts that come to you, used as a technique to help you relax 正念：专注于当下的时刻所获得的精神状态，同时从容地接受自己的感受和想法，这是一种帮助人放松的方法

The NHS, in theory, is able to triage patients by need. In practice, a service that has long been understaffed and poorly organised is struggling with surging demand. The number of young people in contact with mental-health services has expanded at more than three and a half times the rate of the workforce in child and adolescent psychiatry. A 22% increase in the overall mental-health workforce in the five years to 2021-22 could never have matched a 44% increase in referrals for all patients. At least 1.8m people are waiting for mental-health treatment.	理论上，NHS 能根据需要对病人进行分诊。实际上，这个长期以来人手不足、组织不善的服务部门却在需求激增的情况下举步维艰。接触心理健康服务的年轻人数量的增长速度是儿童和青少年精神科工作人员增长速度的 3.5 倍以上。截至 2021-22 年的五年间，心理健康工作人员整体增长了 22%，但无法与所有患者就诊数量增长的 44%相匹配。至少有 180 万人在等待心理健康治疗。

【词汇】

1. **triage** /ˈtriːɑːʒ/ n. the process of deciding how seriously ill or injured a person is, so that the most serious cases can be treated first 患者鉴别分类；伤员鉴别分类；治疗类选法

2. **understaffed** /ˌʌndərˈstæft/ adj. not having enough people working and therefore not able to function well 人员不足的；人手太少的

例：Many institutions offering child care are understaffed and underequipped.

许多保育机构人手不够，设备也不足。

3. **adolescent** /ˌædəˈlesnt/ n. GMAT 高考 考研 in or relating to the process of developing from a child into an adult 青少年的

例：Most adolescent problems are temporary.

多数青春期的问题都是暂时的。

4. **psychiatry** /saɪˈkaɪətri/ n. 考研 专八 雅思 the study and treatment of mental illness 精神病学；精神病治疗

5. **referral** /rɪˈfɜːrəl/ n. GMAT the act of sending somebody who needs professional help to a person or place that can provide it 送交，转送（到能提供专门帮助的人或地方那里）

例：illnesses requiring referral to hospitals

需要送到医院就诊的疾病

【长难句】

The number of young people in contact with mental-health services has expanded at more than three and a half times the rate of the workforce in child and adolescent psychiatry.

句子**主干部分**为 The number of young people has expanded at more than three and a half times the rate of the workforce，意为：然而，年轻人数量的增长速度是工作人员增长速度的 3.5 倍以上

其中，at more than three and a half times the rate of the workforce 是**状语**，修饰 expand，意为：（增长）速度是工作人员增长速度的 3.5 倍以上

in contact with mental-health services 为**后置定语**，修饰限定 young people，意为：接触心理健康服务的(年轻人)

in child and adolescent psychiatry 为**后置定语**，修饰限定 workforce，意为：儿童和青少年精神科（工作人员）

Rethinking Britain's approach to mental health requires several changes. More money should go on research so that individuals are treated appropriately; mental disorders absorb 9% of England's health budget but 6% of medical-research funding. The social causes of mental illness should also receive more attention.	重新思考英国对心理健康的方法需要做出几项改变。应投入更多的资金进行研究，以便个人得到适当的治疗；精神疾病占用了英格兰医疗预算的 9%，但却只占医学研究资金的 6%。心理疾病的社会原因也应得到更多关注。今年早些时候，政府搁置了

Earlier this year the government shelved an ambitious plan to look at the underlying context for mental disorders, from poverty to isolation; that plan should be revived. More time and effort should be devoted to those most in need of help; reforming the Mental Health Act, an outdated law that leaves the mentally ill feeling like criminals, would be a start.

一项雄心勃勃的计划，该计划旨在研究精神障碍的根本原因，例如贫困、孤独等；这项计划应该重新启动。我们应该投入更多的时间和精力来帮助那些最需要帮助的人；修订《精神健康法案》（Mental Health Act）将是一个开端，这部过时的法律仍然将精神病人视为罪犯。

【词汇】

1. **shelve** /ʃelv/ v. GRE to decide not to continue with a plan, either for a short time or permanently 搁置，停止（计划）

例：Plans to expand the company have been quietly shelved.

扩展公司的计划被悄悄搁置起来。

2. **underlying** /ˌʌndərˈlaɪɪŋ/ adj. GMAT 考研 雅思 important in a situation but not always easily noticed or stated clearly 根本的；潜在的；隐含的

例：Unemployment may be an underlying cause of the rising crime rate.

失业可能是犯罪率攀升的潜在原因。

Above all, Britain needs to avoid the mass medicalisation of mild forms of distress. Funnelling people into an overstretched health-care system is having predictable effects. All suffering should be taken seriously, but a diagnosis is not always in someone's best interests; one recent piece of research found that volunteers were happier when they learned to suppress negative thoughts. Britain has become more compassionate about mental health. It needs to become more thoughtful, too.

最重要的是，英国需要避免将轻度痛苦大规模医疗化。如果把人们推向不堪重负的医疗系统，其结果可想而知。所有的痛苦都应得到认真对待，但诊断并不总是最符合人们的利益；最近的一项研究发现，当志愿者学会抑制消极想法时，他们会更快乐。英国在心理健康方面已经变得更具同情心。英国也需要更加深思熟虑。

【词汇】

1. **mass** /mæs/ adj. 四级 GMAT 高考 考研 affecting or involving a large number of people or things 大批的；数量

极多的；广泛的

例：The world faces the tremendous problem of mass unemployment.

世界面临着大规模失业的巨大问题。

2. **funnel** /ˈfʌnl/ v. GMAT 专八 雅思 If you funnel money, goods, or information from one place or group to another, you cause it to be sent there as it becomes available. 输送，传送

例：Its Global Programme on AIDS funnelled money from donors to governments.

其全球艾滋病项目把捐款发放给各国政府。

3. **overstretched** /ˌəʊvərˈstretʃt/ adj. If a system or organization is overstretched, it is being forced to work more than it is supposed to. （系统、机构等）超负荷运转的，硬撑着的

例：The crime rate is rising rapidly at present and the police force is overstretched.
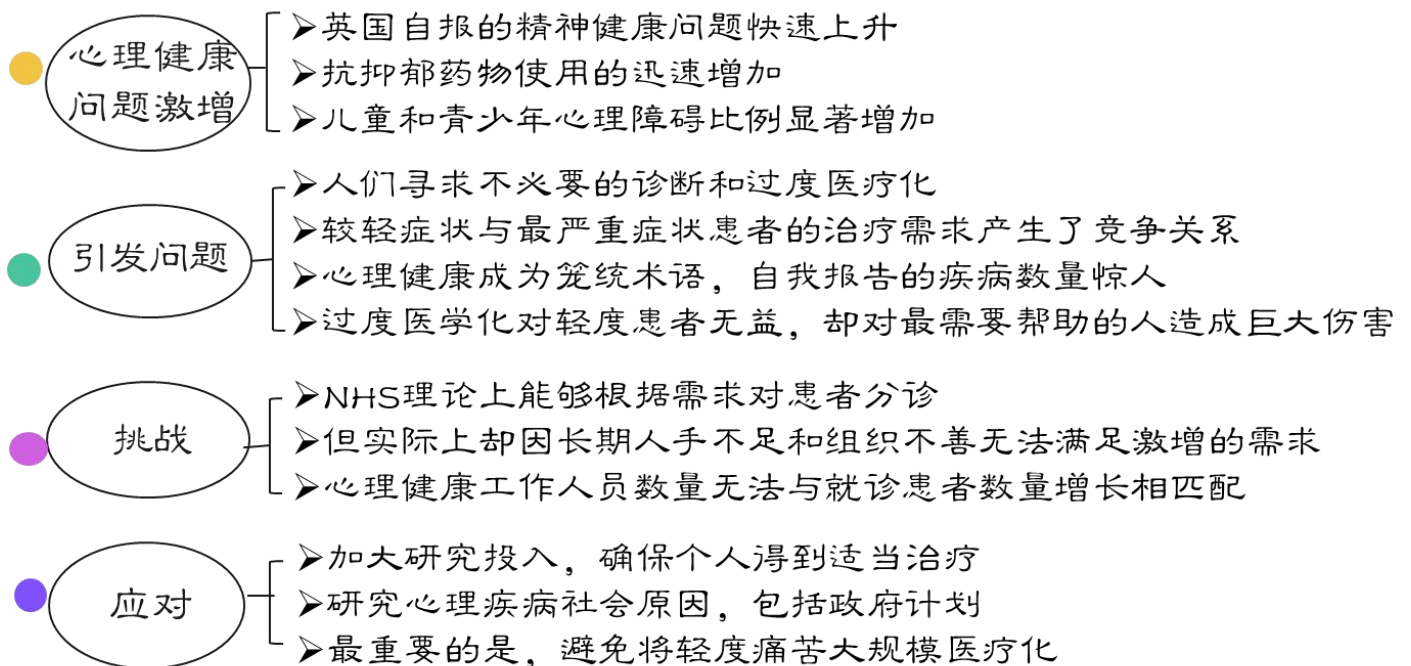
当前的犯罪率急剧上升，警力不堪重负。

4. **compassionate** /kəmˈpæʃənət/ adj. GRE 专八 feeling or showing sympathy for people or animals who are suffering 有同情心的；表示怜悯的

例：These charities depend on the compassionate feelings and generosity of the general public.

这些慈善机构依赖于公众的同情和慷慨。

总结

1) 文章架构

心理健康
问题激增
- ➤英国自报的精神健康问题快速上升
- ➤抗抑郁药物使用的迅速增加
- ➤儿童和青少年心理障碍比例显著增加

引发问题
- ➤人们寻求不必要的诊断和过度医疗化
- ➤较轻症状与最严重症状患者的治疗需求产生了竞争关系
- ➤心理健康成为笼统术语，自我报告的疾病数量惊人
- ➤过度医学化对轻度患者无益，却对最需要帮助的人造成巨大伤害

挑战
- ➤NHS理论上能够根据需求对患者分诊
- ➤但实际上却因长期人手不足和组织不善无法满足激增的需求
- ➤心理健康工作人员数量无法与就诊患者数量增长相匹配

应对
- ➤加大研究投入，确保个人得到适当治疗
- ➤研究心理疾病社会原因，包括政府计划
- ➤最重要的是，避免将轻度痛苦大规模医疗化

2) 同义替换

✓ 损害

damage

But awareness has caused damage, too.

但这种意识也造成了损害。

harm

But the great harm from overdiagnosis is to those who most need help.

但过度诊断会对那些最需要帮助的人造成了巨大损害。

其他：detriment/injury/impairment

例：The detriment caused by your thoughtless remark will never be forgotten.

你那轻率评论造成的损害决不会被忘记。

✓ 痛苦

distress

Above all, Britain needs to avoid the mass medicalisation of mild forms of distress.

最重要的是，英国需要避免将轻度痛苦大规模医疗化。

suffering

All suffering should be taken seriously,

所有的痛苦都应得到认真对待

其他：<u>pain/agony/misery</u>

例：This phobia can cause untold misery for the sufferer.

这种恐惧症能给患者造成极度的痛苦。

3) 一词多义

✓ **mild**

✓ 文章原句：Too many mild cases are being medicalised 太多轻度病例被医疗化

✓ 释义：

① **not severe or strong** 温和的；不强烈的；不严重的

It's safe to take a mild sedative.

服用药性不强的镇定剂没有危险。

② **gentle and kind; not usually getting angry or violent** 和善的；随和的

She was a mild and quiet person who never raised her voice.

她是一个温和而安静的人，从来没有提高过自己的声音。

③ **not very cold, and therefore pleasant** 温和的；和煦的

The area is famous for its very mild winter climate.

这个地区因冬季气候十分温和而著名。

④ **not strong, spicy or bitter** 温和的，清淡的，不刺激的

The new hybrid has a milder taste and aroma than others.

新的杂交品种比其他种类有着更淡的味道和气味。

✓ **sheer**

✓ 文章原句：The sheer proportions of people who say they have a disorder is a red flag. 自称患有精神障碍的人比例之高令人担忧。

✓ 释义：

① **used to emphasize the size, degree or amount of something**（用来强调事物的大小、程度或数量）

The area is under threat from the sheer number of tourists using it.

这一地区由于游客人数太多而面临威胁。

② **complete and not mixed with anything else** 完全的；纯粹的；十足的

The concert was sheer delight.

这场音乐会是一次十足的享受。

③ **very steep** 陡峭的

Outside there was a sheer drop down to the sea below.

外面是一道陡坡，直插大海。

④ **thin, light and almost transparent** 又薄又轻几乎透明的

The sheer curtains in the room allowed a soft, diffused light to filter through.

房间里的薄纱窗帘让柔和的漫射光透了进来。

4) 仿写训练

✓ 描述事物的双面性

✓ 文章原句：

It is good that people do not feel they must bottle things up and the suffering from mental illnesses is real. Awareness of mental health has diminished the stigma of some conditions and revealed that many Britons' needs are not met. But awareness has caused damage, too. For all their good intentions, campaigns intended to raise awareness are leading some people to conflate normal responses to life's difficulties with mental-health disorders.

✓ **句型：**

It is good that… …是件好事

But … has caused damage, too. 但是…也造成了损害。

For all their good intentions, … 尽管…的初衷是好的，…

✓ **仿写示例：**

It is good that remote work has provided flexibility and improved the work-life balance for many individuals. But this shift has caused damage, too. For all their good intentions, the widespread adoption of remote work has blurred the boundaries between personal and professional life. Additionally, the lack of face-to-face interaction may hinder team collaboration and diminish the sense of belonging.

✓ **仿写作业——描述社交平台的双面性**

社交媒体平台的兴起使信息共享民主化，并为不同观点提供了发言权，是件好事。

但这种民主化也造成了损害。

尽管这些平台的初衷是好的，但它们往往成为错误信息和分裂言论的滋生地。

5) 主题词总结

今日主题——心理健康	
1. mental health	心理健康
2. medicalise	医疗化
3. antidepressnt	抗抑郁药物
4. mental disorder	精神障碍
5. mental illness	精神疾病
6. biomarker	生物标志物
7. overdiagnosis	过度诊断
8. triage	分诊
9. the mentally ill	精神病人