

Stress in pregnancy 'makes child personality disorder more likely' 孕期压力使“孩子更容易出现人格障碍”

一项研究表明，如果孕妇在怀孕期间压力过大，她们的孩子在 30 岁之前患上人格障碍的可能性要比普通人高出近十倍。这项报告称，即使是适度的长期压力也可能会对胎儿的发育产生影响，这个影响在婴儿出生后仍会继续。

One in twenty people is thought to have a **personality disorder**, which can make them over-anxious or **paranoid**, for example, and normal life difficult.

每 20 个人中就有一个被认为有人格障碍。例如，这会使他们过度焦虑或偏执，使正常的生活变得困难。

This study concluded that **prolonged** high levels of stress during **pregnancy** could increase the risk of children **developing** these disorders later in life.

这项研究的结论是，怀孕期间长期的高强度压力会增加孩子日后患上这些疾病的风险。

The researchers see children **exposed to severe maternal** stress were at greatest risk, but that even **moderate** stress increased the risk fourfold. Experts say many other factors contribute to mental disorders, such as how children are brought up and any **trauma** they may experience.

研究人员发现，母亲承受过巨大压力的儿童患病风险最大，但即使是适度的压力也会使儿童患病风险增加四倍。专家们认为，还有许多其它因素也会导致精神障碍，包括儿童的成长方式以及他们可能经历的任何创伤。

The Royal College of Psychiatrists said the study showed the importance of **ensuring** women had access to **mental health services** during and after pregnancy. It said support in this area had improved in recent years and should continue.

英国皇家精神科医学院表示，这项研究证明了确保女性在怀孕期间和怀孕后获得心理健康服务的重要性。近年来在这方面的支持有所改善，且应该延续下去。

1. 词汇表

personality disorder	人格障碍
paranoid	多疑的，偏执的
prolonged	长期的，延续时间久的
pregnancy	怀孕
developing	患（病）
exposed to	遭受……
maternal	母亲的
moderate	适度的
trauma	精神、心理创伤
ensuring	确保
mental health services	心理健康服务

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. True or false? *The Royal College of Psychiatrists said mental health support to pregnant women and new mothers had not improved over the years.*

2. What could prolonged high levels of stress during pregnancy cause, according to the study?

3. Apart from maternal stress, what other factors do experts think also contribute to mental disorders in children?

4. Which adverb in the text means 'by four times'?

3. 答案

1. True or false? *The Royal College of Psychiatrists said mental health support to pregnant women and new mothers had not improved over the years.*

False. It said that support in this area had improved in recent years and should continue.

2. What could prolonged high levels of stress during pregnancy cause, according to the study?

According to the study, it could increase the risk of children developing these disorders later in life.

3. Apart from maternal stress, what other factors do experts think also contribute to mental disorders in children?

Experts think how children are brought up and any trauma they may experience also contribute to mental disorders.

4. Which adverb in the text means 'by four times'?

Fourfold.