



Britain's mental-health mess

文章导读：英国 Z 世代的心理健康状态正在恶化。英国慈善机构心理健康基金会（the Mental Health Foundation）的一项报告提出，2022 年，英国有六分之一的人正在经历心理健康问题，这一数据达到了 2009 年数据收集至今的顶峰。报告中还提到，有四分之一的人正在经历焦虑症状的困扰，有五分之一的人正在和焦虑症作斗争。对许多人来说，疫情是他们第一次经历社交焦虑、孤独以及对未来的恐惧。疫情之后，这种心理健康危机似乎并未好转。



[1] Too many mild cases are being **medicalised**¹; too many severe ones ignored.

[1] 太多轻度病例正在接受治疗而更多严重病例却被忽视。

1. **Medicalise** ['medɪkəlaɪz]

vt. 用医学方法处理；从医学角度考虑

[2] FOR A PLACE with a reputation for **buttoned-up**¹ **stoicism**², Britain is remarkably open about mental health. The British are more likely than people in any other rich country to think that mental illness is a disease like any other. Only the Swedes are more accepting of the idea that a history of mental-health problems should not disqualify someone from public office. The importance of good mental health is a cause **vigorously**³ **championed**⁴ by everyone from the Princess of Wales to the opposition leader, Sir Keir Starmer; employers **preach**⁵ the gospel of well-being. Britons were once encouraged to hide their feelings; now they are urged to seek support.

1. **Buttoned-up** ['bʌtnɪd ʌp]

adj. 沉默寡言的；不外露的；羞怯的

2. **Stoicism** ['stɔɪsɪzəm]

n. 斯多葛哲学，斯多葛学派；恬淡寡欲

3. **Vigorous** ['vɪɡərəs]

adj. 精力充沛的，充满活力的；强壮的，强健的

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| <p>[2]作为一个以沉默寡言著称的国家，英国在心理健康问题上非常开放。英国人比其他富裕国家的人更容易认为精神疾病和其他疾病一样。只有瑞典人更能接受这样一种观点，即有心理健康问题的人不应该被剥夺担任公职的资格。良好心理健康的重要性得到了从威尔士王妃到反对党领袖基尔·斯塔默爵士(Sir Keir Starmer)等所有人的大力支持；雇主们宣扬幸福的福音。英国人曾经被鼓励隐藏自己的感情；现在他们被敦促去寻求心理支持。</p> | <p>4. Champion ['tʃæmpiən] v. 捍卫，拥护，支持</p> <p>5. Preach [pri:tʃ] 传道；布道</p> |
| <p>[3]Much of the rich world has struggled with¹ rising rates of self-reported mental-health problems, particularly since the COVID-19 pandemic. But the numbers in Britain are startling². 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 antidepressants³. A National Health Service (NHS) survey in 2023 found that one in five 8-to 16-year-olds in England had a probable mental disorder⁴, 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.</p> | <p>1. Struggle with ['strʌgəl wɪð] 与...斗争</p> <p>2. Startling ['stɑːtlɪŋ] adj. 令人震惊的</p> <p>3. Antidepressants [.æntɪ dɪ'presənts] n. 抗抑郁药</p> <p>4. Mental disorder ['mentl dɪs'ɔːdə] 心理障碍</p> |
| <p>[3]许多富裕国家都在努力应对自我报告心理健康不断上升的问题，尤其是自 2019 新冠疫情以来。但是英国的心理健康问题人数是惊人的。在 2021- 2022 年间，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。在过去的十年里，没有任何一个欧洲国家的抗抑郁药物的使用有如此大的增长。英国国家医疗服务体系(NHS)在 2023 年进行的一项调查发现，英国 8 至 16 岁的青少年中，有五分之一可能患有精神障碍，高于 2017 年的八分之一。在 17- 19 岁的青少年中，这一比例从十分之一上升到四分之一。2019 年至 2023 年期间，有心理健康问题的失业人数增加了三分之一。</p> | |
| <p>[4]It is good that people do not feel they must bottle things up¹ and the suffering from mental illnesses is real. Awareness of mental health has diminished² the stigma³ of some conditions and revealed that many Britons' needs are not met. But awareness has caused damage, too.</p> | <p>1. Bottle up ['bɒtəl ʌp] v. 隐藏，克制；装入瓶中控制，严密封锁</p> <p>2. Diminish [dɪ'mɪnɪʃ] v. 减少</p> |

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| <p>[4]人们不觉得他们必须把事情藏起来，精神疾病的痛苦是真实的，这是件好事。对心理健康的认识减少了一些疾病的耻辱，并揭示了许多英国人的需求没有得到满足。但意识也造成了损害。</p> | <p>3. Stigma ['stɪgmə] n. 污名</p> |
| <p>[5]For all their good intentions¹, campaigns in tended to raise awareness are leading some people to conflate normal responses to life's difficulties with² 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 (see Britain section).</p> <p>[5]尽管他们的初衷是好的，但这些旨在提高人们意识的活动却导致一些人将对生活困难的正常反应与精神健康障碍混为一谈。特殊治疗鼓励人们寻求诊断和不必要的医疗问题。治疗病情较轻的人的需要与照顾病情最严重的人的需求相竞争(见英国部分)。</p> | <p>1. Intentions [ɪn'tenʃənz] n. 意图</p> <p>2. Conflate...with [kən'fleɪt wɪð] 将...混为一谈</p> |
| <p>[6]Start with the idea that mental health has become a catch-all¹ term. The sheer proportions² 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 biomarkers³, so self-reported symptoms⁴ weigh heavily in official statistics and in diagnostic⁵ processes.</p> <p>[6]首先，心理健康已经成为一个包罗万象的术语。说自己患有精神障碍的人所占的比例是一个危险信号。大约 57% 的大学生声称自己有心理健康问题；在 2021-2022 年期间，超过四分之三有学龄儿童的父母就孩子的心理健康寻求过帮助或建议。在调查中，越来越多的英国人将悲伤和压力描述为精神疾病，重新定义了对疾病的理解。大多数疾病还没有客观的生物标志物，因此自我报告的症状在官方统计和诊断过程中占很大比重。</p> | <p>1. Catch-all [kætʃəl] adj. 无所不包的，全方位的，笼统的</p> <p>2. Proportions [prə'pɔːʃənz] n. 比例</p> <p>3. Biomarkers ['baɪəʊˌmɑːkəz] n. 生物标志物</p> <p>4. Symptoms ['sɪmptəmz] n. 症状</p> <p>5. Diagnostic [ˌdaɪəɡ'nɒstɪk] adj. 诊断的</p> |

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| <p>[7]People have incentives to label mild forms of distress as¹ a disorder. In 2022 more than a quarter of 16-and 18-year-olds in British schools were given extra time in official exams because of a health condition. Evidence of a mental-health problem can unlock welfare² payments. Certification need not come from an NHS doctor: plenty of private clinics stand ready to provide it. Firms may prefer to label stress a disorder rather than deal with the consequences of acknowledging that working conditions are poor (the World Health Organization implies that good management is the best way to protect mental health in the work place). The highest rates of diagnosed depression³ occur among England's poorest people, but the government probably prefers prescribing⁴ antidepressants to trying to solve poverty.</p> | <p>1. Label as ['leɪbəl æz] 标记为</p> <p>2. Welfare ['wel,fəɹ] n. 福利</p> <p>3. Depression [dɪ'preʃən] n. 抑郁</p> <p>4. Prescribe [prɪ'skraɪb] v. 开药方</p> |
| <p>[7]人们有动机把轻微的痛苦标记为一种障碍。在 2022 年，超过四分之一的 16-18 岁的英国学生因为心理健康问题在官方考试中获得了额外的时间。心理健康问题的证据可以解锁福利金。心理健康问题认证不必来自 NHS 的医生：许多私人诊所随时准备提供认证。公司可能更愿意给压力贴一种疾病的标签，而不是承认工作条件恶劣的后果（世界卫生组织表示，良好的管理是保护工作场所心理健康的最佳方式）。被诊断为抑郁症的比例最高的是英格兰最贫穷的人群，但政府可能更喜欢开抗抑郁药，而不是试图解决贫困问题。</p> | |
| <p>[8]Medicalising mild distress¹ may not benefit patients. One study of mindfulness² courses in 84 British schools found that normal teaching was just as good for mental health. But the great harm from over diagnosis is to those who most need help.</p> | <p>1. Distress [dɪ'stres] n. 苦恼</p> <p>2. Mindfulness ['maɪndfʊlnəs] n. 正念</p> |
| <p>[8]用药物治疗轻微的痛苦可能对病人没有好处。一项针对 84 所英国学校的正念课程的研究发现，正常的教学对心理健康同样有益。但是过度诊断对那些最需要帮助的人造成了极大的伤害。</p> | |
| <p>[9]The NHS, in theory, is able to triage¹ patients by need. In practice, a service that has long been understaffed and poorly organized is struggling with surging demand. The number of young people in contact with mental-health services has expanded at more</p> | <p>1. Triage ['triɑːʒ] n. 分诊</p> <p>2. Psychiatry [saɪ'kaɪətri]</p> |

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| <p>than three and a half times the rate of the workforce in child and adolescent psychiatry². A 22% increase in the overall mental-health workforce in the five years to 2021-22 could never have matched a 44 % increase in referrals³ for all patients. At least 1.8m people are waiting for mental-health treatment.</p> | <p>n. 精神病学</p> <p>3. Referrals [rɪ'fɜːrəlz]</p> <p>n. 转诊</p> |
| <p>[9]从理论上讲，英国国家医疗服务体系能够根据需要对患者进行分流。在实践中，一项长期人手不足、组织不力的服务正在与激增的需求作斗争。与心理健康服务机构接触的年轻人人数的增长速度是儿童和青少年精神病学工作人员的 3.5 倍多。在截至 2021-22 年的五年中，整体心理健康工作人员增加了 22%，但这与所有患者转诊人数增加 44% 的情况根本不可能匹配。至少有 180 万人在等待心理健康治疗。</p> | |

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| <p>[10]Increased demand is driving staff into private practice. Clinicians¹ burned out from dealing with the most severe NHS cases can earn as much as £1,000 (\$1,265) a session conducting assessments of attention-deficit hyperactivity² disorder. The NHS has only 6% more consultant psychiatrists³ than a decade ago, compared with 86% more consultants in emergency medicine. The police pick up some of the pieces-officers in England spend around 1m hours a year with mental-health patients in accident and-emergency departments-but that is not treatment. Even as awareness of mental-health conditions rises, outcomes for people with severe mental illnesses, such as bipolar⁴ disorder and schizophrenia⁵, are worsening; they die 15-20 years earlier than the rest of the population, a gap that was widening before covid-19 and <u>was exacerbated⁶ by it.</u></p> | <p>1. Clinicians [klɪ'nɪʃənz]</p> <p>n. 临床医生</p> <p>2. Hyperactivity [ˌhaɪpə'rek'tɪvəti]</p> <p>n. 多动</p> <p>3. Psychiatrists [saɪ'kaɪətrɪsts]</p> <p>n. 精神病医生</p> <p>4. Bipolar [ˌbaɪ'pɒlə]</p> <p>adj. 双极的</p> <p>5. Schizophrenia [ˌʃɪktə'sfriːniə]</p> <p>n. 精神分裂症</p> |
| <p>[10]不断增长的需求正促使员工进入私人执业。因处理 NHS 最严重的病例而筋疲力尽的临床医生，在一次评估注意力缺陷多动障碍的会议上可以赚到 1000 英镑(1265 美元)。与十年前相比，NHS 的精神科顾问只增加了 6%，而急诊医学顾问则增加了 86%。警察会承担一些碎片化工作——英国警察每年在事故和急诊部门花大约 100 万小时与精神健康患者在一起——但这不是治疗。尽管人们对精神健康状况的认识有所提高，但患有双相情感障碍和精神分裂症等严重精神疾病的人的病情却在恶化；他们比其他人早死 15-20 年，这一差距在 2019 新冠疫情之前就在扩大，并因疫情而加剧。</p> | <p>6. Exacerbate [ɪg'zæsə'reɪt]</p> <p>v. 恶化</p> |

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| <p>[11]Rethinking Britain's approach to mental health requires several changes. More money should go on research so that individuals are treated appropriately¹; 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. Earlier this year the government shelved² an ambitious plan to look at the underlying context for mental disorders, from poverty to isolation; that plan should be revived³. More time and effort should be devoted⁴ to those most in need of help; reforming the Mental Health Act, a punitive⁵ law that still criminalizes the mentally ill, would be a start.</p> | <p>1. Appropriate [ə'prəʊpriət] adj. 适当的</p> <p>2. Shelve [ʃelv] v. 搁置</p> <p>3. Revive [rɪ'vaɪv] v. 复兴</p> <p>4. Devoted [dɪ'vəʊtɪd] v. 献身，致力；用于（devote 的过去式和过去分词形式） adj. 挚爱的，忠诚的；热衷的；专用于.....的</p> <p>5. Punitive ['pjʊnɪtɪv] adj. 惩罚性的</p> |
| <p>[11]重新思考英国对待心理健康的方式需要一些改变。应该把更多的钱花在研究上，这样个人才能得到适当的治疗；精神疾病花费了英国9%的卫生预算，但却占了医学研究经费的6%。精神疾病的社会原因也应该得到更多的关注。今年早些时候，政府搁置了一项雄心勃勃的计划，该计划旨在研究精神障碍的潜在背景，从贫困到孤立；该计划应该重新启动。应该把更多的时间和精力用于那些最需要帮助的人；改革《精神卫生法》(Mental Health Act)将是一个开始，该法是一部仍将精神病患者定为犯罪的惩罚性法律。</p> | |

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| <p>[12]Above all, Britain needs to avoid the mass medicalisation of mild forms of distress. Funnelling¹ people into an overstretched² health-care system is having predictable effects. All suffering should be taken seriously, but a diagnosis is not always in some one's best interests; one recent piece of research found that volunteers were happier when they learned to suppress³ negative thoughts. Britain has become more compassionate⁴ about mental health. It needs to become more thoughtful, too.</p> | <p>1. Funnel ['fʌnl] n. 漏斗</p> <p>2. Overstretched [ˌoʊvər'stretʃt] adj. 过度紧张的</p> <p>3. Suppress [sə'pres] v. 镇压</p> <p>4. Compassionate [kəm'pæʃənɪt] adj. 有同情心的</p> |
| <p>[12]最重要的是，英国需要避免对轻度疾病的大规模医疗化。将人们汇集到一个过度紧张的医疗保健系统正在产生可预见的影响。所有的疾病都应该认真对待，但诊断并不总是对某人最有利；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。英国人对心理健康越来越有同情心。它也需要变得更加深思熟虑。</p> | |

一、文章大意

The article discusses the state of mental health in Britain, noting a rise in people seeking mental health services and an increase in the use of antidepressants. While there is greater awareness and reduced

stigma, there is concern about the over-medicalization of mild distress and the neglect of severe cases. The article highlights the potential harm of overdiagnosis and the strain on mental health services. It calls for more research, attention to social causes, and a focus on those most in need of help. The need to avoid mass medicalization and to become more thoughtful in addressing mental health issues is emphasized.

这篇文章讨论了英国的心理健康状况，指出寻求心理健康服务的人数有所增加，使用抗抑郁药的人数也有所增加。虽然人们的认识有所提高，耻辱感有所减少，但人们对轻度痛苦的过度医疗化和对严重病例的忽视感到关切。这篇文章强调了过度诊断的潜在危害和精神卫生服务的压力。它呼吁进行更多的研究，关注社会事业，并关注那些最需要帮助的人。强调必须避免大规模医疗化，并在处理精神卫生问题时更加深思熟虑。

二、积累表达

（一）、表达“将.....混为一谈”

1. Mix up

Please don't **mix up** these two different issues.

请不要混淆这两个不同的问题

2. Blur the lines

We shouldn't **blur the lines** between these two distinct concepts.

我们不应该模糊这两个截然不同的概念之间的界限。

3. Jumble together

Don't **jumble together** all these different concepts.

不要把所有这些不同的概念混在一起。

4. Lump together

Don't **lump together** these distinct ideas.

不要把这些截然不同的想法混为一谈。

5. Conflate

Please don't **conflate** these two separate topics.

请不要把这两个独立的话题混为一谈。

（二）、表达“恶化”

1. Deteriorate

The situation in the region is **deteriorating** rapidly.

该地区的情况正在迅速恶化。

2. Worsen

The economic conditions continue to **worsen**.

经济状况持续恶化。

3. Decline

The patient's health has **declined** significantly.

病人的健康状况明显恶化。

4. Degenerate

The political situation in the country has **degenerated** into chaos.

该国的政治局势已经恶化为混乱。

5. Go downhill

The company's performance has been **going downhill** for the past few months.

公司的业绩在过去几个月一直在恶化。

6. Hit the skids

The company's financial situation has **hit the skids**.

公司的财务状况变得更糟了。

7. Go from bad to worse

The situation in the country is **going from bad to worse**.

该国的情况正在一落千丈。