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欧洲一项研究显示一方面工作压力大，另一方面自己又无法左右，这两者加在一起可以导致致命性的疾病。在医学杂志《柳叶刀》上刊登的这项报告指出，工作上的精神紧张会增加一个人患心脏病的可能。

BBC记者 Gallagher有以下报道：

Too much work, too little time and no **freedom** to make decisions can lead to a form of stress known as job strain. It can appear in any **profession**, but is more common in lower skilled jobs which can combine tough **workloads** and little responsibility.

The analysis looked at data from nearly two hundred thousand people in thirteen European countries. It found that those in high strain jobs were twenty three per cent more likely to have had a heart attack or to have died from **coronary heart disease**. However, smoking, not exercising or having an unhealthy diet all have a much greater **impact** on the heart.

Agencies, such as the British Heart Foundation, said stress at work was often **unavoidable**, but people in high stress jobs could **target** risks to their heart in other areas of their lives.

Questions

1. What causes job strain?
2. True or false: Job strain is more common in high skilled jobs.
3. How many European countries are involved in the data analysis?
4. What else apart from work strain could have a big impact on the heart?

Vocabulary and definitions

freedom	自由
profession	职业
workloads	工作量
the analysis	分析
coronary heart disease	冠心病
impact	影响
unavoidable	难以回避的, 难免的
target	集中在, 以什么为目标

Answers to the questions

1. What causes job strain?

Answer: Tough workload and little responsibility.

2. True or false: Job strain is more common in high skilled jobs.

Answer: False. It's more common in lower skilled jobs.

3. How many European countries are involved in the data analysis?

Answer: Thirteen.

4. What else apart from work stress could have a big impact on the heart?

Answer: Smoking, not exercising and unhealthy diet.