

《2025年中考英语阅读理解专项训练及答案（15）》

At some point in life, many people develop a mental (精神) problem.

While most people get over it, for others it doesn't go away easily.

The WHO says that about 20 percent of teenagers worldwide suffer from mental illness. It's thought that the number of teenagers with mental illness around the world will increase by half by 2020. It will become one of the main causes of illness, and even death.

In China, the picture isn't bright, either. About one tenth of teenagers under the age of 17 have a mental health challenge.

The world is changing fast. Study and relationships have always caused stress, but today the stress is much higher than before, the WHO said.

A research centre in Oxford University says that young people today have big stresses at school. For example, they experience bullying (欺凌). In a 2017 report, the centre noted that the Internet was a special source (渠道) of stress. Online, young people often see "messages about perfection" and this causes the young "great uncertainty about their futures", says the centre.

Also, according to China Daily, Chinese people don't ask for help with their mental problems. They fear that others will think less of them if they say that they are in mental trouble. Elaine Peng, a US mental health educator, makes a similar point. And in the UK, over three quarters of young people believe their mental problems have a social stigma. It is reported in 2017 that a quarter of young UK people wouldn't ask for help if they developed a mental problem.

Young people who don't ask for help for their condition may be creating problems for themselves in the future. Elaine Peng warned that, "If we hide our mental health, it may remain a problem forever."

"My message for young people is, if you feel something is wrong within you—ask for help," he told China Daily.

(1) Which of the following is NOT the cause of stress according to the passage?

A. Heavy schoolwork

B. Being bullied at school.

C. Some information from the Internet.

D. Certainty about the future.

(2) Why don't Chinese people ask for help with their mental problems?

A. They don't think them serious.

B. They can get over them in time.

C. They can keep their mental health secret.

D. They are afraid of being looked down upon.

(3) What does the underlined word "stigma" most probably mean in Chinese?

A. 羞耻 B. 印象 C. 援助 D. 危害

(4) Elaine Peng advised the teenagers with mental illness to _____.

A. think less of themselves B. avoid being bullied

C. ask for help as soon as possible D. stay away from the Internet.

(5) The main purpose of the passage is to _____.

A. ask research centers for help

B. tell about teenagers' stresses

C. call public attention on teenagers with mental illness

D. show some different opinions from different countries

答案解析：

(1) D. Certainty about the future.

解析：根据文章中提到的Oxford University的研究，年轻人在线上经常看到“关于完美的信息”，这导致他们对未来感到“极大的不确定性”，因此不确定性不是压力的原因，相反，是不确定性是压力的结果。

(2) D. They are afraid of being looked down upon.

解析：文章中提到，中国人不寻求心理健康帮助是因为他们害怕如果说出自己有问题，别人会看不起他们。

(3) A. 羞耻

解析：根据上下文，"stigma"在这里指的是社会对精神疾病患者的负面看法或标签，这通常与羞耻感相关联。

(4) C. ask for help as soon as possible

解析：Elaine Peng的建议是，如果年轻人感到自己内在有问题，应该寻求帮助，这意味着她建议患有精神疾病的青少年尽快寻求帮助。

(5) C. call public attention on teenagers with mental illness

解析：文章通过提供全球青少年精神疾病的数据、原因和对待这种情况的态度，旨在引起公众对青少年精神疾病的关注。虽然文章中提到了不同国家的观点，但这不是文章的主要目的，而是为了支持主要目的，即呼吁关注青少年的精神健康问题。

