

双语：升职对于健康来说是定时炸弹实用英语考试 PDF转换  
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million Americans are out of work these days, those still with jobs might have a strange new thing to worry about--getting a promotion can be bad for you, a new study suggests。 虽然大约有1300万的美国人现在没有工作，不过那些有工作的人现在可能要去担心一件奇怪的事情：根据一项新的研究显示，升职可能对你有害。 我要收藏 British researchers found that when people get promoted, they suffer on average about 10 percent more mental strain and are less likely to find the time to go to the doctor。 英国的研究人员发现，当人们获得提升时，他们平均会增加10%的精神压力，而且还往往找不出时间去看医生。 "Getting a promotion at work is not as great as many people think. Our research finds that the mental health of managers typically deteriorates after a job promotion, and in a way that goes beyond merely a short-term change," said Chris Boyce of the University of Warwick. "There are no indications of any health improvements for promoted people other than reduced attendance at GP surgeries [i.e. doctors visits], which may itself be something to worry about rather than celebrate." “在工作上获得提升并不像很多人想的那么棒。我们的研究发现，经理的心理健康往往在提升之后下降，而且在某些方面，这不仅仅是个短期的变化。” Warwick大学的Chris Boyce说，“没有任何一种迹象显示在获得提升之后，健康水平也会提高。唯一的变化是去看医生的次数变少了

，而这本身可能也是需要担心而非庆祝的事情。” Other research has found stress can be deadly, raising the risk of everything from the common cold to cancer. Other recent revelations about stress: 其他的研究发现，压力可能是致命的，它会提升包括从普通的感冒到癌症在内的所有疾病的患病机会。近期发现的其他一些和压力有关的因素包括：

- \* Stress makes us forget things. 压力让我们健忘。
- \* Happily married women suffer less stress. 婚姻幸福的女性压力较小。
- \* Job stress in particular has been shown to fuel disease. 工作压力尤其容易使疾病恶化。

Those who were promoted reported on average a 20 percent fall in their visits to a doctor following their promotion. The researchers figure this owed to the stress of the new job and the sudden lack of time. 升职的人表示，升职后他们去看医生的次数减少了20%。研究者们认为这是由于新工作的压力和时间的突然减少造成的。 The research, using data from an annual survey of Brits, included information about about 1,000 people who had been promoted. The findings will be presented later this month at a conference of the Royal Economic Society。 根据英国年度调查资料所进行的这项研究，涵盖了大约1000名刚获提升的人。这项研究结果将会在这月底的皇家经济协会的会议上发表。

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