

## 《研究发现：二胎会影响父母的心理健康？》

很多人都知道生二胎后，父母们要注意老大的心理健康，但最近一个研究发现，其实父母也要注意自己的心理健康。



When it comes to raising kids, having more may not make you merrier.

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A new study from Australia found that having a second child worsens parents' mental health.

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Researchers from the University of Melbourne combed through 16 years of data from the Household, Income and Labor Dynamics in Australia Survey. They found both parents showed improvements in mental health after having their first child. But a second child doubles parents' time pressure, adding further stress to their lives and negatively affecting their mental health.

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