

《2024年中考英语阅读理解专项训练及答案：心理防疫》

中考英语内

容包括听力、阅读例句

、完型填空、写作等多个部分，其中，[中考英语阅读理解](#)

所占的比重是非常大的。想要在中考英语中拔得头筹，千万不要忽略阅读理解部分的训练。



Passage:

The COVID-19 pandemic has brought about not only a physical health crisis but also a psychological one. Mental health has become a significant concern for people around the world. To address this issue, it is essential to understand and practice mental health prevention, also known as psychological prevention.

Psychological prevention refers to the measures taken to protect individuals from experiencing negative psychological effects during a pandemic or any other crisis. It involves maintaining good mental health, reducing stress, anxiety, and fear, and promoting resilience.

There are several ways to practice psychological prevention. Firstly, maintaining a healthy lifestyle is crucial. This includes eating a balanced diet, getting regular exercise, and ensuring enough sleep. Secondly, staying connected with family and friends is essential. Even though physical distancing may be necessary, we can still keep in touch through phone calls, video chats, and social media. Thirdly, setting a routine can help us stay structured and focused. This includes setting a schedule for work, study, and leisure activities. Fourthly, it is important to limit exposure to news and social media that may cause anxiety and fear. Lastly, practicing mindfulness and relaxation techniques, such as deep breathing and meditation, can help reduce stress and anxiety.

In conclusion, psychological prevention is an essential aspect of maintaining good mental health during a pandemic. By practicing these measures, we can protect ourselves and others from the negative psychological effects of COVID-19.

Questions:

1. What is the main idea of this passage?
 - A. The importance of physical health during a pandemic
 - B. The impact of COVID-19 on mental health
 - C. The concept and measures of psychological prevention
 - D. The role of social media in psychological prevention
2. Which of the following is NOT a way to practice psychological prevention?
 - A. Eating a balanced diet
 - B. Limiting exposure to news
 - C. Staying connected with family and friends
 - D. Watching TV for hours every day
3. Why is setting a routine important during a pandemic?
 - A. It helps us stay structured and focused.
 - B. It makes us feel lonely and isolated.
 - C. It causes stress and anxiety.

D. It prevents us from getting enough sleep.

4. According to the passage, what can help reduce stress and anxiety?

A. Eating junk food

B. Practicing mindfulness

C. Staying up late at night

D. Avoiding physical exercise

5. Which of the following statements is TRUE according to the passage?

A. Psychological prevention is only important for individuals with pre-existing mental health conditions.

B. Physical distancing is not necessary during a pandemic.

C. Social media can have a positive impact on mental health if used in moderation.

D. The pandemic has had no effect on people's mental health.

答案解析：

1. 本题为主旨大意题。文章首段最后一句 “To address this issue, it is essential to understand and practice mental health prevention, also known as psychological prevention.” 提出了心理防疫这一概念，接下来详细介绍了什么是心理防疫以及如何心理防疫，因此选C。

2. 本题考查细节理解。根据文章第三段的内容，A、B、C选项都是文章中提到的心理防疫的方法，而D选项 “每天看电视数小时” 显然不是心理防疫的方法，所以选D。

3. 本题考查细节理解。根据文章第三段的内容， “Thirdly, setting a routine can help us stay structured and focused.” 可知，设定日常生活规律可以帮助我们保持结构和专注，所以选A。

4. 本题考查细节理解。根据文章第三段的内容， “Lastly, practicing mindfulness and relaxation techniques, such as deep breathing and meditation, can help reduce stress and anxiety.” 可知，练习正念和放松技巧，如深呼吸和冥想，可以帮助减轻压力和焦虑，所以选B。

5. 本题考查事实判断。根据文章的内容，A选项 “心理防疫只对有既往精神健康问题

的人重要”和B选项“在疫情期间不需要保持社交距离”都与文章内容相悖，D选项“疫情对人们的心理健康没有影响”也是错误的，只有C选项“适度使用社交媒体可以对心理健康产生积极影响”与文章内容相符，所以选C。

