

2019年6月·第3套 英语四级阅读理解（四选一） 第2篇·51-55 题答案与解析

QUESTIONS & ANALYSIS · 阅读理解题和解析

阅读理解题和解析 · 51-55 题

本页 51-55 题的答案与逐题解析由懒笔记基于2019年6月·第3套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 7 段原文（段首标 P1-P7 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第3套(2019-06) · 四级

Part III Section C (2)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage Two

Questions 51 to 55 are based on the following passage.

P1 Online programs to fight depression are already commercially available. While they sound efficient and cost-saving, a recent study reports that they are not effective, primarily because depressed patients are not likely to engage with them or stick with them.

对抗抑郁症的在线程序已经在商业上可以获得。虽然它们听起来高效且节省成本,但最近的一项研究报告称它们并不有效,主要是因为抑郁症患者不太可能参与其中或坚持使用它们。

P2 The study looked at computer-assisted cognitive(认知的) behavioral therapy (CBT) and found that it was no more effective in treating depression than the usual care patients receive from a primary care doctor.

该研究考察了计算机辅助认知行为疗法(CBT),发现它在治疗抑郁症方面并不比患者从初级保健医生那里接受的常规治疗更有效。

P3 Traditional CBT is considered an effective form of talk therapy for depression, helping people challenge negative thoughts and change the way they think in order to change their mood and behaviors. However, online CBT programs have been gaining popularity, with the attraction of providing low-cost help wherever someone has access to a computer.

传统的CBT被认为是治疗抑郁症的一种有效的谈话疗法形式,帮助人们挑战消极思想并改变他们的思维方式,从而改变他们的情绪和行为。然而,在线CBT程序一直越来越受欢迎,其吸引力在于能够在任何可以使用计算机的地方提供低成本帮助。

P4 A team of researchers from the University of York conducted a randomized(随机的) control trial with 691 depressed patients from 83 physician practices across England. The patients were split into three groups: one group received only usual care from a physician while the other two groups received usual care from a physician plus one of two computerized CBT programs. Participants were balanced across the three groups for age, sex, educational background, severity and duration of depression, and use of antidepressants(抗抑郁药).

来自约克大学的一个研究团队对英格兰83个医生诊所的691名抑郁症患者进行了随机对照试验。患者被分为三组:一组仅接受医生的常规治疗,而另外两组接受医生的常规治疗加上两个计算机化CBT程序中的一个。参与者在三组中的年龄、性别、教育背景、抑郁症的严重程度和持续时间以及抗抑郁药的使用方面保持平衡。

P5 After four months, the patients using the computerized CBT programs had no improvement in depression levels over the patients who were only getting usual care from their doctors.

四个月后,使用计算机化CBT程序的患者在抑郁水平上并没有比仅从医生那里获得常规治疗的患者有所改善。

P6 "It's an important, cautionary note that we shouldn't get too carried away with the idea that a computer system can replace doctors and therapists," says Christopher Dowrick, a professor of primary medical care at the University of Liverpool. "We do still need the human touch or the human interaction, particularly when people are depressed."

利物浦大学初级医疗保健教授Christopher Dowrick说:"这是一个重要的警示,我们不应该过于沉迷于计算机系统可以取代医生和治疗师的想法。我们确实仍然需要人的接触或人际互动,特别是当人们感到抑郁时。"

P7 Being depressed can mean feeling "lost in your own small, negative, dark world," Dowrick says. Having a person, instead of a computer, reach out to you is particularly important in combating that sense of isolation. "When you're emotionally vulnerable, you're even more in need of a caring human being," he says.

Dowrick说,抑郁可能意味着感觉"迷失在你自己狭小、消极、黑暗的世界中"。有一个人而不是计算机向你伸出援手,对于对抗那种孤立感尤其重要。他说:"当你在情感上脆弱时,你更需要一个有爱心的人。"

题目与逐题解析

51. What does the recent study say about online CBT programs?

- A) Patients may not be able to carry them through for effective cure.
- B) Patients cannot engage with them without the use of a computer.
- C) They can save patients trouble visiting physicians.
- D) They have been well received by a lot of patients.

最近的研究对在线认知行为疗法项目有何说法?

- A) 患者可能无法坚持完成它们以达到有效治愈。
- B) 患者如果不使用电脑就无法参与这些项目。
- C) 它们可以为患者省去看医生的麻烦。
- D) 它们已经受到许多患者的好评。

【答案】 A (细节题)

【判型】 题干What does the recent study say about online CBT programs?直接问研究对在线项目说了什么，要求从原文找出一句直接表态的句子。

【拆句】 What does the recent study say about online CBT programs?是常规的 what-do 一般疑问句，宾语 say 后接 about 介短，结构平铺直叙、无陷阱。

【定位】 While they sound efficient and cost-saving, a recent study reports that they are not effective, primarily because depressed patients are not likely to engage with them or stick with them.
尽管这些（在线项目）听起来高效且省钱，但一项近期研究指出它们并不奏效，主要原因是抑郁患者不大可能投入其中或坚持下去。

【选项】 A) ✓ 正确

not likely to engage with them or stick with them ↔ may not be able to carry them through
they are not effective ↔ for effective cure

预判说"患者难以投入坚持→无效", Patients may not be able to carry them through for effective cure.正是"坚持不下来→无法获得有效治疗"的同义改写，与定位句——对位。

B) 无中生有

原文从未说"没有电脑就无法投入"; cannot engage with them without the use of a computer凭空增加了"电脑作为投入与否的条件"这一信息。

C) 偷换概念

原文只说providing low-cost help强调低成本，并未说在线项目能让患者免去看医生的麻烦；save patients trouble visiting physicians是对原文意思的引申偷换。

D) 与原文相反

原文核心结论恰是"患者不愿投入坚持"，与well received by a lot of patients所说"广受患者欢迎"方向完全相反。

52. What has made online CBT programs increasingly popular?

- A) Their effectiveness in combating depression.
- B) The low efficiency of traditional talk therapy.
- C) Their easy and inexpensive access by patients.
- D) The recommendation by primary care doctors.

是什么使在线认知行为疗法项目越来越受欢迎？

- A) 它们在对抗抑郁症方面的有效性。 B) 传统谈话治疗的低效率。
- C) 患者可以方便且低成本地使用它们。 D) 初级保健医生的推荐。

【答案】 C (细节题)

【判型】 What has made online CBT programs increasingly popular?要求找到使其走红的具体原因，目标是原文里一句明示原因的表述。

【拆句】 What has made online CBT programs increasingly popular?是 what 充当主语的现在完成时疑问句，使役动词 make + 宾语 + 补足语形容词，结构正常，无陷阱。

【定位】 However, online CBT programs have been gaining popularity, with the attraction of providing low-cost help wherever someone has access to a computer.

然而，在线 CBT 项目正越来越受欢迎，其魅力在于只要有电脑可用就能提供低成本帮助。

【选项】 A) 与原文相反

原文反复强调在线 CBT 不奏效，effectiveness in combating depression反过来把"治抑郁有效"列为流行原因，方向相反。

B) 无中生有

原文从未把传统谈话疗法描述成"低效"，更未把它作为在线项目走红的对比理由；The low efficiency of traditional talk therapy.是凭空对比。

C) ✓ 正确

low-cost help ↔ inexpensive

wherever someone has access to a computer ↔ easy and inexpensive access

预判说"便宜+方便"，Their easy and inexpensive access by patients.正是这两个要素的对应翻译，逐对锁定。

D) 无中生有

原文未提及初级保健医生推荐在线 CBT；The recommendation by primary care doctors.凭空加入医生推荐这一动因。

53. What is the major finding by researchers at the University of York?

- A) Online CBT programs are no more effective than regular care from physicians.
- B) The process of treating depression is often more complicated than anticipated.
- C) The combination of traditional CBT and computerized CBT is most effective.
- D) Depression is a mental condition which is to be treated with extreme caution.

York大学的研究人员有何主要发现？

- A) 在线认知行为疗法项目并不比医生的常规护理更有效。 B) 治疗抑郁症的过程往往比预期的更复杂。
- c) 传统认知行为疗法与计算机化认知行为疗法的结合最为有效。
- d) 抑郁症是一种需要极其谨慎对待的精神疾病。

【答案】 A (细节题)

【判型】 What is the major finding by researchers at the University of York?问的是研究者得出的具体发现，目标是原文实验结论那一句。

【拆句】 What is the major finding by researchers at the University of York?是 What+be+主语的标准疑问句，by 短语作 finding 的修饰，逻辑清晰、无陷阱。

【定位】 After four months, the patients using the computerized CBT programs had no improvement in depression levels over the patients who were only getting usual care from their doctors.

四个月后，使用电脑化 CBT 项目的患者在抑郁程度上并未比只接受医生常规护理的患者有所改善。

【选项】 A) ✓ 正确

had no improvement in depression levels over ↔ **no more effective than**
patients who were only getting usual care from their doctors ↔ **regular care from physicians**
预判说"电脑 CBT 不优于常规护理", Online CBT programs are no more effective
than regular care from physicians.正是这层意思的标准比较级表达。

B) 无中生有

原文未提"治疗过程比预想复杂"; The process of treating depression is often more
complicated than anticipated.是凭空概括。

C) 无中生有

研究只比较了三组: 一组常规护理、两组在线 CBT 配合常规护理, 但结论是两类配合组
都未优于常规组, 从未结论说"传统 CBT + 电脑 CBT 组合最有效"。

D) 答非所问

题干问研究的具体发现, Depression is a mental condition which is to be treated
with extreme caution.给的是关于抑郁这件事本身的普适评论, 与研究发现在同一
层面。

54. What is Professor Dowrick's advice concerning online CBT programs?

- A) They should not be neglected in primary care.
- B) Their effectiveness should not be overestimated.
- C) They should be used by strictly following instructions.
- D) Their use should be encouraged by doctors and therapists.

Dowrick教授对在线认知行为疗法项目有何建议?

- A) 在初级保健中不应忽视它们。 B) 不应高估它们的有效性。 C) 应严格按照说明使用它们。
- D) 医生和治疗师应鼓励使用它们。

【答案】 B (细节题)

【判型】 What is Professor Dowrick's advice concerning online CBT programs?要求找出
Dowrick 教授就在线项目给出的具体建议, 目标是其引语里一句明示态度的句子。

【拆句】 What is Professor Dowrick's advice concerning online CBT programs?是
What+be+所有格名词 的疑问句, concerning 是介词, 相当于 about, 结构正常、无
陷阱。

【定位】 "It's an important, cautionary note that we shouldn't get too carried away with the idea that a
computer system can replace doctors and therapists," says Christopher Dowrick, a professor
of primary medical care at the University of Liverpool.

"这是一个重要的告诫——我们不应被'电脑系统能取代医生和治疗师'这一想法冲昏头
脑,"利物浦大学初级医学教授 Christopher Dowrick 这样说道。

【选项】 A) 与原文相反

Dowrick 的态度是"别太相信电脑系统", 与not be neglected in primary care说的"别在初级护理中忽视它"方向相反——他是降温派而非鼓吹派。

B) ✓ 正确

we shouldn't get too carried away with the idea that a computer system can replace doctors and therapists

↔ effectiveness should not be overestimated

cautionary note ↔ should not

预判说"别把在线项目想得太能干", Their effectiveness should not be overestimated.正是这层意思的标准书面表达, 逐对锁定。

C) 无中生有

原文未提"必须严格按说明使用"; strictly following instructions是凭空附加的使用规范。

D) 与原文相反

Dowrick 想要的是给在线项目降温, encouraged by doctors and therapists反过来把它说成应被医生和治疗师推广, 方向相反。

55. What is more important to an emotionally vulnerable person?

- A) A positive state of mind.
- B) Appropriate medication.
- C) Timely encouragement.
- D) Human interaction.

对于情感脆弱的人来说,什么更重要?

A) 积极的心态。 B) 适当的药物治疗。 C) 及时的鼓励。 D) 人际互动。

【答案】 D (细节题)

【判型】 What is more important to an emotionally vulnerable person?要求找出原文里对情绪脆弱者更重要的一项具体内容, 目标是结尾一句明示句。

【拆句】 What is more important to an emotionally vulnerable person?是 What+be+比较级的疑问句, to 短语点明受益对象, 结构平铺直叙、无陷阱。

【定位】 "When you're emotionally vulnerable, you're even more in need of a caring human being," he says.

"当你情绪脆弱时, 你更需要一个有关怀的人, "他说。

【选项】 A) 无中生有

原文从未把"积极心态"列为情绪脆弱者更需要的东西; A positive state of mind.是凭空添加。

B) 无中生有

原文未提"恰当药物"; Appropriate medication.凭空加入药物方案。

C) 以偏概全

原文核心是"由人伸手相助", Timely encouragement.只把"人"的功能抽取成"鼓励",丢掉了"人"这一核心要素,且"timely"在原文找不到任何引文支持。

D) ✓ 正确

a caring human being ↔ **Human interaction**

Having a person, instead of a computer, reach out to you ↔ **Human interaction**

预判说"需要一个有关怀的人", Human interaction.是其名词化抽象表达——"人"被概念化为"人与人之间的互动"。

SENTENCE INSIGHTS • 句子精讲

8 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

The study looked at computer-assisted cognitive(认知的) behavioral therapy (CBT) and found that it was no more effective in treating depression than the usual care patients receive from a primary care doctor.

第2段, 第1句

本句的结构高度典型: 主句并列谓语 + 宾语从句 + 比较结构 + 定语从句嵌套, 这种多层嵌套组合在四六级和考研阅读中极为常见。比较状语从句和定语从句的省略现象也是高频考点。掌握本句的拆解方法可直接迁移到大量真题长难句

However, online CBT programs have been gaining popularity, with the attraction of providing low-cost help wherever someone has access to a computer.

第3段, 第2句

本句涵盖主语、谓语、宾语、方式状语(介词短语)、地点状语从句等多种成分, 且介词短语内部包含动名词短语和从句的嵌套, 适合训练学生识别复杂修饰结构和嵌套从句的能力。尤其是"wherever"引导的从句位于介词短语内部, 容易被误判为其他成分, 是一个值得练习的易错点。

"It's an important, cautionary note that we shouldn't get too carried away with the idea that a computer system can replace doctors and therapists," says Christopher Dowrick, a professor of primary medical care at the University of Liverpool.

第6段，第1句

本句包含形式主语、真正主语、表语、同位语、主语从句、同位语从句、情态动词结构、介词短语作状语等多种成分和结构，覆盖面广。尤其是形式主语与真正主语的区分、同位语从句与主语从句的双重身份、嵌套同位语从句的识别，都是学习者容易混淆的易错点。作为成分划分练习句，收益很高。

"We do still need the human touch or the human interaction, particularly when people are depressed."

第6段，第2句

主句加时间状语从句的结构在考试中较为常见，particularly 强调用法和 do 强调式也是典型考点。句式虽不复杂，但代表了基础句型的标准用法，具有一定迁移价值。

Being depressed can mean feeling "lost in your own small, negative, dark world," Dowrick says.

第7段，第1句

“某人 says + 内容”以及“内容前置、句尾补说话人”的报道句式都很常见。掌握这种结构后，读新闻、评论和说明文里的引语句会更顺手。

Having a person, instead of a computer, reach out to you is particularly important in combating that sense of isolation.

第7段，第2句

本句覆盖了动名词短语作主语、have sb do 结构、插入语、系表结构、形容词短语作表语、介词短语作后置定语等多种成分，且主语冗长易误判为多个成分，非常适合作为划分主干和识别非谓语成分的练习句，训练价值高。

Patients cannot engage with them without the use of a computer.

第51题，B

情态动词加动词原形的结构在考试中较为常见，介词短语作状语也是典型用法；但简单句本身过于基础，缺乏从句或复杂修饰，代表性一般。

Online CBT programs are no more effective than regular care from physicians.

第53题, A

主系表结构配合比较结构是常见句式,"no more...than"在四六级和考研阅读中偶有出现,具有一定代表性,但不如含从句的复合句那样高频且典型

HIGH-FREQUENCY • 真题高频词

本篇出现的 57 个英语四级真题高频词

下列单词既在本篇真题中出现,又是 **英语四级** 历年真题的高频词(在该考试真题中出现的句子数均不少于 8)。每个词标注本篇 出现次数与该考试真题句频,点击可查看该词的释义、音标、词形与真题例句。

depression

B2

n. 抑郁症

本篇8次·真题 31 句

online

A2

adj. 在线的

本篇6次·真题 145 句

effective

B1

adj. 有效的, 起作用的

本篇6次·真题 63 句

physician

B2

n. 医生

本篇5次·真题 18 句

depressed

B2

adj. 抑郁的

本篇4次·真题 12 句

traditional

B1

adj. 传统的

本篇3次·真题 79 句

therapy

B2

n. 治疗

本篇3次·真题 16 句

researcher

B2

n. 研究人员

本篇2次·真题 239 句

professor

B1

n. 教授 (大学教师的最高职称)

本篇2次·真题 105 句

access

B1

n. 进入

本篇2次·真题 83 句

engage B2

v. 参与;从事

本篇2次·真题 57 句

negative B1

adj. 否定的

本篇2次·真题 57 句

particularly B2

adv. 尤其, 特别 (强调某事物)

本篇2次·真题 39 句

vulnerable C1

adj. 易受伤害的

本篇2次·真题 23 句

combat B2

n. 战斗

本篇2次·真题 18 句

emotionally B2

adv. 在情感上

本篇2次·真题 11 句

likely A2

adj. 很可能的

本篇1次·真题 224 句

system A2

n. 系统

本篇1次·真题 162 句

participant B2

n. 参与者

本篇1次·真题 117 句

process B1

n. 过程

本篇1次·真题 108 句

finding B2

n. 调查结果

本篇1次·真题 99 句

behavior B1

n. 行为

本篇1次·真题 92 句

mental B1

adj. 精神的

本篇1次·真题 86 句

challenge B1

n. 挑战

本篇1次·真题 80 句

major B1

adj. 主要的

本篇1次·真题 73 句

gain B1

v. 获得;赢得

本篇1次·真题 64 句

positive B1

adj. 积极的

本篇1次·真题 62 句

balance B1

n. 平衡

本篇1次·真题 55 句

increasingly B2

adv. 越来越;日益;不断增加地

本篇1次·真题 53 句

available A2

adj. 可获得的

本篇1次·真题 48 句

replace A2

v. 替换, 更换 (用新的代替旧的)

本篇1次·真题 47 句

conduct B2

v. 组织并实施

本篇1次·真题 45 句

educational B1

adj. 教育的

本篇1次·真题 45 句

interaction B2

n. 相互作用

本篇1次·真题 40 句

extreme B2

adj. 极度的

本篇1次·真题 39 句

regular B1

adj. 经常的

本篇1次·真题 38 句

recommendation B2

n. 推荐

本篇1次·真题 30 句

being B1

n. 存在

本篇1次·真题 29 句

improvement B1

n. 改进

本篇1次·真题 29 句

cognitive C1

adj. 认知的

本篇1次·真题 24 句

complicated B2

adj. 复杂的

本篇1次·真题 20 句

efficiency B2

n. 效率

本篇1次·真题 20 句

popularity B2

n. 受欢迎

本篇1次·真题18句

mood A2

n. 心情

本篇1次·真题17句

attraction B1

n. 吸引力

本篇1次·真题15句

combination B1

n. 结合

本篇1次·真题15句

efficient B2

adj. 效率高的

本篇1次·真题15句

plus A2

prep. 加, 加上

本篇1次·真题13句

primarily B2

adv. 主要地

本篇1次·真题13句

cure B1

v. 治愈 (疾病)

本篇1次·真题12句

isolation B2

n. 隔离

本篇1次·真题11句

trial B2

n. 审判, 审讯

本篇1次·真题11句

concerning B2

prep. 关于

本篇1次·真题10句

cannot A1

aux. 不能

本篇1次·真题9句

split B1

v. 分开

本篇1次·真题9句

anticipate B2

v. 预料, 预期 (某事将发生)

本篇1次·真题8句

sex A2

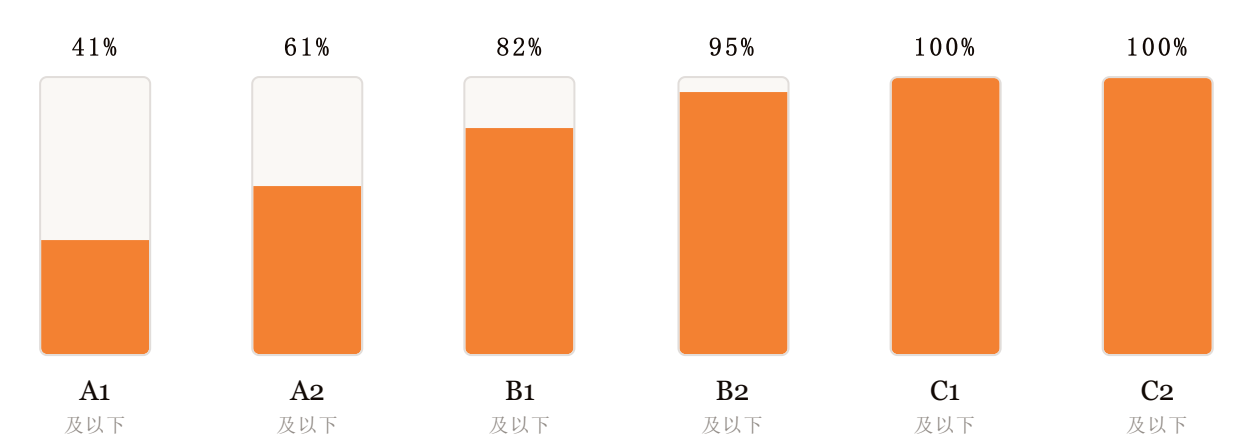
n. 性别

本篇1次·真题8句

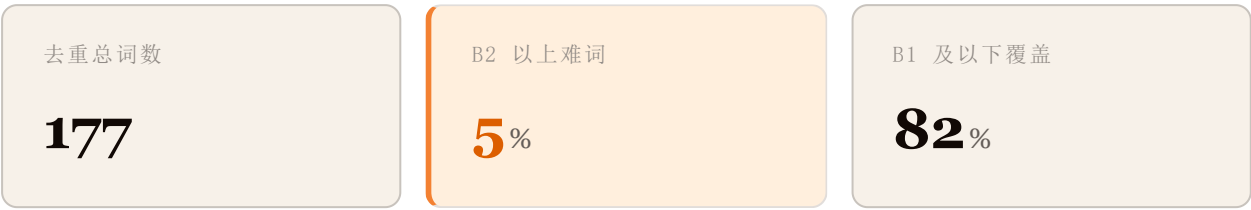
VOCABULARY · 词汇难度分布

全文 177 词按 CEFR 难度累积覆盖

全文去重后共 **177** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 8 个·约 5%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 177 个·末柱为 100%



英语四级 2019年6月·第3套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	与2019年6月第1套共用 · 题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	本题
Part IV	汉译英（段落翻译）	题目解析 →