

2025（令和7）年度 神奈川県立保健福祉大学  
学校推薦型選抜、特別選抜（社会人、帰国生徒）、編入学

入学者選抜

小論文試験  
問題用紙

- ・ 試験時間は90分です。
- ・ 指示があるまでは中を見てはいけません。
- ・ 解答はすべて解答用紙に記入してください。

問題 次の英文を読み、以下の設問に答えなさい。

If you find that the blistering<sup>(注1)</sup>, unrelenting<sup>(注2)</sup> heat is making you anxious and irritable, even depressed, it's not all in your head. Soaring temperatures can damage not just the body but also the mind. As heat waves become more intense, more frequent and longer, it has become increasingly important to address the impact on mental health, scientists say. "It's really only been over the past five years that there's been a real recognition of the impact," said Dr. Joshua Wortzel, chair of the American Psychiatric Association's<sup>\*1</sup> committee on climate change and mental health, which was set up just two years ago. "Our understanding of the basic biology of why this association exists is still in its infancy<sup>(注3)</sup>," he added. High temperatures are strongly ( 1 ) with an increase in suicides, researchers have found. Heat has been linked to a rise in violent crime and aggression, emergency room visits and hospitalizations for mental disorders, and deaths — especially among people with schizophrenia<sup>(注4)</sup>, dementia, psychosis<sup>(注5)</sup> and substance use. For every 1 degree Celsius<sup>\*2</sup> (or 1.8 degrees Fahrenheit<sup>\*3</sup>) increase in temperature, scientists have estimated that there is a nearly 5 percent increase in the risk of death among patients with psychosis, dementia or substance use. Researchers have reported a 0.7 percent increase in suicides linked to rising temperatures, and about a 4 percent to 6 percent increase in interpersonal<sup>(注6)</sup> violence, including homicides<sup>(注7)</sup>.

Heat not only fuels feelings like irritability and anger, but also seems to exacerbate<sup>(注8)</sup> mental illnesses, such as anxiety, schizophrenia and depression. Older adults, adolescents and people with pre-existing mental illnesses are particularly vulnerable, as are people who do not have housing or are of lower socioeconomic<sup>(注9)</sup> status. A landmark study last year analyzed data on more than two million people with private insurance and found that emergency department visits for mental illnesses were significantly higher during the five or six hottest days of summer, compared with the coolest days of the same season. The increase was greater in northern parts of the United States, perhaps ( 2 ) these areas are less prepared to cope with heat waves than places like the Southwest, said Amruta Nori-Sarma, an environmental epidemiologist at Boston University School of Public Health, who led the study. ① The gap was evident across a range of mental health conditions, including mood and anxiety disorders, stress disorders, schizophrenia, substance use disorders and self-harm<sup>(注10)</sup>. "Extreme heat is an external stressor that seems to be exacerbating people's mental health symptoms," Dr. Nori-Sarma said. The effect is likely to be even more pronounced among people with limited or no insurance coverage or who are experiencing homelessness, she added.

Scientists have proposed various biological explanations for the connection between soaring temperatures and mental health disorders. At least some of these illnesses may have a simple origin: disrupted sleep. Room temperature needs to dip below 68 degrees<sup>\*4</sup> for a comfortable rest. On warmer nights, people fall asleep later and wake up earlier, and the quality of their sleep is poorer. Days or weeks of sleeping in overly warm rooms can not only exacerbate chronic conditions like diabetes and heart disease, but also negatively affect psychiatric disorders, suicide risk, memory, mood and cognitive function. Older adults and women are more likely to be affected: One study found that sleep loss among older adults is about twice as high as among younger people.

Some mental health problems may be an extension of physical issues. On a recent afternoon, Dr. Asim Shah, a psychiatrist at Baylor College of Medicine in Houston, found that nearly every patient's pulse or heart rate was higher than it had been three months earlier. "That increase in your heart rate can increase your anxiety," Dr. Shah said. "So heat causes a lot of physical changes, which leads to a lot of emotional and mental changes." (中略)

There are indirect routes through which high temperatures can affect mental health, according to Dr. Wortzel. In hot weather, some crops absorb less zinc<sup>(注11)</sup>, iron and other micronutrients<sup>(注12)</sup>. Deficiencies of those nutrients can have psychiatric consequences, including neurodevelopmental<sup>(注13)</sup> disorders. Rising temperatures are expanding the reach of disease vectors<sup>(注14)</sup>, like ticks<sup>(注15)</sup>, that carry pathogens<sup>(注16)</sup> that may cause psychiatric and neurological symptoms. Heat also increases allergens and pollutants, and worsens air quality, which alone can trigger anxiety and depression. Heat is only one aspect of climate change, and its immediate effect on mental health can be difficult to extricate<sup>(注17)</sup> from emotions regarding the larger existential threat.

Last year, the Intergovernmental Panel on Climate Change<sup>\*5</sup> warned that rising temperatures, displacement, famine and economic and social losses would lead to deep anxiety, grief and stress. Children, adolescents, older adults and those with chronic health problems are particularly vulnerable, the report cautioned. "The heat has very profound effects," said Dr. Robert Bright, a psychiatrist at Mayo Clinic. This summer, Phoenix<sup>\*6</sup>, where Dr.

Bright is based, experienced temperatures above 110 degrees Fahrenheit<sup>\*7</sup> for a record 31 consecutive<sup>(注18)</sup> days. “People get very overwhelmed and worried about this,” he added. Scientists have coined the term ② “climate distress” to describe a multitude of feelings triggered by the environmental changes appearing around us: anxiety, terror, sadness, shame, guilt. Those who already have anxiety or are depressed may have an even more difficult time coping. “It is unfortunately true that this may be the coolest summer for the rest of our lives, which is unsettling<sup>(注19)</sup> to reckon with<sup>(注20)</sup>,” said Britt Wray, the director of Stanford University’s program on climate change and mental health. People often turn to cognitive behavioral therapy, medications or other strategies to cope with difficult emotions. But “when it comes to the climate crisis, those interventions fall apart<sup>(注21)</sup>, because the threat is real,” not just a matter of perception, she said. Local governments can help people feel less vulnerable and more empowered<sup>(注22)</sup> by planning for long stretches of hot days. Officials can provide information about the nearest cooling rooms for people without air-conditioning at home. Dr. Wray said connecting to others with similar worries and taking action at various levels to forestall<sup>(注23)</sup> the worst outcomes can also help alleviate<sup>(注24)</sup> climate distress.(後略)

出典：Apoorva Mandavilli, “Heat Sings the Mind, Not Just the Body” *The New York Times*,

<<https://www.nytimes.com/2023/08/10/health/heat-mental-health.html>>

(2023年8月10日掲載、最終アクセス2024年10月17日、一部改変)

(注1) blistering：やけつくような

(注2) unrelenting：容赦ない

(注3) infancy：初期段階

(注4) schizophrenia：統合失調症

(注5) psychosis：精神病

(注6) interpersonal：対人間の

(注7) homicide：殺人

(注8) exacerbate：悪化させる

(注9) socioeconomic：社会経済的な

(注10) self-harm：自傷行為

(注11) zinc：亜鉛

(注12) micronutrient：微量栄養素

(注13) neurodevelopmental：神経発達の

(注14) vector：媒介生物

(注15) tick：マダニ

(注16) pathogen：病原菌

(注17) extricate：解放する

(注18) consecutive：連続する

(注19) unsettle：不安になる

(注20) reckon with：～を考慮に入れる

(注21) fall apart：機能しなくなる

(注22) empower：力づける

(注23) forestall：未然に防ぐ

(注24) alleviate：緩和する

\*1 アメリカ合衆国の精神医学に関する学会

\*2 摂氏度(温度の単位 ℃)

\*3 華氏度(温度の単位 °F)

\*4 摂氏20.0℃

\*5 気候変動に関する国際的な専門家で作られた政府間機構

\*6 アメリカ合衆国アリゾナ州の地名

\*7 摂氏43.3℃

問1 本文中の( 1 )、( 2 )に入る最も適切なものを選び、記号で答えなさい。

( 1 ) ア associated      イ compared      ウ covered      エ familiar

( 2 ) ア because      イ but      ウ that      エ where

問2 下線部①The gapとは何を指すか。日本語50字以内で答えなさい。

問3 本文の内容と一致しているものはどれか。次の(ア)～(オ)から2つ選び、記号で答えなさい。

(ア) 暑さが精神衛生に与える影響について本格的に認識されるようになったのは2年ほど前からである。

(イ) 気温が高い夜は入眠しづらく、朝も早く起きられず、睡眠の質がより悪くなる。

(ウ) 暑さは多くの身体的変化を引き起こし、それが多くの感情的、精神的変化を導く。

(エ) 暑さはアレルゲンや汚染物質を増加させ、空気の質を悪化させるため、それだけで不安やうつ病を引き起こす可能性がある。

(オ) 慢性的な健康問題を抱える人以外は気温上昇の被害を受けにくい。

問4 下線部②“climate distress”の状態にある人に対して、どのような関わりができると思いますか。本文の内容を踏まえて、保健医療福祉の視点からあなたの考えを日本語800字以内で述べなさい。