

第5講

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Honesty may improve your health. A study suggests that telling fewer lies benefits people physically and mentally.

Each week for 10 weeks, 110 individuals, ages 18-71, came to the laboratory to complete health and relationship measures and to take a *lie
5 detector test assessing the number of major and minor lies they had told during that week, says Anita Kelly, a psychology professor at the University of Notre Dame in Indiana.

“When they lied more, their health went down,” says Kelly. “When they lied less, their health improved.”

10 (1) Researchers instructed half the participants to try to refrain from telling any lies for any reason to anyone. “You may omit truths, (2) to answer questions, and keep secrets, but you cannot say anything that you know to be false.” The other half received no such instructions.

Over the study period of 10 weeks, the link between less lying and
15 improved health was significantly stronger for participants in the no-lie group, the study found. For example, when participants in the no-lie group told three fewer minor lies than they did in other weeks, they experienced, on average, four fewer mental-health *complaints and three fewer physical complaints. Mental health complaints included feeling tense or melancholy;
20 physical complaints included sore throats and headaches.

Linda Stroh, a professor at Loyola University in Chicago, says ⁽³⁾ the findings are consistent with her own research. “When you find that you don’t lie, you have less stress,” she says. “⁽⁴⁾ [a / adds / amount / being / great / of / stress / to / very conflicted] your life.”

25 “It’s certainly a worthy goal to have people be more sincere and interact with others in a more honest way,” says psychologist Robert Feldman of the