令和8年度入学試験問題

英　　語

（前　期　日　程）

医学部医学科

注　意　事　項

1. 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
2. この問題冊子は8ページあります。
3. 解答用紙は6枚あります。すべての解答用紙の受験番号欄に受験番号を記入しなさい。受験番号が正しく記入されていない場合は、採点できないことがあります。
4. 解答は、解答用紙の指定された解答欄に記入しなさい。
5. 試験中に、問題冊子および解答用紙の印刷不鮮明、ページの落丁および汚損等がある場合は、手を挙げて監督者に知らせなさい。
6. 試験終了後、問題冊子は持ち帰りなさい。

I. Read the following article and answer the questions that follow it.

Researchers from the University of Exeter – in partnership with the University of Sheffield, Sheffield Hallam University, and University of Plymouth – have today published a report for the Department for Environment, Food & Rural Affairs on their findings into efforts to increase access to Green Social Prescribing, and its effectiveness in tackling and preventing mental ill health.

(1) Green Social Prescribing is the practice of supporting people with mental health needs to engage in nature-based activities. *Referrals will typically come from *GPs, community mental health teams, or social workers, but people can also self-refer. Social Prescribing Link Workers, and other trusted professionals, then connect people to community groups and agencies for practical and emotional support. There are many different types of nature-based activities and therapies, including conservation, *horticulture and gardening, care farming, exercise and sports, or talking therapies in the outdoors.

Professor Ruth Garside of the European Centre for Environment and Human Health at the University of Exeter said: "(2) (they / our / evidence / are / because / significant / findings / provide) that Green Social Prescribing is an effective way of supporting people with their mental health. But this is just the beginning and further government investment is now supporting the leadership and systems change that we know Green Social Prescribing needs to be successful. However, (3) there must be an ongoing commitment from policymakers to understand the needs of communities and enable more diverse people to connect with nature, alongside investment in those organisations that provide nature-based activities."

In total, 8,339 people with mental health needs took part in nature-based activities at seven Green Social Prescribing Project Test and Learn trials across England. Compared to many other social prescribing initiatives the project reached a broader range of people, including children and young people aged under 18, ethnic minority populations (21-percent), and people from (4) socio-

economically deprived areas (57-percent).

Prior to accessing nature-based activities, participants' happiness, anxiety, life satisfaction, and feeling that their life was worthwhile was worse than national averages. After taking part in the project, wellbeing had improved, and typically happiness and anxiety was in line with the national average. (5) Levels of life satisfaction and feeling that life was worthwhile had also improved significantly.

Participants in Green Social Prescribing said: "After the group I feel joyful, happy, calm. I have a sense of achievement and I feel my wellbeing increasing. I look forward to attending. It works better than medication for me. It works better than *Cognitive Behavioural Therapy (CBT) for me. Most of my stuff is related to trauma, so *National Institute for Health and Clinical Excellence (NICE) guidelines don't recommend medication for *borderline personality disorder. I have my counselling and that is really valuable, but (6) this is on a par with that."

(7) (average / of / an / £507 / participant / with / per / cost), researchers also found Green Social Prescribing to be a cost-effective method of supporting people across a wide spectrum of mental health needs. That's when compared to other interventions, such as CBT, behavioural activation, and early intervention for *psychosis and collaborative care for depression.

Marion Steiner is a GP in Bristol and part of the Bristol, North Somerset and South Gloucestershire Test and Learn Trial Site project management team. She said: "Connecting with nature is a lifelong resource with proven benefits for mental and physical health. (8) It can cut through the build-up of *adverse life events. But many of the patients I treat can't currently access nature in this way due to a range of personal, social, and cultural barriers. That's why Green Social Prescribing is so important. (9) (range / the / this / project / prescribing / to / a / has / of / potential / reduce) and treatment costs for the *NHS, as well as addressing many health needs and (10) lowering the risk of several diseases, from *diabetes to depression."

Dr Annette Haywood, Head of Public Health Section Sheffield Centre for Health and Related Research and Principal Investigator of the study said: “I’m thrilled to have led on this national evaluation of Green Social Prescribing. There (11) is already a wealth of evidence to show the positive impact that nature and outdoor activities can have on mental and physical health. The findings of this report add to this evidence-base, demonstrating that nature-based activities are a relatively cost-effective way to support people with a variety of mental health needs.”

Funding for the project was provided by the Treasury’s Shared Outcomes Fund and various central government departments and external agencies. Partners included: Department of Health and Social Care, Department for Environment, Food and Rural Affairs, Natural England, NHS England, NHS Improvement, Public Health England, Sport England, Department for Levelling Up, Housing & Communities and the National Academy for Social Prescribing.

Adapted from https://news.exeter.ac.uk/faculty-of-health-and-life-sciences, retrieved on July 1, 2025

*注）referral 専門医に紹介すること / GP 家庭医 / horticulture 園芸 / Cognitive Behavioural Therapy 認知行動療法 / National Institute for Health and Clinical Excellence 英国国立臨床研究所 / borderline personality disorder 境界性パーソナリティ障害 / psychosis 精神病 / adverse 困難な / NHS（National Health Service）国民医療サービス / diabetes 糖尿病

Questions

Q1）Translate the sections marked (1), (3), (5), and (11) into Japanese.

Q2）In the context of the story, what exactly do sections marked (4), (6), and (8) mean? Explain in Japanese.

Q3) Put the section marked (2), (7), and (9) into the correct order. Choose the 3rd and 6th words for (2) and (7) as your answers. Choose the 5th and 9th words for (9) as your answers, (if the first word is the start of a sentence, a capital letter is not shown).

Q4) Based on the article, the following sentences are either true (T) or false (F). Mark each one as either T or F as your answers.

A. Green Social Prescribing is a program that helps people with mental health issues participate in nature-based activities.

B. Participants in Green Social Prescribing must always be referred by a doctor or social worker.

C. The project included seven test trials conducted across England.

D. After participating in Green Social Prescribing, participants' happiness and anxiety levels improved beyond the national average.

E. Green Social Prescribing activities include horticulture and outdoor talking therapies.

F. 57% of the project's participants belonged to ethnic minority groups.

G. Green Social Prescribing was found to be less cost-effective than Cognitive Behavioural Therapy (CBT).

H. The project was funded by multiple government departments and external organizations.

Q5) Regarding the underlined part (10), it is said that this project will not only reduce the risk of mental illness, but also physical illnesses such as diabetes. Why is this the case? Write a possible reason in English in about 30 words.

Q6) Is it possible to introduce Green Social Prescribing into Japanese medical care? Explain your thoughts in English in about 50 words.

Ⅱ. Translate the following passage from Japanese into English.

Tim Friede というアメリカ人男性が、約 20 年間、自分の体に意図的にヘビの毒を注射し続けていました。その結果、彼の血液からとても強い「毒を消す力」が見つかったと科学者たちは言っています。

毎年ヘビにかまれて亡くなる人は最大 14 万人もいると言われています。今までの*抗毒素は、ヘビの毒を少しずつ馬などの動物に注射して作っていました。動物の体が毒と戦って*抗体というものを作り、それを薬にして使っています。しかし、それぞれのヘビが異なる毒を持っている為、それぞれの毒に合った抗毒素を作らなければなりません。

ですが、Tim Friede さんの血液から見つかった抗体は、どんなヘビの毒にも効く「万能な抗毒素」ができるかもしれないと期待されています。

Friede さんは世界のとても危険なヘビの毒を集めて、700 回以上毒を注射してきました。Friede さんは「最初は自分の体を強くするためだったが、ヘビにかまれて苦しんでいる人を助けたいと徐々に思うようになった。」と話しています。

*注）抗毒素（毒を消す薬）antivenom / 抗体 antibody

Ⅲ. Read the following article and answer the questions that follow it.

Recently in Tokyo an AI-driven robot leaned over a man lying on his back and gently put a hand on his knee and another on a shoulder and rolled him onto his side — a maneuver used to change *diapers or prevent *bedsores in the elderly. The 150-kg artificial intelligence-driven *humanoid robot called AIREC is a prototype (1) future *"caregiver" for Japan's rapidly ageing population and chronic (2) shortage of aged-care workers. "Given our highly advanced ageing society and declining (3) births, we will be needing robots' support for medical and elderly care, and in our daily lives," said Shigeki Sugano, the Waseda University professor leading AIREC's research with government funding.

Japan is the world's most advanced ageing society with a falling birth rate, *dwindling working-age population and restrictive (4) immigration policies. Its "baby boomer" generation, a bulging (5) *cohort created by a spike in post-war child births from 1947 to 1949, all turned at least 75 by the end of 2024, *exacerbating the severe shortage of aged care workers. The number of babies born in 2024 fell for a ninth straight year, by 5% to a record low of 720,988.

The nursing sector, meanwhile, is struggling to fill jobs. It had just one applicant for every 4.25 jobs available in December, far worse than the country's overall jobs-to-applicants ratio of 1.22, according to government data. As the government looks overseas to help fill the gap, the number of foreign workers in the sector has grown over the years, but stood only at around 57,000 in 2023, or less than 3% of the overall workforce in the field. "We are barely keeping our heads above water and in 10, 15 years, the situation will be quite bleak, (6)" said Takashi Miyamoto, a director at Zenkoukai, an operator of elderly-care facilities. "Technology is our best chance to *avert that." Zenkoukai has actively embraced new technologies, but the use of robots has been limited so far.

At one facility in Tokyo, a bug-eyed, doll-sized robot assists a care worker by

singing pop songs and leading residents in simple stretching exercises, while human caretakers busily tended to other pressing(7) tasks. One of the most practical uses of nursing care technologies currently is as sleep sensors placed under residents' mattresses to monitor their sleeping conditions, cutting back(8) on humans doing the rounds at night. Although humanoid robots like Tesla's Optimus are being developed for the nearer future, Sugano said robots that can safely interact physically with humans require next-level precision and intelligence.

"Humanoid robots are being developed the world over. But they rarely come into direct contact with humans. They just do household chores or some tasks on factory floors," said Sugano, who is also president of the Robotics Society of Japan. "Once humans begin to interact with robots, issues like safety and how to coordinate a robot's moves with each individual's spring up." Sugano's AIREC robot is capable of helping a person sit up or put on socks, cook scrambled eggs, fold laundry and some other useful tasks around the house. But Sugano does not expect AIREC to be ready for use in nursing-care and medical facilities until around 2030 and at a *hefty price of no less than 10 million yen initially.

Takaki Ito, a care worker at a Zenkoukai facility, is cautiously optimistic about the future of robotic nursing. "If we have AI-equipped robots that can grasp each care receiver's living conditions and personal traits, there may be a future for them to directly provide nursing care," he said. "But I don't think robots can understand everything about nursing care. Robots and humans working together to improve nursing care is a future I am hoping for."

Adapted from https://www.asahi.com/ajw/articles/15648410

*注) diapers おむつ / bedsores 床ずれ / humanoid 人間の形をした / caregiver 介護人 / dwindling 減少している / cohort 群 / exacerbating さらに状況を悪くする / avert 回避する / hefty 高額の

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Questions

Q1) Match the following underlined words or phrases from the article (1-8) with similar meanings on the right (a-h).

1. prototype	a. reducing
2. chronic	b. needing immediate action
3. declining	c. swelling outwards
4. restrictive	d. an early sample
5. bulging	e. a long time
6. bleak	f. limiting freedom
7. pressing	g. miserable
8. cutting back	h. becoming less

Q2) Based on the article, the following sentences are either true (T) or false (F). Mark each one as either T or F as your answers.

a) Every 'Baby Boomer' is now over 76 years of age.

b) The number of babies born in 2024 rose to over 720,000.

c) In 2023 the nursing workforce was over 2,000,000.

Q3) In your opinion, why is the nursing sector struggling to find jobs? Write your answer in English in up to 30-40 words.

Q4) What's important for an AI robot nurse to be able to do? Write your answer in English in up to 30-40 words.

Q5) What do you think about AI technology? Write your answer in English in about 60 words.