

令和 8 年度 宮崎県立看護大学大学院看護学研究科

博士前期課程 入学試験（三次募集）

英 語

(100 点)

受験上の注意事項

1. 英語は、問題冊子 1 部（表紙を除く 2 ページ）、解答用紙 5 枚、下書き用紙 1 枚である。
2. 試験開始の指示があるまで問題冊子は開かないこと。
3. 試験時間は、90 分間である。
4. 答えは、すべて解答用紙に記入すること。
5. 解答用紙の所定の箇所に受験番号を記入すること。なお、氏名は記入しないこと。
(氏名を記入した場合、解答はすべて無効になるので充分注意すること。)
6. 試験終了後、問題冊子は持ち帰らないこと。

受験番号

以下の文章を読んで、質問に答えなさい。

Dr. Natasha Haskey, a registered dietitian and clinical researcher within the Irving K. Barber Faculty of Science's Department of Biology, recently co-authored a study examining how overweight people with Crohn's fared when they fasted for 16 hours a day but consumed their usual diet during the remaining eight hours of that day.

It was the first randomized controlled trial to examine intermittent fasting for people with Crohn's, a form of inflammatory bowel disease.

"We wanted to see whether eating within a set time window each day could help this particular group of people," explains Dr. Haskey. "(A)We were curious whether this way of eating could improve symptoms, reduce visceral fat, which is fat around the organs, lower inflammation and support a healthier gut. And our preliminary research suggests it does."

Crohn's disease⁽¹⁾ is often complicated by excess visceral fat⁽²⁾, which is linked to increased inflammation, reduced response to biologic therapies and higher rates of surgical complications. Despite (B)this, lifestyle strategies that specifically address the accumulation of body fat and metabolic dysfunction have been understudied for people with Crohn's.

Dr. Maitreyi Raman, a gastroenterologist and associate professor at the University of Calgary, is the principal investigator and co-author of the study.

"Crohn's disease reflects a chronic imbalance in the body's immune responses," says Dr. Raman. "We're beginning to see how metabolic health, gut microbes and immune pathways interact—and how eating patterns may help restore that balance."

The study, published recently in Gastroenterology, shows (C)promising results, adds Dr. Raman. The participants who tried intermittent fasting noticed a significant decrease in their body mass index, while those who did not fast, maintained or increased their body mass.

Notably, these changes occurred while both groups consumed the same number of daily calories and similar foods. Those who fasted also reported a reduction in their symptoms—a 40 per cent drop in stool frequency and a 50 per cent reduction in abdominal discomfort.

"The people who fasted lost weight and visceral fat, showed signs not only in clinical disease improvement but also reduced inflammation," says Dr. Raman. "(D)Importantly, these changes occurred without making any dietary changes. The only change they made was when they ate."

In addition to feeling better, people in the intermittent fasting group showed important improvements in their metabolism. Proteins released from fat tissue—which help control metabolism, appetite, and heart and immune health—shifted in a healthier direction. In a subgroup, deep visceral fat also went down, while it actually increased in those who did not fast.

出典：'Time-restricted eating shows promise for overweight people living with Crohn's',
UBC Okanagan News (February 9, 2026)
<https://news.ok.ubc.ca/2026/02/09/time-restricted-eating-shows-promise-for-overweight-people-living-with-crohns/>
ただし、文章の一部を省略、変更しています。

（問1）この記事で紹介されている研究とは、どのような研究ですか。第1段落に書かれている説明をもとに、70字以内の日本語で答えなさい。

（問2）下線部（A）と下線部（D）を、それぞれ日本語に訳しなさい。

（問3）下線部 (B)this は何を指していますか。本文に沿って、日本語でまとめなさい。

（問4）下線部 (C)promising results について、本文に沿って、日本語でまとめなさい。

（問5）Crohn' disease⁽¹⁾, visceral fat⁽²⁾ について、それぞれ本文中で用いられている別の表現で言い換えなさい。ただし、**Crohn' disease** は6語, **visceral fat** は4語で答えなさい。