

INGLÊS

Texto

Can weather affect your mood?

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1 As most of the nation suffers through some of
2 the hottest temperatures on record this summer,
3 people are asking the question of how exactly
4 does weather impact our mood. For instance, how
5 does hot weather affect our mood? Does it make
6 us more aggressive — or even more violent?

7 Does rain make us sad? How about cold
8 temperatures... do they make us feel more like
9 wanting to hibernate, and isolate ourselves from
10 others?

11 The weather's impact on our mood may not
12 be as great as we sometimes believe it to be. A lot
13 of the research in this area has found variable,
14 sometimes-conflicting results. Here are some of
15 the various ways that research says weather
16 impacts our mood:

17 **Higher temperatures can bring a depressed
18 person up.**

19 Weather's daily influence has more of an
20 impact on a person's negative mood, rather than
21 helping one's positive mood. Higher temperatures
22 raise a person with a low mood up, while things
23 like wind or not enough sun made a low person
24 feel even lower.

25 **Seasonal affective disorder is real.**

26 Seasonal affective disorder (SAD) is a very
27 real kind of depressive disorder wherein a
28 person's major depressive episode is connected to
29 a specific season. While we most commonly think
30 of SAD affecting only people in the fall or winter
31 months, a minority of people also experience
32 SAD during the spring and summer months too.

33 **Heat (and extreme rain) brings out the worst in
34 people.**

35 There is a link between human aggression and
36 higher temperatures. As temperatures rose, the
37 researchers noted that intergroup conflicts also
38 tended to jump — by 14 percent (a significant
39 increase). The scientists also found interpersonal
40 violence rose by 4 percent.

41 These findings held true not only for higher
42 temperatures, but also for that wet stuff that falls
43 from the sky — rain. The more it rained
44 (especially in areas where high rainfall is not
45 expected), the more aggressive people seemed to
46 get. However, this research could only show a
47 correlation between the two. It's not at all clear
48 that weather *causes* these things to happen.

49 **Weather doesn't have to impact your mood.**

50 Weather seems to have a real and measurable
51 impact on many people's mood, but is dependent
52 upon many factors. The impact of the weather is
53 probably going to be greater in any geographic
54 location that experiences lengthy periods of
55 unusual weather. For instance, if it's hot and
56 sunny for months on end, that's probably going to
57 make more of an impact in Seattle (a usually rainy
58 and cool place to live) than in Miami (a usually
59 hot and sunny place to live). It may also depend
60 upon your "weather personality type," but that
61 needs further research to confirm.

(Texto adaptado, disponível em
<<http://psychcentral.com/blog/archives/2014/08/29/can-weather-affect-your-mood>>. Acesso em 17/03/2015.)

Questão 27

Choose the alternative(s) in which the information about the adjectives from the text is **correct**.

- 01) The words "hottest" (line 2) and "worst" (line 33) are the superlative forms of the adjectives "hot" and "bad".
- 02) The comparative forms "Higher" (line 17) and "lower" (line 24) express opposite ideas.
- 04) The adjective "daily" (line 19) means "happening or done every season".
- 08) In English, it is possible to use two adjectives before a noun as in the extract "Seasonal affective disorder".
- 16) The words "rainy" (line 57) and "sunny" (line 59) are used in the text to describe the weather, but they can also be used to describe personality types.

Questão 28

Choose the alternative(s) in which the information about the word(s) from the text is **correct**.

- 01) "For instance" (lines 4 and 55) is the same as "For example".
- 02) The pronouns "us" (line 7), "ourselves" (line 9) and "our" (line 11) refer to the first person plural "we".
- 04) The "winter" (line 30) is the season after spring and before fall.
- 08) The forms "rose", in "As temperatures rose..." (line 36), and "held", in "These findings held true..." (line 41), are in the past participle.
- 16) The determiner "these" (line 48) is the plural of "this" and is only used in English with plural nouns.

Questão 29

According to the text, choose the alternative(s) in which the information about the weather is **correct**.

- 01) It affects negatively the way people behave at work, as they become more aggressive.
- 02) Its influence on people's mood depends on the country where they live.
- 04) Its effect is higher on introverted people.
- 08) It can make sad people feel better in hotter days.
- 16) It can be the cause of a type of illness in which a person's feeling of sadness is linked to a particular season.

Questão 30

According to the information from the text, choose the **correct** alternative(s).

- 01) The atmospheric instability is believed to cause unusual behaviour.
- 02) The number of disagreements among people is likely to rise when the thermometer reads higher temperatures.
- 04) There may be a connection between your personality and the way you react to the weather.
- 08) People who live in Seattle may suffer more the effects of rainy days than those who live in Miami.
- 16) Weather conditions may contribute to some types of sleeping disorders, such as insomnia.