

**第 1 篇:****妇女的月经周期不同步**杨正伟<sup>1</sup>, Jeffrey C. Schank<sup>2</sup>( <sup>1</sup>中国,南充,川北医学院; <sup>2</sup>美国,戴维斯,加利福尼亚大学)

人们普遍相信,住在一起或是亲密朋友的妇女,会形成同时出现或同步的月经周期。我们从两个方面重新研究了这种现象。首先,我们收集了住宿舍的 186 名妇女一年多的月经周期资料,发现住在同一寝室的妇女的月经周期并不同步。然后,我们重新分析了首次报道月经同步现象的研究,发现该研究中报道的月经同步是一个偶然结果。我们显示,月经周期的变异性可导致月经周期起始时间集中,但接着又分散,这可解释同步感觉产生的原因。

该摘要译自下列英文论著的英文摘要:

Yang Z, \*Schank JC. Women do not synchronize their menstrual cycles. *Human Nature: An Interdisciplinary Biosocial Perspective* 2006; 17(4): 433-447.

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该论文的页头题目:

Testing Menstrual Synchrony in China ( 检验月经同步在中国 )

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**第 2 篇:****人类月经周期信息素存在吗?**

Jeffrey C. Schank

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过去 15 年的研究表明,与早期研究结果相反,妇女的月经周期并不同步。如果周期不同步,就暗示使周期同步的机制不存在。既然被提出的唯一看似可信的同步机制是信息素机制,由此可推定调整月经周期长短的信息素也不存在。为检验这个假设,本文重新分析了报道过信息素对妇女月经周期及其他相关行为或生理有影响的 8 项研究。推测其中每项研究都会有严重的问题。结果正如推测的那样,在所有 8 项研究中都发现了严重问题。总之,这些结果使人怀疑调整月经周期的信息素的存在。

该摘要译自下列英文论著的英文摘要:

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**第 1 篇:**

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**Women Do Not Synchronize Their Menstrual Cycles**

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It is widely believed that women who live together or who are close friends synchronize their menstrual cycles. We reexamined this phenomenon in two ways. First, we collected data on menstrual cycles from 186 Chinese women living in dorms for over a year. We found that women living in groups did not synchronize their cycles. Second, we reviewed the first study reporting menstrual synchrony. We found that group synchrony in that study was at the level of chance. We then show that cycle variability produces convergences and subsequent divergences of cycle onsets and may explain perceptions of synchrony.

**第 2 篇:**

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**Do Human Menstrual-Cycle Pheromones Exist?**

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Research over the past 15 years indicates, contrary to earlier results, that women do not synchronize their menstrual cycles. If women do not synchronize their cycles, this implies there is no mechanism for synchronizing cycles. Since a pheromone mechanism of synchronization is the only plausible mechanism that has been proposed, it follows that there are no pheromones that modulate the length of menstrual cycles. To test this hypothesis, eight studies were reviewed that reported pheromone effects on menstrual cycles, other behavior, or physiological correlates in women. The prediction was that serious problems would be found in each of these studies. As predicted, serious problems were found in all eight studies. Taken together, these results cast doubt on the existence of pheromones that modulate the length of menstrual cycles.