



## سؤالات آزمون عصر پنجشنبه 97 - 98

### ⇒ Part one: Reading Comprehension

Read the following passages carefully, and then answer the questions that follow. Base your answers on the information in the passages my.

#### ⇒ Passage 1

Doctors have come to realize that it takes more than medicine for a patient to recover. Patients who are hospitalized spend most of the day in bed feeling sorry for themselves and hoping to get better. It is important to get the patient to interact and get involved in various activities. Health care providers should be educated on the fact that for patients to recover faster, there has to be a good relationship between patient and healthcare providers. A survey done at hospitals revealed that patients who had friendly and warm relationships with their nurses and doctors developed strong trusting relationships and in a short time recovered.

Some ways that health care providers can use to promote that friendliness and warmth includes touch. When people are sick they feel like people reject them and don't want to associate with them. This is where the health care providers are expected to go an extra mile . Sit by the patient's bedside, assess how he/she feels to offer reassurance and comfort, touch the patient and smile. Be sure to first consult with the patient because in some cultures touch is considered inappropriate, but a smile is always helpful.

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**1- Patient recovery is ..... by medicine alone.**

- a) hard to achieve      b) recommended  
c) exacerbated      d) is sure to happen

**2- Patients in bed are required to ..... activities.**

- a) get hospitalized to avoid
- b) feel sorry for missing
- c) get engaged in different
- d) keep away from various

**3- Good rapport between the patient and healthcare provider can ..... recovery.**

- a) postpone      b) speed up      c) rule out      d) downgrade

4- “Touch” is referred to as ..... developing affection and kindness between the patient and health care providers.

- a) an end in      b) a treatment for      c) a barrier in      d) a means of

5- The underlined expression “to go an extra mile” in the second paragraph means to .....

- a) cover more distance      b) pay more attention  
c) seek more help      d) have more rest

## ⇒ Passage 2

In addition to simple pain or sprains which result from overtraining, a new research found that doing excessive endurance exercise - especially during middle age and beyond - could theoretically lead to unhealthy structural changes in the chambers of the heart. More isn't always better when it comes to running and endurance training. It's also important to realize that what's "vigorous" for one runner is not going to be vigorous for another. For older people or those who haven't broken a sweat in a while, brisk walking might constitute a tough workout.

"I think the best way to exercise and avoid risk of injury revolves around perception of effort, rather than time or duration," he says. "At least twice a week, you want to exercise at an intensity that you perceive as hard." At most, you want to alternate between hard and easy days", so your body has 48 hours to recover."

**6- According to the passage, .....**

- a) typically the more exercise you do, the better it is
- b) the more exercise you do, the fewer injuries you get
- c) there is no association between intensity of exercise and its usefulness
- d) in some cases, more exercise means more damage to the body

**7- The paragraph preceding this passage most probably discusses**

.....

- a) some adverse consequences caused by overtraining
- b) the positive effect of overtraining on the body
- c) pain and heart problem caused by overtraining
- d) the adverse causes of overtraining

**8- The author believes that the key issue(s) with regard to the best way to exercise and avoid injury is related to .....**

- a) the time and type of exercise
- b) appropriateness of exercise
- c) one's understanding of efforts
- d) intensity and duration of efforts

**9- It is inferred from the passage that .....**

- a) following hard exercise, you should stop giving your body two days of rest
- b) cases of change in the heart chambers due to overtraining have already been observed
- c) even a simple exercise may be considered vigorous for some individuals
- d) quick walking can be considered tough workout only for old people

□  
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d) chronic systemic diseases

**12- According to the passage, an unhealthy diet .....**

- a) compensates for the shortcomings
- b) results from improper labeling
- c) can lead to chronic systemic diseases
- d) includes organic food and dietary supplements

**13- According to the passage, FDA ..... a relationship between food and lowered risk of diseases and health conditions.**

- a) doubts | b) contends | c) conceives | d) discards

**14- FDA questions .....**

- a) the relationship between health and diet
- b) dietary supplement ingredients
- c) independently funded research
- d) improperly labeled foods

**15- This passage is mainly written to .....**

- a) define nutritional principles for human beings
- b) suggest new labels for health foods without scientific proof
- c) make consumers aware of the claims lacking scientific evidence
- d) criticize health-threatening conditions

#### ⇒ **Passage 4**

Studies show that certain styles of interpersonal communication are less effective than others. Which styles are the ones to avoid? These same studies indicate that the two least effective styles are aggressive and passive communication. On the one hand, an aggressive style involves speaking in a disrespectful manner, expressing anger, or trying to dominate the conversation. For example, a business executive might tell her coworker that his ideas for a new product are terrible. Then she might interrupt him when he tries to explain

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his ideas. This approach hinders successful communication. It also creates barriers between people. A passive communication style, on the other hand, can be equally unproductive. A passive style might lead a person to hide his or her beliefs, speak quietly, and submit to all demands. Someone working on a fashion design project, for instance, might agree to use a fabric that he thinks is unattractive. He would not express his true feelings to the group. In short, ineffective communicators can fail to influence others either by being too forceful or by hiding their opinions.

**16- The author of this paragraph is ..... the communication styles mentioned.**

- a) indifferent to | b) in favor of | c) impartial to | d) critical of

**17- When a teacher imposes her ideas on the students, she makes use of ..... of communication.**

- a) the passive style  
b) the aggressive style  
c) both the passive and the aggressive styles  
d) either the passive or the aggressive style

**18- It is implied that an effective communication involves .....**

- a) aggression by both sides  
b) passiveness by both sides  
c) either passiveness or aggression  
d) neither passiveness nor aggression

**19- People who are ..... are most probably involved in the passive style of communication.**

- a) introverted | b) violent | c) assertive | d) extroverted

**20- This paragraph is mostly about the .....**

- a) the barriers between People during communication  
b) unsuccessful communication styles employed by people  
c) appropriate strategies to overcome communication barriers



- d) differences between passive and aggressive people

## ⇒ Part two: Vocabulary

Complete the following sentences, choosing the most appropriate option (a, b, c, or d).

**21- Like any vaccine, “cancer vaccine” ..... the immune system to attack a dangerous enemy.**

- a) instructs      b) defies      c) challenges      d) hinders

**22- A medical computer system is an aid to physicians due to its capacity to ..... the data from a patient’s history and provide a diagnosis.**

- a) intervene in      b) interrupt      c) interact with      d) interpret

**23- Medical authorities provide the students with enough ..... to continue their projects.**

- a) incentive      b) modification      c) withdrawal      d) affliction

**24- Although he often does crazy things in class, he always ..... the rules and regulations of the university.**

- a) refuses      b) obeys      c) discards      d) avoids

**25- Some examples of changing lifestyle are eating nutritious foods, doing daily exercise and smoking .....**

- a) enhancement      b) persistence      c) promotion      d) cessation

**26- In order to help students understand mathematical problems, teachers should sufficiently ..... problematic points.**

- a) collaborate with      b) compete with      c) elaborate on      d) compromise on

**27- Drugs in the form of pill or syrup are more easily ..... compared to other types.**

- a) ingested      b) dismissed      c) invaded      d) distorted

**28- Chemicals from the factory caused ..... of water and death of animals in the sea.**

- a) infusion      b) immersion      c) contamination      d) congestion

**29- Iranian ministry of health has ..... a revolutionary program to make substantial changes in the nursing care system.**

- a) devastated      b) initiated      c) accumulated      d) alleviated

**30- Everybody ..... him in the meeting due to his effective and interesting presentation.**

- a) criticized      b) ignored      c) disgusted      d) applauded

**31- Some medical interventions are complicated and require ..... decisions and actions based on consultation with specialists.**

- a) reckless      b) accountable      c) sensible      d) trivial

**32- When I eat solid food, I have to chew it for a long time before I can ..... it.**

- a) swallow      b) bite      c) grind      d) crush

**33- At home, we usually wear ..... ; however, we should be really formal at work.**

- a) casually      b) graciously      c) martially      d) toughly

**34- Active people seem to live longer than similar but ..... people.**

- a) agile      b) sedentary      c) gloomy      d) febrile

**35- When the balance of the body chemicals and hormones is ....., some organs may malfunction.**

- a) distributed      b) distinguished      c) disturbed      d) dislocated

**36- Individuals not vaccinated against smallpox will be ..... to it.**

- a) recessive      b) resisted      c) dormant      d) vulnerable

**37- All students at every level, from elementary to university, need to observe ....., i.e. stick to an arranged or correct time.**



- a) penetration | b) reliability | c) reputation | d) punctuality

**38- See your dentist if you notice swelling or bleeding in your gums. Early intervention is the key to ..... the infection before it becomes serious.**

- a) combating | b) confusing | c) diluting | d) mantling

**39- An important contributing ..... to people's longevity is certainly their healthy lifestyle.**

- a) assessment | b) obstacle | c) contradiction | d) variable

**40- Antibiotics are useless against flu viruses ,but there is a home ..... that has been passed down through generations and science supports this.**

- a) repression | b) remedy | c) proportion | d) appliance