

Part One: Vocabulary (Questions 1 to 20)

1 – Exercises to improve flexibility reduce stress and ... performance.

- a) enhance b) impede c) hamper d) obstruct

2 – There is a growing ... that the current medication protocol fails to treat patient with diabetes, motivating development of a new protocol.

- a) consensus b) enthusiasm c) deviation d) deficiency

3 – Hospitalized patients and their relatives are worried about the ... of medical costs because they are often paid with delay.

- a) restoration b) remission c) recurrence d) reimbursement

4 – Before the ... of vaccination, the best protection was catching and surviving the disease in childhood, which gave lifetime immunity.

- a) advent b) decline c) invasion d) inclination

5 – He supports his therapeutic ideas with a lot of excitement, but I found them quite ... he does not provide enough evidence to support them.

- a) subjective b) tremendous c) prolific d) objective

6 – To produce high standards of life, health professionals should take measures to ... people's suffering.

- a) flourish b) boost c) augment d) alleviate

7 – Due to the ... he is suffering an emotional crisis; he needs to be supported by close friends.

- a) breakthrough b) bereavement c) orientation d) optimism

8 – Psychologists believe that those who ... the norms of the community suffer less from social and mental disturbances.

- a) comply with b) interfere with c) compensate for d) meddle in

9 – Upper respiratory illnesses and mental disturbances ... the main two illness groups which are usually self-treated all over the world.

- a) hinder b) preserve c) constitute d) inhibit

10 – Addition is a compulsive, uncontrollable dependence on a substance, habit, or practice to such a degree that ... causes severe emotional, mental, or physiologic reactions.

- a) reinstatement b) reservation c) cessation d) transmission

11 – During the lecture, the professor took extra time to ... the complex theory of relativity, ensuring that all students understood its core principles.

- a) elucidate b) obscure c) compound d) complicate

12 – When designing a curriculum, it is essential to ... various learning strategies to address the diverse needs of students.

- a) discard b) segregate c) conceal d) incorporate

13 – In clinical studies, researchers must ensure that they do not ... data to achieve desired outcomes, as this would undermine the integrity of the study.

- a) manipulate b) aggregate c) disclose d) contravene

14 – In educational psychology, students often show a natural ... subjects they find intriguing, which can positively influence their academic performance and motivation.

- a) aversion to b) affinity for c) indifference to d) disinterest in

15 – The doctor explained how the ... of obesity increased with overeating.

- a) likelihood b) serenity c) lenience d) exclusion

16 – The concept of virtual reality for pain management is still in its ... yet further investigation is necessary to understand its full potential and limitations.

- a) climax b) settlement c) maturity d) infancy

17 – Neglecting mental health can ... an individual's ability to cope with stress, potentially leading to chronic anxiety and depression.

- a) preserve b) secure c) facilitate d) jeopardize

18 – The new authentic method to treat Alzheimer’s disease is considered ... in neuroscience as it introduces features not indicated in previous research.

- a) unreliable b) disruptive c) unprecedented d) disappointing

19 – Gentle exercises like yoga and breathing techniques can ... a calming effect, helping to manage stress effectively.

- a) deteriorate b) disrupt c) suppress d) elicit

20 – The surgeon had to ... his statement on the efficacy of the proposed surgical procedure after new evidence contradicted the initial claim.

- a) retract b) sustain c) integrate d) refract

Part Two: Reading Comprehension

Passage 1

Anxiety is a complex psychological condition that can disrupt daily life, often manifesting in excessive worry, physical tension, and a sense of impending doom. While it is a natural response to stress, chronic anxiety can lead to debilitating effects if not properly managed. Effective anxiety management involves a multifaceted approach that integrates cognitive, behavioral, and physiological strategies. Cognitive Behavioral Therapy (CBT) is one of the most widely recognized therapeutic methods for managing anxiety. CBT helps individuals identify and challenge irrational thoughts that fuel anxious feelings. By reframing negative thought patterns, individuals can learn to respond more rationally to stressors. Additionally, mindfulness meditation has been shown to reduce anxiety by encouraging individuals to focus on the present moment, rather than thinking about past or future events. This practice promotes a state of awareness that helps break the cycle of worry. Physical techniques such as deep breathing exercises and progressive muscle relaxation are also essential. These practices activate the parasympathetic nervous system, reducing the body's stress response and inducing a feeling of calm. Regular physical exercise can also be highly effective, as it reduces the levels of cortisol, the stress hormone, and releases endorphins, which elevate mood. Furthermore, lifestyle adjustments such as adequate sleep, balanced nutrition, and a reduction in caffeine intake can alleviate symptoms. Recognizing the importance of social support is crucial, as maintaining meaningful connections can foster emotional resilience. Thus, managing anxiety requires

a holistic approach, combining cognitive strategies, physical relaxation techniques, and lifestyle changes to restore balance and improve overall mental health.

21 – The primary role of CBT in managing anxiety is

- a) modifying irrational thought patterns
- b) worsening physical responses to anxiety
- c) encouraging mindfulness and relaxation
- d) avoiding anxiety-provoking situations

22 – Deep breathing and muscle relaxation techniques do all of the following **Except**

- a) promoting a sense of calm
- b) increasing the body's stress response
- c) activating the parasympathetic nervous system
- d) reducing physical stress caused by anxiety

23 – Mindfulness meditation helps reduce anxiety by

- a) focusing on future planning
- b) suppressing all anxious thoughts
- c) encouraging tendency for stressors
- d) interrupting the mechanism of worry

24 – Social support is important in managing anxiety because it

- a) contradicts cognitive therapies like CBT
- b) helps reduce physical tension
- c) reinforces emotional resilience
- d) provides a temporary distraction from anxiety

25 – Which of the following factors contribute to reducing stress and anxiety through lowering cortisol?

- a) nutrition and sleep
- b) exercise
- c) mindfulness
- d) physical assessment

Passage 2

Social media has become integral to our daily routines: we interact with family members and friends, accept invitations to public events, and join online communities to meet people who share similar preferences using these platforms. Social media has opened a new avenue for social experiences since the early 2000s, extending the possibilities for communication. According to recent research, people spend 2.3 hours a day on social media. Research shows excessive use is mainly associated with lower psychological well-being. However, findings also suggest that the quality rather than the quantity of social media use can determine whether the experience will enhance or deteriorate the user's mental health. Social media can provide opportunities to enhance the mental health of users by facilitating social connections and peer support. Indeed, online communities can provide a space for discussions regarding health conditions, adverse life events, or everyday challenges, which may decrease the sense of stigmatization and increase belongingness and perceived emotional support. Mutual friendships, rewarding social interactions, and humor on social media also reduced stress during the COVID-19 pandemic. On the other hand, several studies have pointed out the potentially detrimental effects of social media use on mental health. Concerns have been raised that social media may lead to body image dissatisfaction, increase the risk of addiction and cyber-bullying involvement, contribute to phobic behaviors, and negatively affect mood. Excessive use has increased loneliness, fear of missing out, and decreased subjective well-being and life satisfaction. Users at risk of social media addiction often report depressive symptoms and lower self-esteem.

26 – The primary role of social media in modern life is to

- a) enhance professional success
- b) create physical social gatherings
- c) facilitate interactions among users
- d) reduce communication among individuals

27 – The positive or negative impacts of social media on mental health depends on the

- a) absence of face-to-face communication
- b) total number of hours spent online
- c) quality of social media engagement
- d) number of online friends a user has

28 – Which is **NOT** mentioned as a way social media can enhance mental health?

- a) Offering financial assistance to users in need
- b) Providing emotional support and peer connections
- c) Creating a space for health-related discussions
- d) Reducing the feeling of stigmatization and isolation

29 – Which of the following is emphasized in the text?

- a) A decline in professional achievements
- b) An increased risk of cyber-bullying and addiction
- c) Difficulty in understanding digital communication trends
- d) A physical weakness due to lack of physical activity

30 – The text suggests that users at risk of social media addiction

- a) experience depressive symptoms and lower self-esteem
- b) typically develop strong real-life friendships
- c) tend to avoid online interactions altogether
- d) report an increase in overall well-being

Passage 3

Physiotherapy is a healthcare profession that helps people recover from injuries, illnesses, or disabilities through movement and exercise. It is commonly used to treat conditions such as back pain, joint problems, neurological disorders, and post-surgical recovery. Physiotherapists assess a patient's condition and create personalized treatment plans that may include stretching, strengthening exercises, massage, and specialized techniques like hydrotherapy or electrotherapy. The cost of physiotherapy can vary depending on several factors. One major factor is location. In some countries, physiotherapy services are covered by health insurance or public healthcare systems, making them affordable or even free for patients. However, in private clinics, prices may be higher. Another factor is the type of treatment required. Basic consultation and exercise therapy tend to be more affordable, while specialized treatments, such as manual therapy or advanced rehabilitation techniques, can be more expensive. On average, a single physiotherapy session can cost anywhere from \$30 to \$150, depending on the country and clinic. Some clinics offer package deals for multiple sessions, which can reduce the overall cost. Additionally, online physiotherapy consultations have become more common, often providing a more affordable option for those who cannot visit a clinic in person. Physiotherapy is an essential service that helps many individuals regain mobility,

reduce pain, and improve their overall quality of life. While the cost can vary, many people find it a worthwhile investment in their health and well-being.

31 – The primary goal of physiotherapy is to through specialized techniques.

- a) decrease the cost of body fitness and mobility
- b) help individuals recover from body damage
- c) prepare patients for surgical procedures
- d) eliminate consultation sessions for body pain

32 – All of the following is commonly treated by physiotherapy EXCEPT

- a) Back pain
- b) Joint problems
- c) Neurological disorders
- d) Preoperative complications

33 – Many people feel investment in health and well-being is worthwhile despite the fact that physiotherapy is

- a) costly
- b) futile
- c) illogical
- d) irrational

34 – The variation in physiotherapy costs across different countries depends on the

- a) availability of hydrotherapy in all clinics
- b) inclusion of consultation in private clinics
- c) inclusion of physiotherapy in healthcare systems
- d) uniformity of treatment methods worldwide

35 – Online physiotherapy consultations are of benefit to patients by

- a) eliminating the need for any physical exercises
- b) offering free services in all countries
- c) providing a more affordable option
- d) replacing all in-person physiotherapy sessions



Passage 4

Research shows that a significant proportion of health spending is attributed to chronic diseases, with individuals experiencing multiple comorbidities accounting for a disproportionate share of expenditures. Although additional research is necessary, a recent review concluded that self-management as part of a treatment program for patients with chronic conditions has small-to-moderate impacts on health behaviors, health outcomes, and service utilization and should be an ongoing priority in promoting

population health. Thus, the market appetite and the necessity exist to facilitate diagnosis, reduce disease burden, and improve care for those who experience chronic disease. To address these problems, innovators, software vendors, payers, and government regulators are investing heavily in digital health solutions for diagnosis and treatment, with particular attention to high-need, high-cost populations. An example of a diagnostic tool enhanced by digital health includes smartphone-based photoplethysmography (using a smartphone camera to capture video from the subject's index fingertip), combined with a deep neural network, a form of artificial intelligence (AI), to detect diabetes. While not widely adopted, **such tools** could be used for self-administered, low-cost, widespread screening. **AI** is also used in radiology and pathology to augment human interpretation of diagnostic (e.g., ocular, X-ray, or magnetic resonance imaging) and pathology slide images, supporting potentially more accurate and timely diagnosis and individualized treatment plans for various cancers and renal diseases. Drug researchers and manufacturers are also leveraging various forms of AI for patient recruitment, virtual engagement, and literature review, and using the technologies to assist in detecting and refining pharmaceutical targets.

36 – According to the passage, why are digital health tools gaining investment and attention?

- a) they have completely replaced traditional diagnostic techniques
- b) they eliminate the need for human doctors in diagnosis and treatment
- c) they focus mainly on cosmetic health improvements rather than serious illnesses
- d) they allow for widespread self-screening and improved care for chronic diseases

37 – What role does artificial intelligence (**AI**) play in modern diagnostic processes?

- a) AI supports interpretation of diagnostic images to improve accuracy
- b) AI independently diagnoses and treats diseases without human input
- c) AI is used to create entirely new types of diseases for research
- d) AI replaces laboratory tests by using patient interviews alone

38 – What impact did a recent review find regarding self-management programs for chronic disease patients?

- a) They had no measurable impact on health behaviors
- b) They showed small-to-moderate improvements in health outcomes
- c) They significantly eliminated the need for medical services
- d) They made chronic diseases worse in most cases

39 – What can be inferred from the future use of smartphone-based photoplethysmography?

- a) It is already the primary tool used for diabetes diagnosis
- b) It will likely be abandoned due to its complexity and high costs
- c) It is intended only for research purposes and not for general public use
- d) It holds potential for affordable mass screening in the future

40 – In the sentence "While not widely adopted, such tools could be used for self-administered, low-cost, widespread screening," what does "such tools" refer to?

- a) Smartphone-based photoplethysmography combined with AI
- b) Pharmaceutical targets refined by researchers
- c) Traditional X-ray machines used in hospitals
- d) Government regulations on digital health

سؤال	پاسخ	سؤال	پاسخ
1	A	21	A
2	D	22	B
3	D	23	D
4	A	24	C
5	A	25	B
6	D	26	C
7	B	27	C
8	A	28	A
9	C	29	B
10	C	30	A
11	A	31	B
12	D	32	D
13	A	33	A
14	B	34	C
15	A	35	C
16	D	36	D
17	D	37	A
18	C	38	B
19	D	39	D
20	A	40	A

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