



Passage One:

Clearly, health education can have positive effects, and there is little doubt that health education programs have led some people to change their health behaviors. Furthermore, the evidence from studies such as Framingham on the effects of lifestyle on health seems overwhelming. So, lifestyles that induce better health behavior should improve health status. However, we are only beginning to understand what elements of health education programs make those programs successful, and as yet, we have little understanding of the mechanisms by which interventions affect behavior and health status.

1- According to this paragraph,

- a. so far, the influences of health education on behavior seem doubtful
- b. our knowledge about the kinds of interventions promoting health status is very limited
- c. behavior and health status can be affected by health education only if we have a healthy life
- d. interventions fail to affect behaviors and health status unless they are easily understandable

2- As to the mechanisms and elements of health education,

- a. the former are unknown but the latter are not
- b. the latter are unknown while the former are not
- c. both have extensively flourished
- d. both are far from being completely understood

3- In general, the writer has a view about conducting health education programs.

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|-------------|------------|
| a. negative | b. neutral |
| c. positive | d. biased |

4- According to the writer, about the impact of health education on health behavior.

- a. researchers are still dubious
- b. there is almost compelling evidence
- c. there are decisive findings
- d. researchers are pessimistic

Passage Two:

Schizophrenia is often confused with multiple personality disorder, yet is quite distinct from it. Schizophrenia is one of the most common mental disorders, considerably more common than multiple personality disorder. The term “schizophrenia” is composed of roots which mean “a splitting of the mind,” but it does not refer to division into separate and distinct personalities, as occurs in multiple personality disorder. Schizophrenic behavior is generally characterized by illogical thought patterns and withdrawal from reality. Schizophrenics often live in a fantasy world where they hear voices that others cannot hear, often voices of famous people. Schizophrenics tend to withdraw from families and friends and communicate mainly with the “voices” that they hear in their minds.

It is common for the symptoms of schizophrenia to develop during the late teen years or early twenties, but the causes of schizophrenia are not well understood. It is believed that heredity may play a part in the onset of schizophrenia. In addition, abnormal brain chemistry also seems to have a role; certain brain chemicals, called neurotransmitters, have been found to be at abnormal levels in some schizophrenics.

5- As to schizophrenia and multiple personality disorder,

- a. they are relatively similar
- b. the former is a psychological disorder but the latter is not
- c. they can be mistaken for each other
- d. the latter occurs more often than the former

6- According to the information in the passage, schizophrenia is
than multiple personality disorder.

- a. less common
b. more prevalent
c. more latent
d. less distinct

7- It is said that the medical profession is still unsure about the
of schizophrenia.

- a. approximate onset time
- b. signs and symptoms
- c. exact etiology
- d. prevalence

8- It can be inferred from the passage that it would be less common for schizophrenia to develop at the age of

- a. nineteen b. twenty-three c. twenty-five d. thirty

Passage Three:

Health and happiness go together. Research findings add to the growing body of evidence that suggests cultivating happiness is a healthy habit. One recent study studied the impact of positive emotions on people's ability to fight colds and flu. Cohen and colleagues studied 193 healthy adults aged 21-55.

Participants got medical checkups and completed surveys on their emotional style. Positive emotional-style traits included being lively, happy, or calm. Negative traits included being tense, anxious, sad, depressed, angry, or hostile. With the participants' consent, the researchers exposed them to viruses that cause colds or flu. The participants were then quarantined for five to six days to see who got a cold or flu.

People with high scores for positive emotional style were more likely to resist colds and flu and when they did get sick, their symptoms were reduced, the study shows. But people with high scores for negativity weren't especially vulnerable. This shows health and happiness are linked, although unhappiness does not necessarily cause more colds and flu.

9- Results of this study showed that

- a. patients with colds were not susceptible to the viruses
- b. tense and angry participants could resist the infections
- c. positive subjects were less susceptible to the viruses
- d. the viruses had no effect on participants

10- The participants with negative outlooks

- a. were highly sensitive to the cold and flu virus
- b. had reduced symptoms following exposure
- c. despite their attitude, were not highly vulnerable
- d. resisted being exposed to the viruses

11- In this study, health and unhappiness

- a. affected both groups equally
- b. were found to be directly associated
- c. were found to have no relationship whatsoever in the pessimists
- d. despite the inverse association, did not always cause more colds and flu

12- Researchers quarantined the participants

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|---------------------------------|--------------------------------------|
| a. with negative traits | b. with high scores of positivity |
| c. who became tense and hostile | d. following exposure to the viruses |

Passage Four:

While fats have lately acquired a bad image, one cannot ignore how essential they are. Fats provide the body's best means of storing energy, a far more efficient energy source than either carbohydrates or proteins. They act as insulation against cold, as cushioning for the internal organs, and as lubricants. Without fats, energy would have no way to utilize fat-soluble vitamins. Furthermore, some fats contain fatty acids that contain necessary growth factors and help with the digestion of other foods.

An important consideration of fat intake is the ratio of saturated fats to unsaturated fats. Saturated fats, which are derived from dairy products, animal fats, and tropical oils, increase the amount of cholesterol in the blood. Cholesterol may lead to coronary heart disease by building up in the arteries of the heart.

However, unsaturated fats, derived from vegetable oils, tend to lower serum cholesterol if taken in a proportion twice that of saturated fats.

The consumption of a variety of fats is necessary, but the intake of too much fat may lead to a variety of health problems. Excessive intake of fats, like all nutritional excesses, is to be avoided.

13- According to the first paragraph, fats

- a. deserve their bad image
- b. serve important functions in the body
- c. help digest food more efficiently than proteins or carbohydrates
- d. have a basic role in using all types of vitamins

14- The main point of paragraph two is that

- a. unsaturated fats may reduce cholesterol levels
- b. the excessive consumption of any type of fat leads to heart disease
- c. fats taken in improper proportions build up in the heart arteries
- d. what matters about the two types of fats is their relative amounts consumed

15- The passage is primarily concerned with the

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|-----------------------------------|---------------------------------|
| a. role of fats in human health | b. dangers of cholesterol |
| c. benefits of fats for the heart | d. importance of good nutrition |

16- According to the author, is not an advantage of fats.

- a. protecting certain organs inside the body
- b. helping carbohydrates to store energy
- c. playing a role in using some vitamins
- d. supporting the digestion of certain foods

Passage Five:

Epidemiologic observations show lower cancer rates in people whose diets are rich in fruits and vegetables. This has led to the theory that these diets contain substances, possibly antioxidants, which protect against the development of cancer. There is currently intense scientific investigation into this topic. Thus far, none of the large, well designed studies have shown that dietary supplementation with extra antioxidants reduces the risk of developing cancer. In fact one study demonstrated an increased risk of lung cancer in male smokers who took antioxidants vs. male smokers who did not supplement. Whether this effect was from the antioxidants is unknown but it does raise the issue that antioxidants may be harmful under certain conditions.

Antioxidants are also thought to have a role in slowing the aging process and preventing heart disease and strokes, but the data is still inconclusive. Therefore from a public health perspective it is premature to make recommendations regarding antioxidant supplements and disease prevention. New data from ongoing studies will be available in the next few years and will shed more light on this constantly evolving area. Perhaps the best advice, which comes from several authorities in cancer prevention, is to eat 5 servings fruits or vegetables per day.

17- According to the passage, taking antioxidants

- a. would save men who smoke from contracting lung cancer
- b. might be a predisposing factor to lung cancer in male smokers
- c. is prohibited for men who smoke
- d. might intensify smoking habit in males

18- We understand from the passage that antioxidants

- a. are definite anti-aging elements
- b. fail to be as effective as believed
- c. are absolutely necessary for the body
- d. should be taken to prevent diseases

19- According to the passage eating fruits and vegetables is suggested to be necessary because

- a. authorities have ordered so
- b. they are assumed to be antioxidant enhancers
- c. they are natural diets
- d. they might prevent cancer

20- The writer recommends further research into

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|---------------------------|--------------------------|
| a. cancer prevention | b. fruits and vegetables |
| c. antioxidant properties | d. food supplements |

Passage Six:

Recognizing chronic pain as an ongoing problem is the first step to finding treatment. It's important to talk to your doctor about your symptoms in order to identify the source of the pain and to come up with a successful treatment plan.

Relieving chronic pain requires a comprehensive plan that takes into account your overall health and lifestyle needs. Over-the-counter and prescription medications, as well as physical therapy, exercise, acupuncture, relaxation techniques, and psychological counseling are often used to manage pain. For many people, a combination of treatments is thought to be the most effective in relieving chronic pain.

Micke Brown, the Director of Communications for the American Pain Foundation, believes that a "multi-modality" treatment is the best approach to managing chronic pain. "Pain and its treatment are complex, and what works best for one may not work for another," says Micke. "The secret to creating an effective pain treatment plan is adding the right ingredients to find the recipe that works for the individual."

21- Recognition of the source of chronic pain

- a. is an ongoing process
- b. follows the disappearance of symptoms
- c. is limited to pain symptoms
- d. precedes the treatment plan

22- Success in treating chronic pain a thorough treatment plan.

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| a. would involve | b. is independent of |
| c. contributes to | d. would ignore |

23- The text several measures adopted to relieve chronic pain.

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| a. challenges | b. acknowledges |
| c. compares | d. opposes |

24- A medical doctor who supports the treatment plan which is mentioned in this text would probably for patients with chronic pain.

- a. be limited to prescription medications
- b. be confined to over-the-counter medications
- c. consider multi-modality treatment
- d. focus on psychological counseling

25- Micke Brown seems to be in favor of treatment plan.

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|----------------------|---------------------|
| a. physician-special | b. patient-specific |
| c. ingredient-free | d. multi-purpose |

Part two: Vocabulary

26- People with insomnia often have day-time symptoms related to exhaustion, such as and decreased mental clarity.

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| a. fatigue | b. stamina |
| c. incentive | d. motive |

27- A stroke may occur when the blood supply to the part of the brain is suddenly

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| a. instructed | b. conducted |
| c. interrupted | d. contracted |

28- If left untreated, anxiety can many people and is often a reason why people use alcohol or drugs to relieve it.

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| a. purchase | b. overwhelm |
| c. persuade | d. overlook |

29- Pattern baldness, which is typically permanent and can be attributed to heredity, about 95 percent of hair loss from the scalp.

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| a. looks into | b. accounts for |
| c. originates from | d. is rooted in |

30- One of the dangers of driving after using narcotic drugs is that the driver may have vision; he cannot see things clearly.

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|------------|---------|-----------|------------|
| a. focused | b. keen | c. bright | d. blurred |
|------------|---------|-----------|------------|

31- Although, in comparison to other infantile diseases, the measles is high, few sufferers lose their lives.

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|------------------|-----------------|
| a. mortality of | b. response to |
| c. resistance to | d. morbidity of |

32- Even one alcoholic drink can one's driving performance and cause an accident.

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| a. impair | b. retain |
| c. enhance | d. maintain |

33- Poorer areas of countries normally show a much higher infant rate due to low hygiene.

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|-----------------|--------------|
| a. intelligence | b. morality |
| c. impulsion | d. mortality |

34- The cover of the magazine depicted tens of children, suffering from famine and drought in some poor areas.

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| a. emaciated | b. dedicated |
| c. prosperous | d. affluent |

35- Diarrhea in children is such a serious condition which requires separate

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| a. consideration | b. complication |
| c. confirmation | d. communication |

36- Rapid change in technology and therapy is the of modern biomedicine.

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|-------------|------------|
| a. drawback | b. setback |
| c. hallmark | d. pitfall |

37- When anxiety takes hold, progressive muscle relaxation can help you muscle tension and take a "time out" from your worries.

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|-------------|-------------|
| a. maintain | b. preserve |
| c. release | d. retain |

38- Without having any noticeable effect on the person, AIDS may develop in the body for over 10 years.

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| a. explicitly | b. justifiably |
| c. constructively | d. insidiously |

39- Exposure to nuclear radiation can be expected to cause some harm in the form of cancer and heredity

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| a. achievement | b. consistency |
| c. moderation | d. detriment |

40- In Africa, every 45 seconds a child dies of malaria; the disease, in fact, 20% of all childhood deaths.

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| a. compensates for | b. originates from |
| c. follows from | d. accounts for |