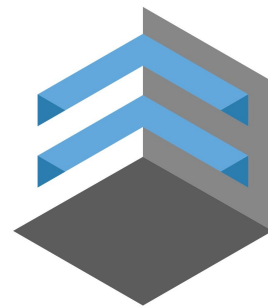


# Englist.me



## Vocabulary Builder Reference from...

*Anees Bahji: Why are eating disorders so hard to treat? | TED Talk*

[https://www.ted.com/talks/anees\\_bahji\\_why\\_are\\_eating\\_disorders\\_so\\_hard\\_to\\_treat](https://www.ted.com/talks/anees_bahji_why_are_eating_disorders_so_hard_to_treat)

### All Words

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### disorder

*n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

*synonym:* chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

### lifetime

*n.* the duration of someone's life or something's existence;

*synonym:* lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

### profoundly

*adv.* to a great or complete degree; deeply

*synonym:* deeply, greatly, completely

(1) **profoundly** insightful, (2) sleep **profoundly**

The novel affected her **profoundly**, causing her to question her beliefs and values.

### misunderstand

*v.* to interpret or understand something in the wrong way

*synonym:* misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

## **misconception**

*n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis  
*synonym*: fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

## **symptom**

*n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

*synonym*: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

## **treatment**

*n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

*synonym*: remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

## **navigate**

*v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

*synonym*: guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

## **psychiatric**

*adj.* of or relating to the treatment or study of mental illness or disorders

*synonym*: mental, psychological, psychotherapeutic

(1) people with **psychiatric** disorders, (2) **psychiatric** hospital

The **psychiatric** evaluation revealed that the patient had been suffering from anxiety.

## restrict

v. to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

*synonym*: limit, confine, hinder

(1) **restrict** an Internet access, (2) **restrict** the use of this parking lot

We **restrict** the number of students per course to twenty.

## intake

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

*synonym*: consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

## binge

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

*synonym*: spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

## consume

v. to spend something, especially fuel, energy, or time, in a large amount

*synonym*: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

## purge

v. to remove or get rid of something, especially that is unwanted or impure

*synonym*: cleanse, clear, eliminate

(1) **purge** the system, (2) **purge** his sins

The government tried to **purge** corrupt officials from the bureaucracy.

## eliminate

*v.* to remove or get rid of someone or something

*synonym*: wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

## calorie

*n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

## vomit

*v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

*synonym*: puke, throw up, spew

(1) **vomit** abuse, (2) **vomit** after ingesting

She felt sick and had to run to the bathroom to **vomit**.

## laxative

*adj.* relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels

*synonym*: purgative, evacuant, cathartic

(1) **laxative** effect, (2) liquid **laxative**

The **laxative** medication caused discomfort but ultimately helped relieve my constipation.

## excessive

*adj.* greater than what seems necessary, normal, or desirable

*synonym*: unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

## involve

*v.* to include or affect someone or something as a necessary part of something else

*synonym*: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## combination

*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

*synonym*: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

## anorexia

*n.* a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences

*synonym*: eating disorder

(1) **anorexia** symptoms, (2) **anorexia** treatment

Many people suffer from **anorexia** nervosa and require professional treatment to recover.

## bulimia

*n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

*synonym*: binge-eating disorder, ednos, overeating

(1) **bulimia** treatment, (2) **bulimia** nervosa

She struggled with **bulimia** for years before seeking treatment.

## recurrent

*adj.* occurring again, repeatedly, or frequently; returning

*synonym*: continual, repeated, frequent

(1) **recurrent** problem, (2) **recurrent** miscarriage

The patient has been experiencing **recurrent** headaches for weeks.

## import

- v.* to bring goods or services into a country from another country; to transfer electronic data into a database or document;

*synonym*: bring, spell

(1) **import** goods, (2) **import** a style sheet

The company **imports** raw materials from other countries to manufacture its products.

## determinant

- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

*synonym*: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

## weigh

- v.* to have a particular weight; to carefully evaluate things before making a conclusion

*synonym*: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

## medical

- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym*: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

## severe

- adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

*synonym*: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

## dam

- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

*synonym*: barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

## invisible

*adj.* impossible or nearly impossible to see

*synonym*: hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars

The phenomenon is **invisible** at optical wavelengths.

## osteoporosis

*n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

(1) **osteoporosis** treatment, (2) **osteoporosis** prevention

As we age, we become more at risk for **osteoporosis**, a condition that weakens the bones in our bodies.

## anemia

*n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something

*synonym*: bloodlessness, pallor, weakness

(1) **anemia** symptoms, (2) **anemia** disease

The doctor diagnosed the patient with **anemia** due to a lack of iron in their blood.

## kidney

*n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

(1) an artificial **kidney**, (2) chronic **kidney** disease

The surgeon removed the healthy **kidney** from the donor.

## rid

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

*synonym*: do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

## core

*n.* the most essential or fundamental part of something  
*synonym*: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulae are merely newborn galactic **cores**.

## disrupt

*v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

*synonym*: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

## perception

*n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

*synonym*: understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus

He is a man admired for the depth of his **perception**.

## severely

*adv.* very badly or seriously

*synonym*: harshly, hardly, oppressively

(1) **severely** burned arm, (2) criticize him **severely**

Her company was **severely** affected by the bank's failure.

## critic

*n.* someone who expresses opinions about the quality of books, music, etc.

*synonym*: pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

## perceive

*v.* to become aware or conscious of something through the senses

*synonym*: sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of



corruption.

## flaw

*n.* a fault, mistake, or weakness that causes something not to be perfect

*synonym*: defect, fault, imperfection

(1) a minor **flaw**, (2) the **flaw** in the legislation

Even the slightest design **flaw** in an aircraft can lead to a fatal accident.

## regain

*v.* to get something back or recover something after it has been lost or taken away

*synonym*: recover, reclaim, retrieve

(1) **regain** our reputation, (2) **regain** my health

After years of hard work, he finally **regained** his financial stability.

## internal

*adj.* of or relating to the inside of something

*synonym*: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

## chaos

*n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control

*synonym*: disorder, turmoil, confusion

(1) **chaos** theory, (2) midst of **chaos**

The conference room was in **chaos** as everyone tried to speak at once.

## genetic

*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

*synonym*: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym*: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## contribute

*v.* to give something, especially money or goods, to provide or achieve something together with other people

*synonym*: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

## depression

*n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

*synonym*: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

**Depression** symptoms might include a decrease in appetite and weight loss.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym*: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge  
She waited for her daughter with **anxiety**.

## addition

*n.* the act or process of adding something to something else; the process of adding numbers

*synonym*: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

## psychology

*n.* the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

## dissatisfy

*v.* to fail to satisfy someone

*synonym*: disappoint, disgruntle, dishearten

(1) **dissatisfy** the users with bugs, (2) **dissatisfy** people with service

The company's results **dissatisfy** everyone.

## sever

*v.* to break or separate something by cutting, especially suddenly and forcibly

*synonym*: cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

## intern

*v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

*synonym*: apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

## stigma

*n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

*synonym*: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

## exposure

*n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

*synonym*: vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

## bully

*n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

*synonym*: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

## racial

*adj.* of or related to the race (= classification of humans into groups based on physical traits or social relations)

*synonym*: ethnic, tribal, ethnical

(1) **racial** prejudice, (2) **racial** and ethnic backgrounds

A minor **racial** conflict later led to a civil war.

## ethnic

*adj.* relating or belonging to a group of people who share a cultural tradition

*synonym*: racial, ethnical, tribal

(1) **ethnic** minority, (2) single **ethnic** group

Each **ethnic** group has its unique rituals.

## assimilate

*v.* to take in and understand information or ideas; to integrate

*synonym*: absorb, incorporate, integrate

(1) **assimilate** into society, (2) **assimilate** a language

The immigrant struggled to **assimilate** into the new culture.

## gender

*n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

*synonym*: sexuality

(1) **gender-blind** policies, (2) dual **gender**

Cultural norms strongly influence **gender** expectations.

## intimate

*adj.* having a very close friendship, personal

*synonym*: close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship

He has an **intimate** knowledge of American history.

## develop

*v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

*synonym*: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

## identity

*n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

*synonym*: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

## esteem

*n.* great respect and approval for or a good opinion of someone

*synonym*: respect, admiration, regard

(1) **esteem** for the other person, (2) boost my self- **esteem**

He is our loyal customer who should be held in high **esteem**.

## vulnerable

*adj.* capable of being hurt or influenced physically or mentally

*synonym*: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body

Infants and pregnant women are particularly **vulnerable**.

## adolescent

*n.* a young person who is in the process of developing from a child into an adult

*synonym*: teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

## therapy

*n.* the act of caring for someone through medication, remedial training, etc.

*synonym*: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

## intervention

*n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

*synonym*: interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical **intervention**

This **intervention** does not require the patient's consent.

## recover

*v.* to return to a former condition, health, mind, or strength

*synonym*: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

## unfortunately

*adv.* by bad luck; unluckily

*synonym*: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

## complexity

*n.* the state or quality of being complicated or intricate and difficult to understand

*synonym*: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

## nutritional

*adj.* of or relating to the substance required by the body to maintain health and growth

*synonym*: nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast

The **nutritional** value of the food should be clearly labeled on the packaging.

## counseling

*n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

*synonym*: therapy, guidance, advice

(1) **counseling** about risk management, (2) career **counseling**

I am going to **counseling** to work through my anxiety and depression.

## monitor

*v.* to observe, check, and track the progress or quality of something over a period of time

*synonym*: proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully

They used a special receiver to **monitor** police radio channels.

## psychotherapy

*n.* the treatment of mental or emotional problems by talking with a therapist

(1) field of **psychotherapy**, (2) **psychotherapy** for depression

He took **psychotherapy** to help him deal with his accident trauma.

## medication

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

*synonym*: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

## cognitive

*adj.* of or relating to mental processes of understanding

*synonym*: perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

## underlying

*adj.* significant as a cause or basis of something but not immediately apparent or stated clearly

*synonym*: fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

## investigate

*v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

*synonym*: examine, analyze, look into

(1) **investigate** the matter, (2) **investigate** a data leak

The committee **investigated** several apparent inconsistencies.

## transcranial

*adj.* relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull

(1) **transcranial** magnetic stimulation, (2) **transcranial** direct current stimulation

The use of **transcranial** ultrasonography can aid in the diagnosis of several neurological conditions.

## magnetic

*adj.* having the properties of attracting or repelling certain materials containing iron or steel

*synonym*: attractive, drawing, hypnotic

(1) **magnetic** field, (2) a **magnetic** tape

The **magnetic** force of the earth keeps our planet spinning.



## stimulation

*n.* the act of arousing interest or activity in something; the action of providing a stimulus

*synonym*: activation, arousal, excitation

(1) **stimulation** of the economy, (2) **stimulation** of the senses

The **stimulation** of certain chemicals activates the brain's reward system.

## provoke

*v.* to stimulate or give rise to a particular reaction or have a particular effect

*synonym*: stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

## powerless

*adj.* lacking power, strength, or authority; unable to act or affect change

*synonym*: helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## communal

*adj.* belonging to or used by a group rather than individuals; for common use

*synonym*: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

**Communal** elections were held in several European countries.

## erode

- v. to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

*synonym*: wear away, deteriorate, corrode

(1) **erode** coast, (2) **erode** trust

The ongoing budget cuts have **eroded** the quality of education in many schools.

## improve

- v. to make or become better

*synonym*: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

## Session 2: Spelling

- |  |  |
|--|--|
| 1. bu__y bystander                       | <i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful  |
| 2. pro_____ly insightful                 | <i>adv.</i> to a great or complete degree; deeply  |
| 3. li_____me benefits                    | <i>n.</i> the duration of someone's life or something's existence;   |
| 4. an_____ia treatment                   | <i>n.</i> a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences |
| 5. antibiotic med_____on                 | <i>n.</i> a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease  |
| 6. ass_____te into society               | <i>v.</i> to take in and understand information or ideas; to integrate   |
| 7. re_____ct the use of this parking lot | <i>v.</i> to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing  |
| 8. we__h heavily on stock prices         | <i>v.</i> to have a particular weight; to carefully evaluate things before making a conclusion   |

ANSWERS: 1. bully, 2. profoundly, 3. lifetime, 4. anorexia, 5. medication, 6. assimilate, 7. restrict, 8. weigh

- |                                      |  |
|--------------------------------------|--|
| 9. el_____te contestants             | <i>v.</i> to remove or get rid of someone or something   |
| 10. psy_____apy for depression       | <i>n.</i> the treatment of mental or emotional problems by talking with a therapist  |
| 11. sleep pro_____ly                 | <i>adv.</i> to a great or complete degree; deeply  |
| 12. research on co_____ve psychology | <i>adj.</i> of or relating to mental processes of understanding  |
| 13. midst of ch___s                  | <i>n.</i> a state of complete confusion or disorder, often characterized by a lack of predictability or control                              |
| 14. po_____ss position               | <i>adj.</i> lacking power, strength, or authority; unable to act or affect change  |
| 15. re_____ct an Internet access     | <i>v.</i> to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing                    |
| 16. art cr___c                       | <i>n.</i> someone who expresses opinions about the quality of books, music, etc.   |
| 17. mistaken id_____ty               | <i>n.</i> the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another |
| 18. an in_____le asset               | <i>adj.</i> impossible or nearly impossible to see   |
| 19. se___e heat                      | <i>adj.</i> extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous                                   |
| 20. get r_d of the rats              | <i>v.</i> to make someone or something free of unwanted or unpleasant tasks, objects, or person  |

ANSWERS: 9. eliminate, 10. psychotherapy, 11. profoundly, 12. cognitive, 13. chaos, 14. powerless, 15. restrict, 16. critic, 17. identity, 18. invisible, 19. severe, 20. rid

21. environmental det_____nt	<i>n.</i> a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
22. de_____p a strategy	<i>v.</i> to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
23. a private ind_____al	<i>n.</i> a single person or thing, as distinct from a group
24. pe_____ve light	<i>v.</i> to become aware or conscious of something through the senses
25. r_d the body of waste products	<i>v.</i> to make someone or something free of unwanted or unpleasant tasks, objects, or person
26. vo__t after ingesting	<i>v.</i> to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
27. er__e trust	<i>v.</i> to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
28. d_m-building program	<i>n.</i> a wall constructed over a river to block the flow of water, mainly used to generate energy
29. an___a disease	<i>n.</i> a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something

ANSWERS: 21. determinant, 22. develop, 23. individual, 24. perceive, 25. rid, 26. vomit, 27. erode, 28. dam, 29. anemia

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| 30. a me_____l opinion                     | <i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine   |
| 31. a southern ex_____re                   | <i>n.</i> the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret  |
| 32. na_____te through a document           | <i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map  |
| 33. li_____me ban from the sport           | <i>n.</i> the duration of someone's life or something's existence;   |
| 34. tra_____ial direct current stimulation | <i>adj.</i> relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull |
| 35. temporary me_____l treatment           | <i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine   |
| 36. et___c minority                        | <i>adj.</i> relating or belonging to a group of people who share a cultural tradition  |
| 37. in_____e a high degree of risk         | <i>v.</i> to include or affect someone or something as a necessary part of something else  |
| 38. im_____e the test score                | <i>v.</i> to make or become better   |

ANSWERS: 30. medical, 31. exposure, 32. navigate, 33. lifetime, 34. transcranial, 35. medical, 36. ethnic, 37. involve, 38. improve

39. surgical int_____ion	<i>n.</i> the action or process of being done to improve or help a circumstance, often they have not been asked to do so
40. im_____e a process	<i>v.</i> to make or become better
41. co_____e a large of alcohol	<i>v.</i> to spend something, especially fuel, energy, or time, in a large amount
42. dis_____fy the users with bugs	<i>v.</i> to fail to satisfy someone
43. in_____te relationship	<i>adj.</i> having a very close friendship, personal
44. el_____te sexual barriers	<i>v.</i> to remove or get rid of someone or something
45. ad_____on of vectors	<i>n.</i> the act or process of adding something to something else; the process of adding numbers
46. es_____m for the other person	<i>n.</i> great respect and approval for or a good opinion of someone
47. im_____t goods	<i>v.</i> to bring goods or services into a country from another country; to transfer electronic data into a database or document;
48. bit of nut_____al yeast	<i>adj.</i> of or relating to the substance required by the body to maintain health and growth
49. chaotic env_____nt	<i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live
50. mo_____r an exam	<i>v.</i> to observe, check, and track the progress or quality of something over a period of time

ANSWERS: 39. intervention, 40. improve, 41. consume, 42. dissatisfy, 43. intimate, 44. eliminate, 45. addition, 46. esteem, 47. import, 48. nutritional, 49. environment, 50. monitor

51. st___a against obesity	<i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person
52. se__r a positive relationship	<i>v.</i> to break or separate something by cutting, especially suddenly and forcibly
53. re___n our reputation	<i>v.</i> to get something back or recover something after it has been lost or taken away
54. se__r a rope	<i>v.</i> to break or separate something by cutting, especially suddenly and forcibly
55. ost_____sis prevention	<i>n.</i> a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
56. re_____nt problem	<i>adj.</i> occurring again, repeatedly, or frequently; returning
57. co_____al swimming pool	<i>adj.</i> belonging to or used by a group rather than individuals; for common use
58. keen per_____on	<i>n.</i> a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
59. com_____ty theory	<i>n.</i> the state or quality of being complicated or intricate and difficult to understand
60. d_m collapsing	<i>n.</i> a wall constructed over a river to block the flow of water, mainly used to generate energy
61. a ma_____ic tape	<i>adj.</i> having the properties of attracting or repelling certain materials containing iron or steel

ANSWERS: 51. stigma, 52. sever, 53. regain, 54. sever, 55. osteoporosis, 56. recurrent, 57. communal, 58. perception, 59. complexity, 60. dam, 61. magnetic



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| 62. na____te the Pacific      | <i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map  |
| 63. a small in____e of breath | <i>n.</i> the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body   |
| 64. an____ia symptoms         | <i>n.</i> a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences |
| 65. a vul____le bridge        | <i>adj.</i> capable of being hurt or influenced physically or mentally   |
| 66. bi__e on social media     | <i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence  |
| 67. de____p a skill           | <i>v.</i> to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created   |
| 68. a ge____c disorder        | <i>adj.</i> of or relating to genes (= parts of the DNA in cells) or the science of genes  |
| 69. ost____sis treatment      | <i>n.</i> a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures  |

ANSWERS: 62. navigate, 63. intake, 64. anorexia, 65. vulnerable, 66. binge, 67. develop, 68. genetic, 69. osteoporosis

70. a minor f__w	<i>n.</i> a fault, mistake, or weakness that causes something not to be perfect
71. pr____e a disease	<i>v.</i> to stimulate or give rise to a particular reaction or have a particular effect
72. vul____le parts of the body	<i>adj.</i> capable of being hurt or influenced physically or mentally
73. severe cr___c	<i>n.</i> someone who expresses opinions about the quality of books, music, etc.
74. my in____te affairs	<i>adj.</i> having a very close friendship, personal
75. improve co____ve function	<i>adj.</i> of or relating to mental processes of understanding
76. field of psy______apy	<i>n.</i> the treatment of mental or emotional problems by talking with a therapist
77. re____nt miscarriage	<i>adj.</i> occurring again, repeatedly, or frequently; returning
78. psy____gy of crowd	<i>n.</i> the scientific study of mind and behavior
79. field of gene th____y	<i>n.</i> the act of caring for someone through medication, remedial training, etc.
80. re____r a loss	<i>v.</i> to return to a former condition, health, mind, or strength
81. take ex____ve care	<i>adj.</i> greater than what seems necessary, normal, or desirable
82. sti____on of the senses	<i>n.</i> the act of arousing interest or activity in something; the action of providing a stimulus
83. in____e a lot of paperwork	<i>v.</i> to include or affect someone or something as a necessary part of something else

ANSWERS: 70. flaw, 71. provoke, 72. vulnerable, 73. critic, 74. intimate, 75. cognitive, 76. psychotherapy, 77. recurrent, 78. psychology, 79. therapy, 80. recover, 81. excessive, 82. stimulation, 83. involve

84. psy_____ic hospital	<i>adj.</i> of or relating to the treatment or study of mental illness or disorders
85. psy_____gy experiment	<i>n.</i> the scientific study of mind and behavior
86. id_____ty as an individual	<i>n.</i> the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
87. an und_____ng cause of an accident	<i>adj.</i> significant as a cause or basis of something but not immediately apparent or stated clearly
88. co_____e electricity	<i>v.</i> to spend something, especially fuel, energy, or time, in a large amount
89. ma_____ic field	<i>adj.</i> having the properties of attracting or repelling certain materials containing iron or steel
90. first-aid tr_____nt	<i>n.</i> the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
91. neurotic sy_____ms	<i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
92. ind_____al freedom	<i>n.</i> a single person or thing, as distinct from a group
93. commonly held mis_____ion	<i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
94. bu_____a nervosa	<i>n.</i> an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

ANSWERS: 84. psychiatric, 85. psychology, 86. identity, 87. underlying, 88. consume, 89. magnetic, 90. treatment, 91. symptom, 92. individual, 93. misconception, 94. bulimia

95. ado_____nt girl	<i>n.</i> a young person who is in the process of developing from a child into an adult
96. nut_____al supplement	<i>adj.</i> of or relating to the substance required by the body to maintain health and growth
97. criticize him se_____ly	<i>adv.</i> very badly or seriously
98. pr_____e a reaction	<i>v.</i> to stimulate or give rise to a particular reaction or have a particular effect
99. bu_____a treatment	<i>n.</i> an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety
100. an_____y for knowledge	<i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
101. bu__y the weak	<i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
102. dispel the mis_____ion	<i>n.</i> a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
103. social st____a	<i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person
104. tr_____nt by diet	<i>n.</i> the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

ANSWERS: 95. adolescent, 96. nutritional, 97. severely, 98. provoke, 99. bulimia, 100. anxiety, 101. bully, 102. misconception, 103. stigma, 104. treatment

105. la____ve effect	<i>adj.</i> relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels
106. im____t a style sheet	<i>v.</i> to bring goods or services into a country from another country; to transfer electronic data into a database or document;
107. ge____r-blind policies	<i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
108. even more unf____ely	<i>adv.</i> by bad luck; unluckily
109. have ge____c testing	<i>adj.</i> of or relating to genes (= parts of the DNA in cells) or the science of genes
110. di____t a well-ordered condition	<i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
111. a det____nt of crop yields	<i>n.</i> a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
112. people with psy____ic disorders	<i>adj.</i> of or relating to the treatment or study of mental illness or disorders
113. the root problem of her dep____on	<i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

ANSWERS: 105. laxative, 106. import, 107. gender, 108. unfortunately, 109. genetic, 110. disrupt, 111. determinant, 112. psychiatric, 113. depression

114. re____r approval ratings	<i>v.</i> to return to a former condition, health, mind, or strength
115. env_____nt affairs	<i>n.</i> the natural world such as air, water, and land in which humans, animals, and plants live
116. com_____on number	<i>n.</i> a collection of things that have been combined; an assemblage of separate parts or qualities
117. in____n civilians	<i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
118. mo____r the data carefully	<i>v.</i> to observe, check, and track the progress or quality of something over a period of time
119. ra____l prejudice	<i>adj.</i> of or related to the race (= classification of humans into groups based on physical traits or social relations)
120. mis_____and each other	<i>v.</i> to interpret or understand something in the wrong way
121. er__e coast	<i>v.</i> to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time
122. alcohol bi__e	<i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

ANSWERS: 114. recover, 115. environment, 116. combination, 117. intern, 118. monitor, 119. racial, 120. misunderstand, 121. erode, 122. binge

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| 123. the ex____re of a fraud      | <i>n.</i> the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret   |
| 124. in_____le stars              | <i>adj.</i> impossible or nearly impossible to see  |
| 125. dual ge____r                 | <i>n.</i> the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology                       |
| 126. people with bipolar di____er | <i>n.</i> an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions   |
| 127. ca____e calculation          | <i>n.</i> unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce |
| 128. single et____c group         | <i>adj.</i> relating or belonging to a group of people who share a cultural tradition   |
| 129. ch__s theory                 | <i>n.</i> a state of complete confusion or disorder, often characterized by a lack of predictability or control   |
| 130. the Great Dep____on          | <i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market   |

ANSWERS: 123. exposure, 124. invisible, 125. gender, 126. disorder, 127. calorie, 128. ethnic, 129. chaos, 130. depression

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| 131. diagnosis of an____y disorder       | <i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future   |
| 132. tra_____ial magnetic stimulation    | <i>adj.</i> relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull |
| 133. an___a symptoms                     | <i>n.</i> a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something  |
| 134. inv_____te the matter               | <i>v.</i> to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth   |
| 135. an ex_____ve force                  | <i>adj.</i> greater than what seems necessary, normal, or desirable  |
| 136. unf_____ely caught in a shower      | <i>adv.</i> by bad luck; unluckily   |
| 137. cognitive com_____ty                | <i>n.</i> the state or quality of being complicated or intricate and difficult to understand   |
| 138. di_____t sleep                      | <i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance  |
| 139. the files are in complete di_____er | <i>n.</i> an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions  |

ANSWERS: 131. anxiety, 132. transcranial, 133. anemia, 134. investigate, 135. excessive, 136. unfortunately, 137. complexity, 138. disrupt, 139. disorder



140. sy____ms of low testosterone	<i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
141. reduce my ca____e intake	<i>n.</i> unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
142. c__e business activity	<i>n.</i> the most essential or fundamental part of something
143. ass____te a language	<i>v.</i> to take in and understand information or ideas; to integrate
144. pre-ado____nt children	<i>n.</i> a young person who is in the process of developing from a child into an adult
145. pe____ve a threat	<i>v.</i> to become aware or conscious of something through the senses
146. in____al organs	<i>adj.</i> of or relating to the inside of something
147. the in____al economy	<i>adj.</i> of or relating to the inside of something
148. sti____on of the economy	<i>n.</i> the act of arousing interest or activity in something; the action of providing a stimulus
149. con____te a large sum of money to the fund	<i>v.</i> to give something, especially money or goods, to provide or achieve something together with other people
150. an in____e pipe	<i>n.</i> the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

ANSWERS: 140. symptom, 141. calorie, 142. core, 143. assimilate, 144. adolescent, 145. perceive, 146. internal, 147. internal, 148. stimulation, 149. contribute, 150. intake

151. se____ly burned arm	<i>adv.</i> very badly or seriously
152. mis____and entirely about her	<i>v.</i> to interpret or understand something in the wrong way
153. co____al combination of funds	<i>adj.</i> belonging to or used by a group rather than individuals; for common use
154. a se____e case of pneumonia	<i>adj.</i> extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
155. career cou____ng	<i>n.</i> the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being
156. liquid la____ve	<i>adj.</i> relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels
157. the f__w in the legislation	<i>n.</i> a fault, mistake, or weakness that causes something not to be perfect
158. boost my self-es____m	<i>n.</i> great respect and approval for or a good opinion of someone
159. th____y for a patient	<i>n.</i> the act of caring for someone through medication, remedial training, etc.
160. int____ion by foreign powers	<i>n.</i> the action or process of being done to improve or help a circumstance, often they have not been asked to do so
161. cou____ng about risk management	<i>n.</i> the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

ANSWERS: 151. severely, 152. misunderstand, 153. communal, 154. severe, 155. counseling, 156. laxative, 157. flaw, 158. esteem, 159. therapy, 160. intervention, 161. counseling

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| 162. re___n my health              | <i>v.</i> to get something back or recover something after it has been lost or taken away  |
| 163. po_____ss in the organization | <i>adj.</i> lacking power, strength, or authority; unable to act or affect change  |
| 164. inv_____te a data leak        | <i>v.</i> to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth                           |
| 165. med_____on by mouth           | <i>n.</i> a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease  |
| 166. chronic ki___y disease        | <i>n.</i> either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine                       |
| 167. ra___l and ethnic backgrounds | <i>adj.</i> of or related to the race (= classification of humans into groups based on physical traits or social relations)  |
| 168. per_____on of a stimulus      | <i>n.</i> a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses |
| 169. the c___e of an apple         | <i>n.</i> the most essential or fundamental part of something  |
| 170. we___h a cargo                | <i>v.</i> to have a particular weight; to carefully evaluate things before making a conclusion   |

ANSWERS: 162. regain, 163. powerless, 164. investigate, 165. medication, 166. kidney, 167. racial, 168. perception, 169. core, 170. weigh

171. genic com_____ons	<i>n.</i> a collection of things that have been combined; an assemblage of separate parts or qualities
172. dis_____fy people with service	<i>v.</i> to fail to satisfy someone
173. medical in____n	<i>v.</i> to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
174. pu__e the system	<i>v.</i> to remove or get rid of something, especially that is unwanted or impure
175. an und_____ng motive	<i>adj.</i> significant as a cause or basis of something but not immediately apparent or stated clearly
176. con_____te to society	<i>v.</i> to give something, especially money or goods, to provide or achieve something together with other people
177. vo__t abuse	<i>v.</i> to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
178. chemical ad_____on	<i>n.</i> the act or process of adding something to something else; the process of adding numbers
179. pu__e his sins	<i>v.</i> to remove or get rid of something, especially that is unwanted or impure
180. an artificial ki____y	<i>n.</i> either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

ANSWERS: 171. combination, 172. dissatisfy, 173. intern, 174. purge, 175. underlying, 176. contribute, 177. vomit, 178. addition, 179. purge, 180. kidney

ANSWERS:

## Session 3: Fill in the Blanks

1. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.  
*n.* a single person or thing, as distinct from a group
2. You should not \_\_\_\_\_ the meaning of freedom.  
*v.* to interpret or understand something in the wrong way
3. We want to \_\_\_\_\_ ties between our two countries.  
*v.* to make or become better
4. During the hurricane, we felt \_\_\_\_\_ against the winds and rain.  
*adj.* lacking power, strength, or authority; unable to act or affect change
5. She had lived through two world wars in her \_\_\_\_\_.  
*n.* the duration of someone's life or something's existence;
6. I underwent aversion \_\_\_\_\_ for my addiction to alcohol.  
*n.* the act of caring for someone through medication, remedial training, etc.
7. The conference room was in \_\_\_\_\_ as everyone tried to speak at once.  
*n.* a state of complete confusion or disorder, often characterized by a lack of predictability or control
8. The patient has been experiencing \_\_\_\_\_ headaches for weeks.  
*adj.* occurring again, repeatedly, or frequently; returning
9. Many people suffer from \_\_\_\_\_ nervosa and require professional treatment to recover.  
*n.* a serious eating disorder characterized by an intense fear of gaining weight or becoming overweight, along with a persistent refusal to eat an adequate amount of food resulting in significant weight loss, malnutrition, and a wide range of physical and psychological consequences

ANSWERS: 1. individual, 2. misunderstand, 3. improve, 4. powerless, 5. lifetime, 6. therapy, 7. chaos, 8. recurrent, 9. anorexia

10. \_\_\_\_\_ elections were held in several European countries.  
*adj.* belonging to or used by a group rather than individuals; for common use
11. The committee \_\_\_\_\_ several apparent inconsistencies.  
*v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
12. The terrorist's \_\_\_\_\_ remains unknown.  
*n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
13. Every human is responsible for taking care of the Earth's \_\_\_\_\_.  
*n.* the natural world such as air, water, and land in which humans, animals, and plants live
14. They used a special receiver to \_\_\_\_\_ police radio channels.  
*v.* to observe, check, and track the progress or quality of something over a period of time
15. The prime minister canceled visits to other countries to resolve \_\_\_\_\_ disputes.  
*adj.* of or relating to the inside of something
16. The doctor diagnosed the patient with \_\_\_\_\_ due to a lack of iron in their blood.  
*n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
17. Timely education about birth control might help reduce \_\_\_\_\_ pregnancies.  
*n.* a young person who is in the process of developing from a child into an adult

ANSWERS: 10. Communal, 11. investigated, 12. identity, 13. environment, 14. monitor, 15. internal, 16. anemia, 17. adolescent



18. He is our loyal customer who should be held in high \_\_\_\_\_.

*n.* great respect and approval for or a good opinion of someone

19. Her company was \_\_\_\_\_ affected by the bank's failure.

*adv.* very badly or seriously

20. The company \_\_\_\_\_ raw materials from other countries to manufacture its products.

*v.* to bring goods or services into a country from another country; to transfer electronic data into a database or document;

21. The government tried to \_\_\_\_\_ corrupt officials from the bureaucracy.

*v.* to remove or get rid of something, especially that is unwanted or impure

22. Government workers cannot \_\_\_\_\_ to political campaigns.

*v.* to give something, especially money or goods, to provide or achieve something together with other people

23. Australia is widely \_\_\_\_\_ as having low levels of corruption.

*v.* to become aware or conscious of something through the senses

24. The \_\_\_\_\_ force of the earth keeps our planet spinning.

*adj.* having the properties of attracting or repelling certain materials containing iron or steel

25. We can \_\_\_\_\_ this possibility from those consumptions.

*v.* to remove or get rid of someone or something

26. She felt sick and had to run to the bathroom to \_\_\_\_\_.

*v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

ANSWERS: 18. esteem, 19. severely, 20. imports, 21. purge, 22. contribute, 23. perceived, 24. magnetic, 25. eliminate, 26. vomit

27. Our knowledge helps \_\_\_\_\_ our clients successfully.

- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

28. The \_\_\_\_\_ evaluation revealed that the patient had been suffering from anxiety.

- adj.* of or relating to the treatment or study of mental illness or disorders

29. He has been advised to reduce his daily fat \_\_\_\_\_.

- n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

30. The \_\_\_\_\_ medication caused discomfort but ultimately helped relieve my constipation.

- adj.* relating to or causing the relief of constipation or bowel movements; describing a substance that promotes the cleansing of the bowels

31. Even the slightest design \_\_\_\_\_ in an aircraft can lead to a fatal accident.

- n.* a fault, mistake, or weakness that causes something not to be perfect

32. The ongoing budget cuts have \_\_\_\_\_ the quality of education in many schools.

- v.* to gradually wear away or break down (rock, soil, or other material) through the action of wind, water, or other natural agents; to gradually weaken or undermine (something) over time

33. She had a master's degree in \_\_\_\_\_.

- n.* the scientific study of mind and behavior

34. She struggled with \_\_\_\_\_ for years before seeking treatment.

- n.* an eating disorder characterized by repeated episodes of binge eating, followed by behaviors such as purging or fasting, often as a means of controlling weight or anxiety

ANSWERS: 27. navigate, 28. psychiatric, 29. intake, 30. laxative, 31. flaw, 32. eroded, 33. psychology, 34. bulimia

35. The \_\_\_\_\_ team worked quickly to save the patient's life.

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

36. He took \_\_\_\_\_ to help him deal with his accident trauma.

*n.* the treatment of mental or emotional problems by talking with a therapist

37. The phenomenon is \_\_\_\_\_ at optical wavelengths.

*adj.* impossible or nearly impossible to see

38. The immigrant struggled to \_\_\_\_\_ into the new culture.

*v.* to take in and understand information or ideas; to integrate

39. The doctor prescribed some medicine for the mental \_\_\_\_\_.

*n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

40. The \_\_\_\_\_ to the safe was a secret.

*n.* a collection of things that have been combined; an assemblage of separate parts or qualities

41. One \_\_\_\_\_ of success is having a positive attitude and a strong work ethic.

*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

42. The novel affected her \_\_\_\_\_ causing her to question her beliefs and values.

*adv.* to a great or complete degree; deeply

ANSWERS: 35. medical, 36. psychotherapy, 37. invisible, 38. assimilate, 39. disorder, 40. combination, 41. determinant, 42. profoundly,

43. There are numerous \_\_\_\_\_ about food and health.

- n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

44. He has an \_\_\_\_\_ knowledge of American history.

- adj.* having a very close friendship, personal

45. After years of hard work, he finally \_\_\_\_\_ his financial stability.

- v.* to get something back or recover something after it has been lost or taken away

46. The use of \_\_\_\_\_ ultrasonography can aid in the diagnosis of several neurological conditions.

- adj.* relating to or affecting the area of the brain that is located across or through the skull used to describe a specific medical procedure involving the non-invasive delivery of electrical or magnetic impulses to the brain through the scalp and skull

47. Each \_\_\_\_\_ group has its unique rituals.

- adj.* relating or belonging to a group of people who share a cultural tradition

48. His \_\_\_\_\_ faculties were getting worse because of a lack of sleep.

- adj.* of or relating to mental processes of understanding

49. We \_\_\_\_\_ the number of students per course to twenty.

- v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

50. She stayed up all night \_\_\_\_\_ her favorite TV show.

- n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

ANSWERS: 43. misconceptions, 44. intimate, 45. regained, 46. transcranial, 47. ethnic, 48. cognitive, 49. restrict, 50. binge-watching

51. The pharmacist not only prescribes the \_\_\_\_\_ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
52. He \_\_\_\_\_ a branch from a tree quickly.
- v.* to break or separate something by cutting, especially suddenly and forcibly
53. The project's \_\_\_\_\_ made it difficult for the team to complete it on time.
- n.* the state or quality of being complicated or intricate and difficult to understand
54. In \_\_\_\_\_ private corporations provide healthcare services.
- n.* the act or process of adding something to something else; the process of adding numbers
55. It would be best if you burned off \_\_\_\_\_ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
56. The long \_\_\_\_\_ to the air tarnished the antique tableware.
- n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
57. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
58. The navy \_\_\_\_\_ ships of defeated nations.
- v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 51. medication, 52. severed, 53. complexity, 54. addition, 55. calories, 56. exposure, 57. involves, 58. interned

59. We must \_\_\_\_\_ a new system to streamline our workflow and increase efficiency.
- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
60. Cultural norms strongly influence \_\_\_\_\_ expectations.
- n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
61. \_\_\_\_\_ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
62. The schoolyard \_\_\_\_\_ terrorized the other children and made their lives miserable.
- n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
63. The \_\_\_\_\_ value of the food should be clearly labeled on the packaging.
- adj.* of or relating to the substance required by the body to maintain health and growth
64. A smaller car will \_\_\_\_\_ less fuel.
- v.* to spend something, especially fuel, energy, or time, in a large amount
65. As we age, we become more at risk for \_\_\_\_\_ a condition that weakens the bones in our bodies.
- n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

ANSWERS: 59. develop, 60. gender, 61. Depression, 62. bully, 63. nutritional, 64. consume, 65. osteoporosis,

66. Her behavior \_\_\_\_\_ a quarrel between the couple.

- v.* to stimulate or give rise to a particular reaction or have a particular effect

67. This \_\_\_\_\_ does not require the patient's consent.

- n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

68. Infants and pregnant women are particularly \_\_\_\_\_.

- adj.* capable of being hurt or influenced physically or mentally

69. Understanding protein folding is a vital step in deciphering the \_\_\_\_\_ code.

- adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

70. I am going to \_\_\_\_\_ to work through my anxiety and depression.

- n.* the process of providing guidance and support to someone, often in a therapeutic or professional context, to help them overcome personal or emotional difficulties and improve their mental health and well-being

71. I'm so sorry to \_\_\_\_\_ you when you're pretty busy.

- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

72. The primary purpose of the \_\_\_\_\_ is pain relief.

- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

73. The company's results \_\_\_\_\_ everyone.

- v.* to fail to satisfy someone

ANSWERS: 66. provoked, 67. intervention, 68. vulnerable, 69. genetic, 70. counseling, 71. disrupt, 72. treatment, 73. dissatisfy

74. She waited for her daughter with \_\_\_\_\_.

- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

75. She is still \_\_\_\_\_ from a shot to her shoulder.

- v.* to return to a former condition, health, mind, or strength

76. It would be best if you did not demand such an \_\_\_\_\_ charge.

- adj.* greater than what seems necessary, normal, or desirable

77. The \_\_\_\_\_ of certain chemicals activates the brain's reward system.

- n.* the act of arousing interest or activity in something; the action of providing a stimulus

78. These gas nebulas are merely newborn galactic \_\_\_\_\_.

- n.* the most essential or fundamental part of something

79. He is a man admired for the depth of his \_\_\_\_\_.

- n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

80. The treatments were done but, \_\_\_\_\_ were unsuccessful.

- adv.* by bad luck; unluckily

81. The mental health \_\_\_\_\_ often prevents people from seeking treatment.

- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 74. anxiety, 75. recovering, 76. excessive, 77. stimulation, 78. cores, 79. perception, 80. unfortunately, 81. stigma



82. The surgeon removed the healthy \_\_\_\_\_ from the donor.  
*n.* either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
83. A minor \_\_\_\_\_ conflict later led to a civil war.  
*adj.* of or related to the race (= classification of humans into groups based on physical traits or social relations)
84. Advocates for legal reform hear less harsh words from their \_\_\_\_\_.  
*n.* someone who expresses opinions about the quality of books, music, etc.
85. The patient displays a \_\_\_\_\_ of a side effect.  
*n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
86. The senator received \_\_\_\_\_ criticism from his opponent.  
*adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
87. The break in the \_\_\_\_ threatened the valley.  
*n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
88. The \_\_\_\_\_ principle of every business was identical.  
*adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
89. We must \_\_\_\_ ourselves of pollution.  
*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

ANSWERS: 82. kidney, 83. racial, 84. critics, 85. symptom, 86. severe, 87. dam, 88. underlying, 89. rid

90. The baby \_\_\_\_\_ 1 pound 3 oz.

- v. to have a particular weight; to carefully evaluate things before making a conclusion

ANSWERS: 90. weighs