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Vocabulary Builder Reference from...

Anees Bahji: Is marijuana bad for your brain? | TED Talk

https://www.ted.com/talks/anees_bahji_is_marijuana_bad_for_your_brain

Advanced Words Only

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Session 1: Word List

cannabinoid

n. a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

synonym : cannabis compound, CBD, THC

(1) **cannabinoid** receptor, (2) **cannabinoid** extracts

Some researchers believe manipulating **cannabinoid** levels in the body could offer therapeutic benefits.

neurotransmitter

n. a chemical that carries nerve impulses between neurons or between neurons and muscles

(1) **neurotransmitter** receptor, (2) **neurotransmitters** released from the brain

Endorphins are a type of **neurotransmitter** that gives a sense of well-being.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym : nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

synapse

n. the fact or state of failing to finish an activity and of stopping using, making, or doing it

(1) **synapse** circuit, (2) end at a **synapse**

Animals transmit nerve impulses through **synapses**.

propagate

v. to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction

synonym : propagate, multiply, reproduce

(1) **propagate** a rumor, (2) **propagate** plants

The company is working hard to **propagate** their brand message to as many people as possible

modulate

v. to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something

synonym : regulate, inflect, adjust

(1) **modulate** the function, (2) **modulate** from one key to another

These chemicals **modulate** the effect of metabolism.

amplify

v. to enhance something, particularly sound or brightness

synonym : intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect

You might need to **amplify** this point.

diminish

v. to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.

synonym : decline, dwindle, lessen

(1) **diminish** a reputation, (2) **diminish** swelling

As people get old, their energies may **diminish**.

psychoactive

adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

synonym : mind-altering, mind-bending, hallucinogenic

(1) **psychoactive** medication, (2) **psychoactive** effects

Psychoactive substances can seriously affect the brain and must be used cautiously.

cognition

n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

synonym : awareness, understanding, comprehension

(1) social **cognition**, (2) **cognition** disorder

The professor focused on the research of infant **cognition**.

sprawl

v. to sit, lie, or fall with one's arms and legs spread out

synonym : drape, spread out

(1) **sprawl** out luxuriously on the sofa, (2) **sprawl** for acres

The lush vegetation **sprawls** across the wonderfully landscaped gardens.

diffuse

adj. spread out widely; not concentrated in one place

synonym : spread, scatter

(1) **diffuse** bleeding, (2) **diffuse** cloud

Direct lighting is preferable to **diffuse** lighting when reading.

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.

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.

reversible

adj. capable of being turned or done in the opposite direction or way; capable of being reversed or undone

synonym : invertible, changeable, undoable

(1) **reversible** decision, (2) **reversible** fabrics

The jacket is **reversible** so that you can wear it with the fur lining on the outside or the inside.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

paranoid

adj. unreasonably or obsessively believing that other people do not like you or want to harm you

(1) **paranoid** about issues, (2) **paranoid** disorder

A **paranoid** person may have delusions that people want to harm.

delusion

n. a false belief or impression that is firmly held despite evidence to the contrary

synonym : hallucination, illusion, fantasy

(1) grand **delusion**, (2) labor under a **delusion**

He had a **delusion** that he was a millionaire.

psychosis

n. a serious mental disorder characterized by a disconnection from reality, often including hallucinations, delusions, and a lack of insight into one's condition

synonym : madness, delusion, insanity

(1) **psychosis** treatment, (2) drug-induced **psychosis**

He was diagnosed with **psychosis** and was hospitalized for treatment.

subside

v. to become less intense or widespread; to sink to a lower level

synonym : decrease, decline, diminish

(1) **subside** an argument, (2) **subside** after a short time
The storm **subsided**, leaving the town in peace.

unmask

v. to reveal the true identity, nature, or motives of someone or something that has been concealed or hidden; to expose falsehoods and pretenses

synonym: reveal, expose, uncover

(1) **unmask** the thief, (2) **unmask** a lie

The whistleblower was determined to **unmask** the corrupt politician.

psychotic

adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

synonym: deranged, unstable, certifiable

(1) **psychotic** medication, (2) **psychotic** episode

Her husband's death caused her to experience a **psychotic** break.

schizophrenia

n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior

synonym: psychosis, disorder, mental illness

(1) **schizophrenia** spectrum disorder, (2) **schizophrenia** treatment

The **schizophrenia** patient was experiencing severe auditory hallucinations.

debilitating

adj. weakening or damaging; causing a loss of strength, energy, or success

synonym: weakening, exhausting

(1) **debilitating** virus, (2) **debilitating** effect

His **debilitating** illness made it difficult for him to leave the house.

irritable

adj. easily or frequently agitated, annoyed, or angered;
prone to becoming tense or angry in response to minor
stimuli or events

synonym : cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

Session 2: Spelling

1. grand de ____ on *n.* a false belief or impression that is firmly held despite evidence to the contrary
2. di ____ sh a reputation *v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
3. am ____ y a signal *v.* to enhance something, particularly sound or brightness
4. ps ____ ic episode *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
5. drug-induced ps ____ is *n.* a serious mental disorder characterized by a disconnection from reality, often including hallucinations, delusions, and a lack of insight into one's condition
6. su ____ e after a short time *v.* to become less intense or widespread; to sink to a lower level
7. un ____ k a lie *v.* to reveal the true identity, nature, or motives of someone or something that has been concealed or hidden; to expose falsehoods and pretenses
8. di ____ e bleeding *adj.* spread out widely; not concentrated in one place
9. a det ____ nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 1. delusion, 2. diminish, 3. amplify, 4. psychotic, 5. psychosis, 6. subside, 7. unmask, 8. diffuse, 9. determinant

10. su____e an argument *v.* to become less intense or widespread; to sink to a lower level
11. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
12. sp___l out luxuriously on the sofa *v.* to sit, lie, or fall with one's arms and legs spread out
13. mo_____te the function *v.* to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
14. psy_____ive medication *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
15. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
16. di_____sh swelling *v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
17. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
18. sp___l for acres *v.* to sit, lie, or fall with one's arms and legs spread out
19. rev_____le fabrics *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone

ANSWERS: 10. subside, 11. neurotransmitter, 12. sprawl, 13. modulate, 14. psychoactive, 15. irritable, 16. diminish, 17. disrupt, 18. sprawl, 19. reversible

20. rev_____le decision *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
21. can_____id extracts *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
22. pr_____te plants *v.* to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
23. deb_____ing effect *adj.* weakening or damaging; causing a loss of strength, energy, or success
24. psy_____ive effects *adj.* producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions
25. ps_____is treatment *n.* a serious mental disorder characterized by a disconnection from reality, often including hallucinations, delusions, and a lack of insight into one's condition
26. am_____y the effect *v.* to enhance something, particularly sound or brightness
27. di_____e cloud *adj.* spread out widely; not concentrated in one place
28. social co_____on *n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

ANSWERS: 20. reversible, 21. cannabinoid, 22. propagate, 23. debilitating, 24. psychoactive, 25. psychosis, 26. amplify, 27. diffuse, 28. cognition

29. ps_____ic medication *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
30. ne____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
31. mo_____te from one key to another *v.* to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something
32. deb_____ing virus *adj.* weakening or damaging; causing a loss of strength, energy, or success
33. sy_____e circuit *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
34. pa_____id about issues *adj.* unreasonably or obsessively believing that other people do not like you or want to harm you
35. un____k the thief *v.* to reveal the true identity, nature, or motives of someone or something that has been concealed or hidden; to expose falsehoods and pretenses
36. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
37. hal_____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

ANSWERS: 29. psychotic, 30. neuron, 31. modulate, 32. debilitating, 33. synapse, 34. paranoid, 35. unmask, 36. neurotransmitter, 37. hallucinate

38. can_____id receptor *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
39. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
40. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
41. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
42. end at a sy_____e *n.* the fact or state of failing to finish an activity and of stopping using, making, or doing it
43. pr_____te a rumor *v.* to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
44. labor under a de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
45. start to hal_____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

ANSWERS: 38. cannabinoid, 39. irritable, 40. determinant, 41. disrupt, 42. synapse, 43. propagate, 44. delusion, 45. hallucinate

46. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
47. sch_____nia spectrum disorder *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
48. pa____id disorder *adj.* unreasonably or obsessively believing that other people do not like you or want to harm you
49. sch_____nia treatment *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
50. co_____on disorder *n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

ANSWERS: 46. neuron, 47. schizophrenia, 48. paranoid, 49. schizophrenia, 50. cognition

Session 3: Fill in the Blanks

1. 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

2. The whistleblower was determined to _____ the corrupt politician.
 - v. to reveal the true identity, nature, or motives of someone or something that has been concealed or hidden; to expose falsehoods and pretenses

3. 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

4. Endorphins are a type of _____ that gives a sense of well-being.
 - n. a chemical that carries nerve impulses between neurons or between neurons and muscles

5. Our body transfers information along each _____ using an electrical impulse.
 - n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

6. The company is working hard to _____ their brand message to as many people as possible
 - v. to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction

7. Sleep-deprived people gradually lose their concentration and may _____.
 - v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

ANSWERS: 1. disrupt, 2. unmask, 3. determinant, 4. neurotransmitter, 5. neuron, 6. propagate, 7. hallucinate

8. His _____ illness made it difficult for him to leave the house.
adj. weakening or damaging; causing a loss of strength, energy, or success
9. Lack of sleep can make me _____ and easily annoyed.
adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
10. Direct lighting is preferable to _____ lighting when reading.
adj. spread out widely; not concentrated in one place
11. The _____ patient was experiencing severe auditory hallucinations.
n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
12. The professor focused on the research of infant _____.
n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind
13. Animals transmit nerve impulses through _____.
n. the fact or state of failing to finish an activity and of stopping using, making, or doing it
14. A _____ person may have delusions that people want to harm.
adj. unreasonably or obsessively believing that other people do not like you or want to harm you
15. The storm _____ leaving the town in peace.
v. to become less intense or widespread; to sink to a lower level

ANSWERS: 8. debilitating, 9. irritable, 10. diffuse, 11. schizophrenia, 12. cognition, 13. synapses, 14. paranoid, 15. subsided,

16. These chemicals _____ the effect of metabolism.

- v.* to change the key, style, loudness, etc., of something in music to create a particular effect; to fix or adjust the time, amount, degree, or rate of something

17. You might need to _____ this point.

- v.* to enhance something, particularly sound or brightness

18. Her husband's death caused her to experience a _____ break.

- adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

19. The jacket is _____ so that you can wear it with the fur lining on the outside or the inside.

- adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone

20. Some researchers believe manipulating _____ levels in the body could offer therapeutic benefits.

- n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

21. He had a _____ that he was a millionaire.

- n.* a false belief or impression that is firmly held despite evidence to the contrary

22. As people get old, their energies may _____.

- v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.

ANSWERS: 16. modulate, 17. amplify, 18. psychotic, 19. reversible, 20. cannabinoid, 21. delusion, 22. diminish

23. He was diagnosed with _____ and was hospitalized for treatment.

n. a serious mental disorder characterized by a disconnection from reality, often including hallucinations, delusions, and a lack of insight into one's condition

24. _____ substances can seriously affect the brain and must be used cautiously.

adj. producing an effect on mental processes, such as mood, perception, or behavior; capable of affecting the mind or emotions

25. The lush vegetation _____ across the wonderfully landscaped gardens.

v. to sit, lie, or fall with one's arms and legs spread out

ANSWERS: 23. psychosis, 24. Psychoactive, 25. sprawls