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Vocabulary Builder Reference from...

Helen M. Farrell: What is bipolar disorder? | TED Talk
https://www.ted.com/talks/helen_m_farrell_what_is_bipolar_disorder

Advanced Words Only

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Session 1: Word List

bipolar

adj. of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

(1) **bipolar** depression, (2) a **bipolar** semiconductor

The physician prescribed medication to treat **bipolar** disorder.

intersperse

v. to scatter or distribute among or between other things; to insert or place something at intervals

synonym: scatter, distribute, insert

(1) **intersperse** his speech, (2) **intersperse** exclamation marks

The author **interspersed** anecdotes throughout the book to break up the text and make it more engaging.

seesaw

n. a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground

synonym: teeter-totter, balance board

(1) **seesaw** motion, (2) **seesaw** effect

The children played on the **seesaw** in the park.

mania

n. a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for

something

synonym : obsession, craze, frenzy

(1) start-up **mania**, (2) dance **mania**

The **mania** for collecting rare books led him to spend his savings on a first edition.

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.

invincible

adj. incapable of being conquered, defeated, or overcome; unassailable

synonym : unassailable, unbeatable, indomitable

(1) **invincible** army, (2) **invincible** will

The team felt **invincible** after their winning streak.

euphoric

adj. an extreme feeling of well-being or excitement

synonym : enraptured, elated, delighted

(1) **euphoric** effects, (2) in a **euphoric** mood

The researchers are **euphoric** at the success of observing the black hole.

sleeplessness

n. the condition of being unable to sleep or having difficulty sleeping

synonym : insomnia, wakefulness, restlessness

(1) **sleeplessness** disorder, (2) beat **sleeplessness**

He tried various treatments for his **sleeplessness**, but nothing seemed to work.

impulsive

adj. acting suddenly without any planning and without considering the effects they may have

synonym : abrupt, hasty, capricious

(1) an **impulsive** force, (2) do **impulsive** buying

He regrets the **impulsive** behavior he took in his drunken state.

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.

dwindle

v. to gradually decrease in size, amount, or strength; to become smaller

synonym : shrink, decrease, fade

(1) **dwindle** in importance, (2) **dwindle** to almost nothing

The crowds at the festival **dwindled** as the night went on.

worthless

adj. having no value or usefulness; not worth considering

synonym : valueless, useless, pointless

(1) **worthless** stock, (2) **worthless** coin

The product was found to be **worthless** as it failed to meet the customer's expectations.

restless

adj. unwilling or unable to stay still or relax because you are worried and uneasy

synonym : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

intricate

adj. having many different parts and small details that all work together

synonym : complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

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.

prune

n. a dried plum that has a black, wrinkled appearance;
(verb) to cut off branches from a tree, bush, or plant,
especially to encourage growth

synonym: (verb) trim, (verb) cut back

(1) **prune** a branch, (2) wrinkle like a **prune**

You should remove the seeds from the **prunes** before cooking.

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.

haywire

adj. out of control or malfunctioning; disordered or chaotic;
(noun) a type of wire that is used to tie bales of hay, straw, or other crops

synonym: chaotic, disordered, crazy

(1) **haywire** behavior, (2) **haywire** machine

The electronics in my car went **haywire** after the battery died.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

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.

disorganize

v. to disrupt or destroy the systematic order or function of something

synonym: disrupt, demobilize, derange

(1) **disorganized** the party, (2) **disorganize** the whole country

His betrayal **disorganized** the company completely.

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.

paranoia

n. a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability

synonym: suspicion, mistrust, delusions

(1) encourage **paranoia**, (2) suffering from **paranoia**

His **paranoia** about being followed made him constantly look over his shoulder.

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**.

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.

dopamine

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

lithium

n. a soft, silvery-white metal that is highly reactive and used in batteries, alloy production, and medications for bipolar disorder

synonym: lithy, Li, salt

(1) **lithium** carbonate, (2) **lithium** mining

Lithium-ion batteries are commonly used in laptops, smartphones, and electric vehicles.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym: brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

convulse

v. to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this

synonym: spasm, tremble, seize

(1) **convulse** with laughter, (2) **convulse** with anger

He **convulsed** in pain as the injury was severe.

psychiatry

n. the branch of medicine concerned with the study, treatment, and prevention of mental illness

synonym: mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

sobriety

n. the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained

synonym: somberness, abstemiousness, temperance

(1) long-term **sobriety**, (2) **sobriety** test

Police set up **sobriety** checkpoints as a measure to prevent drunk driving accidents.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

empower

v. to give someone the power or authority to do something

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

Session 2: Spelling

1. co____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
2. 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
3. in a eu____ic mood *adj.* an extreme feeling of well-being or excitement
4. 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
5. 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
6. eu____ic effects *adj.* an extreme feeling of well-being or excitement
7. biological psy____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
8. psy____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
9. dw____e to almost nothing *v.* to gradually decrease in size, amount, or strength; to become smaller

ANSWERS: 1. confuse, 2. disrupt, 3. euphoric, 4. psychotic, 5. hallucinate, 6. euphoric, 7. psychiatry, 8. psychiatry, 9. dwindle

10. so____ty test *n.* the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained
11. su____e an argument *v.* to become less intense or widespread; to sink to a lower level
12. labor under a de____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
13. pr__e a branch *n.* a dried plum that has a black, wrinkled appearance; (verb) to cut off branches from a tree, bush, or plant, especially to encourage growth
14. 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
15. dw____e in importance *v.* to gradually decrease in size, amount, or strength; to become smaller
16. am____la damage *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
17. encourage pa____ia *n.* a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability
18. em____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 10. sobriety, 11. subside, 12. delusion, 13. prune, 14. psychotic, 15. dwindle, 16. amygdala, 17. paranoia, 18. empathy

19. wo_____ss stock *adj.* having no value or usefulness; not worth considering
20. int_____se exclamation marks *v.* to scatter or distribute among or between other things; to insert or place something at intervals
21. in_____te lacework *adj.* having many different parts and small details that all work together
22. inv_____le army *adj.* incapable of being conquered, defeated, or overcome; unassailable
23. full of em_____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
24. antagonism of do_____ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
25. wo_____ss coin *adj.* having no value or usefulness; not worth considering
26. grand de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
27. a re_____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
28. se___w motion *n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground
29. in_____te details *adj.* having many different parts and small details that all work together
30. dis_____ze the whole country *v.* to disrupt or destroy the systematic order or function of something

ANSWERS: 19. worthless, 20. intersperse, 21. intricate, 22. invincible, 23. empathy, 24. dopamine, 25. worthless, 26. delusion, 27. restless, 28. seesaw, 29. intricate, 30. disorganize

31. bi____r depression *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
32. li____m mining *n.* a soft, silvery-white metal that is highly reactive and used in batteries, alloy production, and medications for bipolar disorder
33. wrinkle like a pr__e *n.* a dried plum that has a black, wrinkled appearance; (verb) to cut off branches from a tree, bush, or plant, especially to encourage growth
34. do____ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
35. st____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
36. 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
37. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
38. int____se his speech *v.* to scatter or distribute among or between other things; to insert or place something at intervals
39. a bi____r semiconductor *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

ANSWERS: 31. bipolar, 32. lithium, 33. prune, 34. dopamine, 35. stabilize, 36. neuron, 37. neurotransmitter, 38. intersperse, 39. bipolar

40. long-term so_____ty *n.* the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained
41. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
42. co_____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
43. ha_____e behavior *adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
44. do im_____ve buying *adj.* acting suddenly without any planning and without considering the effects they may have
45. 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
46. start-up ma__a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
47. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
48. su_____e after a short time *v.* to become less intense or widespread; to sink to a lower level

ANSWERS: 40. sobriety, 41. irritable, 42. confuse, 43. haywire, 44. impulsive, 45. hallucinate, 46. mania, 47. empower, 48. subside

49. se___w effect *n.* a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground
50. dis_____zed the party *v.* to disrupt or destroy the systematic order or function of something
51. suffering from pa_____ia *n.* a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability
52. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
53. inv_____le will *adj.* incapable of being conquered, defeated, or overcome; unassailable
54. ha_____e machine *adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
55. co_____se with anger *v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this
56. sle_____ess disorder *n.* the condition of being unable to sleep or having difficulty sleeping
57. 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

ANSWERS: 49. seesaw, 50. disorganize, 51. paranoia, 52. neurotransmitter, 53. invincible, 54. haywire, 55. convulse, 56. sleeplessness, 57. disrupt

58. co_____se with laughter *v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this
59. li_____m carbonate *n.* a soft, silvery-white metal that is highly reactive and used in batteries, alloy production, and medications for bipolar disorder
60. 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
61. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
62. 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
63. dance ma__a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
64. beat sle_____ess *n.* the condition of being unable to sleep or having difficulty sleeping
65. an im_____ve force *adj.* acting suddenly without any planning and without considering the effects they may have
66. em_____r my life *v.* to give someone the power or authority to do something

ANSWERS: 58. convulse, 59. lithium, 60. neuron, 61. restless, 62. irritable, 63. mania, 64. sleeplessness, 65. impulsive, 66. empower

67. st_____ze prices

v. to become or cause to become steady or unlikely to give way

68. the decline in am_____la activity

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 67. stabilize, 68. amygdala

Session 3: Fill in the Blanks

1. 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

2. 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

3. The _____ has been associated with memories of past emotional events.
n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

4. The storm _____ leaving the town in peace.
v. to become less intense or widespread; to sink to a lower level

5. The product was found to be _____ as it failed to meet the customer's expectations.
adj. having no value or usefulness; not worth considering

6. The author _____ anecdotes throughout the book to break up the text and make it more engaging.
v. to scatter or distribute among or between other things; to insert or place something at intervals

7. You should remove the seeds from the _____ before cooking.
n. a dried plum that has a black, wrinkled appearance; (verb) to cut off branches from a tree, bush, or plant, especially to encourage growth

ANSWERS: 1. neuron, 2. psychotic, 3. amygdala, 4. subsided, 5. worthless, 6. interspersed, 7. prunes

8. He regrets the _____ behavior he took in his drunken state.

adj. acting suddenly without any planning and without considering the effects they may have

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. The team felt _____ after their winning streak.

adj. incapable of being conquered, defeated, or overcome; unassailable

11. He tried various treatments for his _____ but nothing seemed to work.

n. the condition of being unable to sleep or having difficulty sleeping

12. _____ batteries are commonly used in laptops, smartphones, and electric vehicles.

n. a soft, silvery-white metal that is highly reactive and used in batteries, alloy production, and medications for bipolar disorder

13. He felt _____ and constantly changed his postures.

adj. unwilling or unable to stay still or relax because you are worried and uneasy

14. 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

15. The researchers are _____ at the success of observing the black hole.

adj. an extreme feeling of well-being or excitement

ANSWERS: 8. impulsive, 9. irritable, 10. invincible, 11. sleeplessness, 12. Lithium-ion, 13. restless, 14. disrupt, 15. euphoric

16. Police set up _____ checkpoints as a measure to prevent drunk driving accidents.
- n.* the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained
17. The physician prescribed medication to treat _____ disorder.
- adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
18. He had a _____ that he was a millionaire.
- n.* a false belief or impression that is firmly held despite evidence to the contrary
19. The _____ for collecting rare books led him to spend his savings on a first edition.
- n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
20. He _____ in pain as the injury was severe.
- v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this
21. Her remarks _____ the debate.
- v.* to mistake one thing for another; to make somebody hard to understand
22. The crowds at the festival _____ as the night went on.
- v.* to gradually decrease in size, amount, or strength; to become smaller
23. The field of _____ is constantly evolving, with new treatments and approaches being developed all the time.
- n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness

ANSWERS: 16. sobriety, 17. bipolar, 18. delusion, 19. mania, 20. convulsed, 21. confused, 22. dwindled, 23. psychiatry

24. His betrayal _____ the company completely.

v. to disrupt or destroy the systematic order or function of something

25. The politician managed to deal with that _____ issue.

adj. having many different parts and small details that all work together

26. The drug controls the level of _____ in the brain.

n. a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

27. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

28. The children played on the _____ in the park.

n. a long, narrow board balanced on a fulcrum or pivot point, often used as a toy or play equipment in a children's playground

29. _____ is also necessary to understand history.

n. the ability to share another person's feelings or experiences by imagining that person's situation

30. His _____ about being followed made him constantly look over his shoulder.

n. a mental condition characterized by delusions of persecution, unwarranted jealousy, or exaggerated self-importance, typically compounded by feelings of anxiety or irritability

31. 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

ANSWERS: 24. disorganized, 25. intricate, 26. dopamine, 27. empowered, 28. seesaw, 29. Empathy, 30. paranoia, 31. neurotransmitter

32. 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
33. The raising of interest rates _____ the inflation rate.
- v. to become or cause to become steady or unlikely to give way
34. The electronics in my car went _____ after the battery died.
- adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops

ANSWERS: 32. hallucinate, 33. stabilizes, 34. haywire