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Vocabulary Builder Reference from...

Helen M. Farrell: What is depression? | TED Talk

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

Advanced Words Only

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Session 1: Word List

linger

v. to stay in a place or exist longer than expected

synonym: dawdle, tarry, loiter

(1) **linger** in the mind, (2) **linger** over your work

She **lingered** for a moment before leaving the room.

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.

manifestation

n. a visible or tangible form of something, especially a particular sign of a disease or condition

synonym: expression, embodiment, presentation

(1) **manifestation** of a deeper problem, (2) **manifestation** of psychological stress

The **manifestation** of his anxiety was evident in his shaking

hands.

lobe

n. a rounded projection or division, especially of the brain, lung, or liver

synonym: part, section, division

(1) **lobe** of the liver, (2) frontal **lobe**

The lungs are divided into five **lobes**.

hippocampus

n. a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

(1) involvement of the **hippocampus**, (2) neurons in the **hippocampus**

The **hippocampus** is crucial for learning and memory storage.

depletion

n. the reduction of something, especially a natural resource, to a critically low level

synonym: exhaustion, deficiency, reduction

(1) **depletion** of bodily fluids, (2) **depletion** of ozone

The **depletion** of natural resources is a major concern for environmentalists.

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.

serotonin

n. a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

norepinephrine

n. (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

synonym : noradrenaline

(1) **norepinephrine** receptor, (2) enhance **norepinephrine** release

Some medications used to treat depression work by increasing the levels of **norepinephrine** in the brain.

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.

circadian

adj. relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones

synonym : daily, diurnal, day-to-day

(1) **circadian** clock, (2) **circadian** disruption

Having a consistent sleep schedule is important for maintaining a healthy **circadian** rhythm.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym : stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

deregulation

n. the process of reducing or removing government regulations and restrictions in a particular industry or sector, often to promote competition and reduce costs

synonym : liberalization

(1) **deregulation** of the economy, (2) aviation **deregulation**
The government's **deregulation** of the telecommunications industry led to increased competition.

neuroscience

n. the scientific study of the function, structure, and disorder of the brain and the nervous system

(1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

intangible

n. not having physical form or substance; difficult to touch or grasp

synonym : abstract, immaterial

(1) **intangible** asset, (2) **intangible** property rights

The **intangible** qualities of love and kindness are immeasurable.

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.

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.

insurmountable

adj. impossible to overcome or conquer; too difficult or daunting to overcome

synonym : invincible, hopeless, overwhelming

(1) **insurmountable** odds, (2) **insurmountable** disadvantage

The challenge seemed **insurmountable**, but they overcame it with hard work and determination.

trait

n. a particular feature of your nature

synonym : attribute, feature, quality

(1) chemical **trait**, (2) personality **traits**

Multiple genes may influence behavioral **traits** concurrently.

comp

v. short for "compensate," meaning to give goods or services to someone without asking for payment

synonym : waive, cover, provide

(1) **comp** their meal, (2) **comp** the employees with a bonus

The casino **comped** her room and meals for being a high-rolling gambler.

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.

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.

Session 2: Spelling

- | | |
|---------------------------------|---|
| 1. excessive co_____ol | <i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure |
| 2. int_____le asset | <i>n.</i> not having physical form or substance; difficult to touch or grasp |
| 3. 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 |
| 4. social st____a | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |
| 5. frontal l__e | <i>n.</i> a rounded projection or division, especially of the brain, lung, or liver |
| 6. wo_____ss coin | <i>adj.</i> having no value or usefulness; not worth considering |
| 7. wo_____ss stock | <i>adj.</i> having no value or usefulness; not worth considering |
| 8. ins_____ble disadvantage | <i>adj.</i> impossible to overcome or conquer; too difficult or daunting to overcome |
| 9. se_____in levels | <i>n.</i> a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory |
| 10. enhance nor_____ine release | <i>n.</i> (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure |

ANSWERS: 1. cortisol, 2. intangible, 3. erode, 4. stigma, 5. lobe, 6. worthless, 7. worthless, 8. insurmountable, 9. serotonin, 10. norepinephrine

11. er__e coast *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
12. de_____on of ozone *n.* the reduction of something, especially a natural resource, to a critically low level
13. the branch of neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
14. 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
15. aviation der_____ion *n.* the process of reducing or removing government regulations and restrictions in a particular industry or sector, often to promote competition and reduce costs
16. nor_____ine receptor *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
17. ins_____ble odds *adj.* impossible to overcome or conquer; too difficult or daunting to overcome
18. a theoretical concept in neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
19. li___r in the mind *v.* to stay in a place or exist longer than expected

ANSWERS: 11. erode, 12. depletion, 13. neuroscience, 14. dopamine, 15. deregulation, 16. norepinephrine, 17. insurmountable, 18. neuroscience, 19. linger

20. der_____ion of the economy *n.* the process of reducing or removing government regulations and restrictions in a particular industry or sector, often to promote competition and reduce costs
21. ci_____an clock *adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
22. tra_____ial magnetic stimulation *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
23. ci_____an disruption *adj.* relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones
24. se_____in drug *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
25. involvement of the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory

ANSWERS: 20. deregulation, 21. circadian, 22. transcranial, 23. circadian, 24. serotonin, 25. hippocampus

26. de_____on of bodily fluids *n.* the reduction of something, especially a natural resource, to a critically low level
27. a re_____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
28. c__p the employees with a bonus *v.* short for "compensate," meaning to give goods or services to someone without asking for payment
29. int_____le property rights *n.* not having physical form or substance; difficult to touch or grasp
30. neurons in the hip_____us *n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
31. neu_____ters released from the brain *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
32. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
33. man_____ion of psychological stress *n.* a visible or tangible form of something, especially a particular sign of a disease or condition
34. l__e of the liver *n.* a rounded projection or division, especially of the brain, lung, or liver
35. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
36. chemical tr__t *n.* a particular feature of your nature
37. li___r over your work *v.* to stay in a place or exist longer than expected

ANSWERS: 26. depletion, 27. restless, 28. comp, 29. intangible, 30. hippocampus, 31. neurotransmitter, 32. stigma, 33. manifestation, 34. lobe, 35. restless, 36. trait, 37. linger

38. personality tr__ts *n.* a particular feature of your nature
39. c__p their meal *v.* short for "compensate," meaning to give goods or services to someone without asking for payment
40. tra_____ial direct current stimulation *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
41. neu_____ter receptor *n.* a chemical that carries nerve impulses between neurons or between neurons and muscles
42. 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
43. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
44. 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
45. man_____ion of a deeper problem *n.* a visible or tangible form of something, especially a particular sign of a disease or condition

ANSWERS: 38. trait, 39. comp, 40. transcranial, 41. neurotransmitter, 42. convulse, 43. cortisol, 44. dopamine, 45. manifestation

46. 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

ANSWERS: 46. convulse

Session 3: Fill in the Blanks

1. _____ levels in the body are often elevated during times of stress.
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

2. The lungs are divided into five _____.
n. a rounded projection or division, especially of the brain, lung, or liver

3. She _____ for a moment before leaving the room.
v. to stay in a place or exist longer than expected

4. 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

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 _____ qualities of love and kindness are immeasurable.
n. not having physical form or substance; difficult to touch or grasp

7. The government's _____ of the telecommunications industry led to increased competition.
n. the process of reducing or removing government regulations and restrictions in a particular industry or sector, often to promote competition and reduce costs

8. Having a consistent sleep schedule is important for maintaining a healthy _____ rhythm.
adj. relating to a physiological cycle that lasts approximately 24 hours, impacting physical and behavioral changes that occur over the course of a day, such as sleep-wake cycles or fluctuations in hormones

ANSWERS: 1. Cortisol, 2. lobes, 3. lingered, 4. convulsed, 5. worthless, 6. intangible, 7. deregulation, 8. circadian

9. The _____ of his anxiety was evident in his shaking hands.
- n.* a visible or tangible form of something, especially a particular sign of a disease or condition
10. 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
11. Some medications used to treat depression work by increasing the levels of _____ in the brain.
- n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
12. 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
13. The _____ is crucial for learning and memory storage.
- n.* a major component of the brain of humans and other vertebrates that is part of the limbic system and is vital for memory
14. Multiple genes may influence behavioral _____ concurrently.
- n.* a particular feature of your nature
15. The challenge seemed _____ but they overcame it with hard work and determination.
- adj.* impossible to overcome or conquer; too difficult or daunting to overcome

ANSWERS: 9. manifestation, 10. transcranial, 11. norepinephrine, 12. neurotransmitter, 13. hippocampus, 14. traits, 15. insurmountable,

16. Our university is famous for its professors, who are well-versed in behavioral _____.
- n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
17. The medicine works by boosting _____ levels in the brain.
- n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
18. 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
19. The _____ of natural resources is a major concern for environmentalists.
- n.* the reduction of something, especially a natural resource, to a critically low level
20. The mental health _____ often prevents people from seeking treatment.
- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
21. He felt _____ and constantly changed his postures.
- adj.* unwilling or unable to stay still or relax because you are worried and uneasy
22. The casino _____ her room and meals for being a high-rolling gambler.
- v.* short for "compensate," meaning to give goods or services to someone without asking for payment
23. 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

ANSWERS: 16. neuroscience, 17. serotonin, 18. dopamine, 19. depletion, 20. stigma, 21. restless, 22. comped, 23. eroded

ANSWERS: