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Vocabulary Builder Reference from...

Thomas Insel: Toward a new understanding of mental illness | TED Talk

https://www.ted.com/talks/thomas_insel_toward_a_ne w_understanding_of_mental_illness



Advanced Words Only

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Session 1: Word List

biomedical

adj. relating to the application of the natural sciences,
 especially biology, and physiology, to clinical medicine
 and healthcare

synonym: medical, clinical, health-related

(1) **biomedical** assay, (2) cutting-edge **biomedical Biomedical** engineering focuses on developing new medical technologies and innovations to improve patient health outcomes.

lymphoma

 a type of cancer that affects the body's lymphatic system, which is responsible for fighting infection and disease

synonym: lymphatic cancer, lymphoid tumor, lymph node cancer

(1) non-hodgkin **lymphoma**, (2) childhood **lymphoma**My aunt was diagnosed with **lymphoma** and is undergoing chemotherapy.

avert

v. to prevent something dangerous or undesirable from happening

synonym: discourage, prevent, deter

(1) avert disaster, (2) avert a strike

The dam systematically releases large amounts of water to avert flooding during the rainy season

infect

 to affect a person, an animal, or a plant with a disease-causing organism

synonym: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

homicide

 the act or instance of killing another person; murder, manslaughter, or other unlawful violent killings

synonym: murder, killing, manslaughter

(1) mass homicide, (2) serial homicide

The detective was called to investigate a **homicide** in the city.

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.

schizophrenia

 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.

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.

borderline

- adj. in a position or state of being almost but not quite something; on the edge or boundary of somethingsynonym: marginal, questionable, doubtful
- (1) **borderline** personality, (2) **borderline** case

 The teacher offered to review the papers of students who received **borderline** grades to provide them with feedback.

morbid

- adj. characterized by a preoccupation with death or unhealthy topics or behaviors; gruesome or disturbing synonym: unhealthy, sickly, gruesome
- (1) **morbid** fascination, (2) **morbid** joke
 The decayed and **morbid** atmosphere of the abandoned house scared her.

neuropsychiatric

- adj. relating to mental disorders that have a neurological or physiological basis or to the study of the interplay between neurological and psychiatric phenomena
 synonym: neurobehavioral, neuropsychological, psychiatric
- (1) **neuropsychiatric** disorder, (2) **neuropsychiatric** evaluation

Researchers are studying the **neuropsychiatric** effects of certain medications on the brain.

confession

 a formal statement in which one admits that they have done something wrong or illegal

synonym: admission, avowal, acknowledgment

(1) a **confession** of guilt, (2) a **confession** of faith The prisoner made a full **confession** and admitted to his crime.

unpopular

adj. not liked, supported, or approved by many people; having an unfavorable reputation

synonym: disliked, unloved, unsupported

(1) **unpopular** decision, (2) an **unpopular** opinion

The politician's stance on controversial issues made him an **unpopular** candidate for many voters.

impediment

- n. a hindrance or obstruction in doing somethingsynonym: obstacle, hindrance, barrier
- (1) have a speech **impediment**, (2) biological **impediment**The language barrier was an **impediment** to their communication.

rethink

v. to consider again a plan, idea, etc., especially to change it

synonym: reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

biochemical

adj. relating to the chemical processes and substances that occur within living organisms

synonym: molecular, biological

(1) **biochemical** reaction, (2) complex **biochemical Biochemical** research is essential to understanding the complex chemical reactions in living organisms.

imbalance

 a situation in which two or more things are not equal or equally treated

synonym: inequality, asymmetry, instability

(1) trade **imbalance**, (2) symptoms of hormonal **imbalance** An **imbalance** in certain substances causes problems with brain function.

simplistic

adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

synonym: basic, uncomplicated, elementary

(1) simplistic approach, (2) simplistic design

The politician's solution to the problem was too **simplistic** to solve the underlying issue.

surreal

adj. strange and unreal; having an oddly dreamlike quality synonym: dreamlike, fantastical, unreal

(1) surreal number, (2) surreal art

The dreamlike quality of the painting gave it a **surreal** feel.

neuron

- n. a cell that is specialized to carry information within the brain and between the brain and other parts of the bodysynonym: nerve cell
- (1) excite the **neurons**, (2) **neuron** cell body

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

synapse

- 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 synapseAnimals transmit nerve impulses through synapses.

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**.

obsessive

- adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
- synonym: compulsive, fixated, besetting
- (1) **obsessive-compulsive** disorder, (2) **obsessive** thoughts

Her **obsessive** behavior towards perfectionism often led to

burnout.

compulsive

adj. relating to or involving an irresistible urge to do something repeatedly or excessively, often in a way that is harmful or detrimental to one's well-being or relationships

synonym: compelling, obsessive, uncontrollable

(1) **compulsive** gambling, (2) **compulsive** behavior He had a **compulsive** need to check the stove was turned off every time he left the house.

connectome

 a complete map of all the neural connections or pathways in the brain or nervous system, often created using advanced imaging technologies

synonym: neural map, brain map

(1) **connectome** mapping, (2) **connectome** plasticity Scientists are mapping the human brain's **connectome** to understand different cognition aspects better.

Alzheimer

 n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

detour

 a route that deviates from the main or direct one, usually taken to avoid something such as traffic or construction;
 a diversion from the usual or expected course of action

synonym: diversion, deviation, bypass

(1) detour sign, (2) unnecessary detour

We had to take a **detour because** of the road construction ahead.

myocardial

adj. relating to the muscular tissue of the heart synonym: cardiac, heart-related, ventricular

(1) **myocardial** infarction, (2) **myocardial** fibrosis
The physical examination revealed no abnormalities in the patient's **myocardial** structure.

infarction

 the obstruction or blockage of blood flow to a specific area or organ, leading to tissue damage or death, commonly used to describe a myocardial infarction (heart attack)

synonym: heart attack, coronary, thrombosis

(1) acute **infarction**, (2) cerebral **infarction**Time is critical when treating a myocardial **infarction**.

arrhythmia

n. a medical condition in which the heartbeat is irregular, too slow, or too fast, which can cause the heart to pump blood less effectively and lead to a variety of symptoms such as palpitations, fatigue, shortness of breath, chest pain, or even fainting

synonym: irregular heartbeat, dysrhythmia, arrhythmic disorder

(1) **arrhythmia** treatment, (2) heart **arrhythmia**The patient was diagnosed with an **arrhythmia**, causing irregular heartbeats.

lesion

 a damaged or abnormal area of tissue in the body, usually caused by injury or disease

synonym: injury, wound, damage

(1) muscle lesion, (2) brain lesion

The doctor examined the **lesion** on the patient's skin to determine if it was cancerous.

dorsolateral

adj. relating to or situated on the back and side of something, particularly a body part, such as the dorsolateral prefrontal cortex, which is a region of the brain involved in higher cognitive functions

synonym: side, lateral, flanking

(1) **dorsolateral** pathway, (2) **dorsolateral** approach The **dorsolateral** prefrontal cortex is responsible for executive functions such as decision-making and

problem-solving.

prefrontal

- adj. in or about the foremost part of the frontal lobe of the brain
- (1) prefrontal bone, (2) prefrontal region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

gyrus

- n. a convolution of the surface of the brainsynonym: convolution, brain fold, cerebral sulcus
- (1) gyrus function, (2) cerebral gyrus

The inferior temporal gyrus is involved in object recognition.

cortical

- adj. relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
- (1) cortical neurons, (2) cortical activity

The MRI showed activity in the **cortical** region of the patient's brain.

overshoot

v. to go further than the end of or past something you intended to stop or turn

synonym: jump, leave, skip

(1) overshoot a target, (2) overshoot the mark

The department may overshoot its budget ceiling this year.

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**.

delusion

 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.

trajectory

n. the curved path followed by an object moving through space

synonym: course, curve, orbit

(1) career trajectory, (2) a trajectory missile

The company has shown an excellent growth **trajectory** over the years.

medicinal

adj. of or relating to the treatment or cure of disease synonym: curative, therapeutic, healing

(1) medicinal chemistry, (2) traditional medicinal

The **medicinal** properties of this herb have been known to help with various ailments.

overestimate

 to estimate something to be greater in amount or importance than it really is

synonym: overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

Session 2: Spelling

1.	dorral approach	adj.	relating to or situated on the back and side of something, particularly a body part, such as the dorsolateral prefronta cortex, which is a region of the brain involved in higher cognitive functions
2.	dorral pathway	adj.	relating to or situated on the back and side of something, particularly a body part, such as the dorsolateral prefronta cortex, which is a region of the brain involved in higher cognitive functions
3.	schnia 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
4.	brain len	n.	a damaged or abnormal area of tissue in the body, usually caused by injury or disease
5.	a conon of guilt	n.	a formal statement in which one admits that they have done something wrong or illegal
6.	labor under a deon	n.	a false belief or impression that is firmly held despite evidence to the contrary
7.	mod fascination	adj.	characterized by a preoccupation with death or unhealthy topics or behaviors; gruesome or disturbing
8.	a trary missile	n.	the curved path followed by an object moving through space

ANSWERS: 1. dorsolateral, 2. dorsolateral, 3. schizophrenia, 4. lesion, 5. confession, 6. delusion, 7. morbid, 8. trajectory

9.	meal chemistry	adj.	of or relating to the treatment or cure of disease
10.	avt disaster	<i>v</i> .	to prevent something dangerous or undesirable from happening
11.	start to halte	<i>v</i> .	to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
12.	myoal infarction	adj.	relating to the muscular tissue of the heart
13.	obve thoughts	adj.	relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
14.	undate an enemy	<i>v</i> .	to think or suppose that a quantity, price, or size is smaller than it is
15.	preal bone	adj.	in or about the foremost part of the frontal lobe of the brain
16.	conme plasticity	n.	a complete map of all the neural connections or pathways in the brain or nervous system, often created using advanced imaging technologies
17.	oveate the amount of time spent	<i>v</i> .	to estimate something to be greater in amount or importance than it really is
18.	preal region	adj.	in or about the foremost part of the frontal lobe of the brain
19.	a bir semiconductor	adj.	of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

ANSWERS: 9. medicinal, 10. avert, 11. hallucinate, 12. myocardial, 13. obsessive, 14. underestimate, 15. prefrontal, 16. connectome, 17. overestimate, 18. prefrontal, 19. bipolar

20.	neu	ric evaluation_	adj.	relating to mental disorders that have a neurological or physiological basis or to the study of the interplay between neurological and psychiatric phenomena
21.	ovot a tar	get	<i>v</i> .	to go further than the end of or past something you intended to stop or turn
22.	ania treatm	nent	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
23.	borne per	sonality	adj.	in a position or state of being almost but not quite something; on the edge or boundary of something
24.	simic desi	ign	adj.	oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
25.	borne cas	se	adj.	in a position or state of being almost but not quite something; on the edge or boundary of something
26.	comve be	havior	adj.	relating to or involving an irresistible urge to do something repeatedly or excessively, often in a way that is

ANSWERS: 20. neuropsychiatric, 21. overshoot, 22. anorexia, 23. borderline, 24. simplistic, 25. borderline, 26. compulsive

harmful or detrimental to one's

well-being or relationships

27.	undate the probability	<i>v</i> .	to think or suppose that a quantity, price, or size is smaller than it is
28.	der sign	n.	a route that deviates from the main or direct one, usually taken to avoid something such as traffic or construction; a diversion from the usual or expected course of action
29.	suI art	adj.	strange and unreal; having an oddly dreamlike quality
30.	cerebral gys	n.	a convolution of the surface of the brain
31.	biological impnt	n.	a hindrance or obstruction in doing something
32.	int a computer with a virus	<i>v</i> .	to affect a person, an animal, or a plant with a disease-causing organism
33.	a conon of faith	n.	a formal statement in which one admits that they have done something wrong or illegal
34.	mod joke	adj.	characterized by a preoccupation with death or unhealthy topics or behaviors; gruesome or disturbing
35.	avt a strike	<i>v</i> .	to prevent something dangerous or undesirable from happening
36.	gys function	n.	a convolution of the surface of the brain
37.	bioal reaction	adj.	relating to the chemical processes and substances that occur within living organisms
38.	social coon	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: 27. underestimate, 28. detour, 29. surreal, 30. gyrus, 31. impediment, 32. infect, 33. confession, 34. morbid, 35. avert, 36. gyrus, 37. biochemical, 38. cognition

ANSWERS: 39. surreal, 40. rethink, 41. Alzheimer, 42. schizophrenia, 43. Alzheimer, 44. bipolar, 45. biomedical, 46. detour

or expected course of action

phenomena

ANSWERS: 47. rethink, 48. arrhythmia, 49. compulsive, 50. infect, 51. unpopular, 52.

54. neu____ric disorder

delusion, 53. cognition, 54. neuropsychiatric

mind

adj. relating to mental disorders that have a

the study of the interplay between

neurological and psychiatric

neurological or physiological basis or to

61. muscle le n

62. acute inf____on

actually exist, usually as a result of a mental illness or drug use

a damaged or abnormal area of tissue n. in the body, usually caused by injury or disease

the obstruction or blockage of blood flow to a specific area or organ, leading to tissue damage or death, commonly used to describe a myocardial infarction (heart attack)

ANSWERS: 55. homicide, 56. synapse, 57. simplistic, 58. lymphoma, 59. obsessive, 60. hallucinate, 61. lesion, 62. infarction

63.	have a speech impnt	n.	a hindrance or obstruction in doing something
64.	bioal assay	adj.	relating to the application of the natural sciences, especially biology, and physiology, to clinical medicine and healthcare
65.	coal activity	adj.	relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
66.	cerebral infon	n.	the obstruction or blockage of blood flow to a specific area or organ, leading to tissue damage or death, commonly used to describe a myocardial infarction (heart attack)
67.	nen cell body	n.	a cell that is specialized to carry information within the brain and between the brain and other parts of the body
68.	traditional meal	adj.	of or relating to the treatment or cure of disease
69.	an unar opinion	adj.	not liked, supported, or approved by many people; having an unfavorable reputation
70.	childhood lyma	n.	a type of cancer that affects the body's lymphatic system, which is responsible for fighting infection and disease
71.	sye circuit	n.	the fact or state of failing to finish an activity and of stopping using, making, or doing it

ANSWERS: 63. impediment, 64. biomedical, 65. cortical, 66. infarction, 67. neuron, 68. medicinal, 69. unpopular, 70. lymphoma, 71. synapse

72.	oveate the value	v.	to estimate something to be greater in amount or importance than it really is
73.	symptoms of hormonal imce	n.	a situation in which two or more things are not equal or equally treated
74.	career trary	n.	the curved path followed by an object moving through space
75.	ovot the mark	<i>v</i> .	to go further than the end of or past something you intended to stop or turn
76.	myoal fibrosis	adj.	relating to the muscular tissue of the heart
77.	coal neurons	adj.	relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
78.	complex bioal	adj.	relating to the chemical processes and substances that occur within living organisms
79.	trade imce	n.	a situation in which two or more things are not equal or equally treated
80.	mass hode	n.	the act or instance of killing another person; murder, manslaughter, or other unlawful violent killings
81.	excite the nens	n.	a cell that is specialized to carry information within the brain and between the brain and other parts of the body
82.	conme mapping	n.	a complete map of all the neural connections or pathways in the brain or nervous system, often created using advanced imaging technologies

ANSWERS: 72. overestimate, 73. imbalance, 74. trajectory, 75. overshoot, 76. myocardial, 77. cortical, 78. biochemical, 79. imbalance, 80. homicide, 81. neuron, 82. connectome

83. an ia symptoms

84. heart arr____ia

- 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
- n. a medical condition in which the heartbeat is irregular, too slow, or too fast, which can cause the heart to pump blood less effectively and lead to a variety of symptoms such as palpitations, fatigue, shortness of breath, chest pain, or even fainting

ANSWERS: 83. anorexia, 84. arrhythmia

Session 3: Fill in the Blanks

	The politician's stance on controversial issues made him an candidate for many voters.
adj.	not liked, supported, or approved by many people; having an unfavorable reputation
	The prefrontal cortex is responsible for executive functions such as decision-making and problem-solving.
adj.	relating to or situated on the back and side of something, particularly a body part, such as the dorsolateral prefrontal cortex, which is a region of the brain involved in higher cognitive functions
	The properties of this herb have been known to help with various ailments.
adj.	of or relating to the treatment or cure of disease
4.	We had to take a of the road construction ahead.
n.	a route that deviates from the main or direct one, usually taken to avoid something such as traffic or construction; a diversion from the usual or expected course of action
	Researchers are studying the effects of certain medications on the brain.
adj.	relating to mental disorders that have a neurological or physiological basis or to the study of the interplay between neurological and psychiatric phenomena
	Research shows that damage to the cortex leads to increased aggression.
adj.	in or about the foremost part of the frontal lobe of the brain
	SWERS: 1. unpopular, 2. dorsolateral, 3. medicinal, 4. detour because, 5. ropsychiatric, 6. prefrontal

7. The teacher offered to review the papers of students who received grades to provide them with feedback.
adj. in a position or state of being almost but not quite something; on the edge or boundary of something
8 research is essential to understanding the complex chemical reactions in living organisms.
adj. relating to the chemical processes and substances that occur within living organisms
9. The MRI showed activity in the region of the patient's brain.
adj. relating to or located in the outer layer of an organ or body structure, particularly the cortex of the brain
10. He had a that he was a millionaire.
n. a false belief or impression that is firmly held despite evidence to the contrary
11. The doctor examined the on the patient's skin to determine if it was cancerous.
n. a damaged or abnormal area of tissue in the body, usually caused by injury or disease
12. We have to our company's product lineup for further growth.
v. to consider again a plan, idea, etc., especially to change it
13. Her behavior towards perfectionism often led to burnout.
adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
14. The inferior temporal is involved in object recognition.
n. a convolution of the surface of the brain
ANSWERS: 7. borderline, 8. Biochemical, 9. cortical, 10. delusion, 11. lesion, 12. rethink, 13. obsessive, 14. gyrus

Vocab-Builder Ref from "Thomas Insel: Toward a new understanding of mental illness | TED Talk" (42 words)

ANSWERS: 23. hallucinate, 24. infarction, 25. neuron, 26. compulsive, 27. simplistic, 28. anorexia

amount of food resulting in significant weight loss, malnutrition, and a wide

range of physical and psychological consequences

ANSWERS: 29. bipolar, 30. overestimate, 31. lymphoma, 32. synapses, 33. impediment, 34. underestimated, 35. trajectory, 36. Alzheimer's

behavioral issues; is the most common cause of dementia in older adults

Vocab-Builder Ref from "Thomas Insel: Toward a new understanding of mental illness | TED Talk" (42 words)