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Elyn Saks: A tale of mental illness -- from the inside | TED Talk

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

Advanced Words Only

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Session 1: Word List

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.

aft

adj. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

(1) **aft** cabin, (2) **aft** view

The **aft** section of the ship suffered significant damage after the collision with the reef.

shatter

v. to break suddenly into many pieces

synonym : break, crash, destroy

(1) **shatter** the plate, (2) **shatter** a world record

Her husband's death **shattered** her life entirely.

writ

n. a written legal order or command

synonym : legal document, order, legal process

(1) a **writ** of summons, (2) issue a **writ**

He was served with a **writ** of eviction, giving him the notice to vacate the property.

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.

gaunt

adj. thin and bony in appearance, often due to illness or malnutrition; desolate or barren in landscape or atmosphere

synonym : emaciated, thin, skinny

(1) **gaunt** face, (2) **gaunt** figure

The **gaunt** prisoner was a reflection of the harsh conditions in the jail.

fetid

adj. having a strong and unpleasant smell; foul-smelling or malodorous

synonym : stenchy, putrid, malodorous

(1) **fetid** swamp, (2) **fetid** garbage

The room was filled with a **fetid** odor, making it difficult to stay inside.

shambles

n. a state of complete disorder, chaos, or ruin; an utter mess or failure

synonym : disorder, chaos, mess

(1) financial **shambles**, (2) organizational **shambles**

After the party, the house was in **shambles** and needed much cleaning.

somber

adj. having a serious or sad atmosphere or character; gloomy or dark

synonym : gloomy, dark, dreary

(1) a suit of **somber** black, (2) **somber** atmosphere

The **somber** mood at the funeral was palpable.

moan

v. to make a low, prolonged sound of pain, grief, or sexual pleasure; to complain about something

synonym : groan, sigh, lament

(1) **moan** the current situation, (2) **moan** with pleasure

She **moaned** in pain as the doctor examined her injury.

prognosis

n. the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments

synonym : prospect, forecast, diagnosis

(1) **prognosis** of cancer, (2) poor **prognosis**

The doctor gave a positive **prognosis** for her recovery from the illness.

menial

adj. denoting a task or job that is considered lowly, unskilled, or degrading, often requiring little mental effort or skill

synonym : humble, lowly, abject

(1) **menial** duties, (2) **menial** labor

She was not interested in doing any **menial** work at the office.

enact

v. to make a law; to put something into practice

synonym : legislate, pass, decree

(1) **enact** new legislation, (2) **enact** the smoking ban

The government **enacted** this law in 1925.

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.

hasten

v. to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up

synonym: accelerate, hurry, rush

(1) **hasten** the process, (2) **hasten** the arrival

I need to **hasten** my speed to finish the race on time.

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.

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.

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**.

hallmark

n. a distinctive characteristic or attribute of a person or thing

synonym: symbol, authentication, indication

(1) the **hallmark** of a good scientist, (2) the **hallmark** of modern life

A clear and simple expression is the **hallmark** of good writing.

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.

incoherence

n. a lack of clarity, logical connection, or consistency; the state of being disjointed or not logically or intelligibly connected

synonym: disorder, confusion, inconsistency

(1) linguistic **incoherence**, (2) **incoherence** in the narrative

The speaker's sudden **incoherence** in delivery made the audience wonder if he was feeling well.

jumble

v. to mix or mingle various items, objects, or ideas together in a disordered or confused way, often resulting in a messy or chaotic situation; to create a disorderly or confusing arrangement of things

synonym: mix, scramble, mess up

(1) **jumble** in some herbs and spices, (2) **jumble** together different colors

The children **jumbled** up the puzzle pieces and had to start over.

unkempt

adj. untidy, disheveled, or messy in appearance; not properly cared for or maintained

synonym: messy, disheveled, untidy

(1) **unkempt** hair, (2) **unkempt** garden

She was so absorbed in her research that she often had an **unkempt** appearance, forgetting even basic grooming.

mutter

v. to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath

synonym: grumble, mumble, complain

(1) **mutter** in a low voice, (2) **mutter** to myself

He **muttered** under his breath about the job relocation.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym : social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

shrug

v. to raise your shoulders and then drop them to say you do not know or are not interested

(1) **shrug** off the importance, (2) **shrug** his shoulders sadly
I respect her ability to **shrug** off harsh criticism.

infiltrate

v. to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly

synonym : penetrate, sneak in, invade

(1) **infiltrate** the bloodstream, (2) **infiltrate** a community

The spy was able to **infiltrate** the enemy's headquarters undetected.

dorm

n. a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus

synonym : residence hall, hostel, boarding house

(1) **dorm** room, (2) university **dorm**

Living in a **dorm** can be a great way to meet new people when you're in college.

hospitalize

v. to admit someone to a hospital for medical treatment
synonym : admit, place in hospital

(1) **hospitalize** patient, (2) **hospitalize** child

She had to be **hospitalized** due to her injuries.

gibberish

n. unintelligible or nonsensical language or speech;
meaningless or difficult to comprehend talk or writing

synonym : nonsense, babble, drivel

(1) **gibberish** language, (2) meaningless **gibberish**

He spoke in **gibberish**, and no one could understand what he was trying to say.

intelligible

adj. capable of being understood or apprehended

synonym : apprehensible, understandable, comprehensible

(1) **intelligible** pronunciation, (2) **intelligible** to anyone

He gave me an **intelligible** answer.

goon

n. a person who is hired or employed to engage in acts of violence or intimidation on behalf of someone else, often for criminal or illicit purposes

synonym : thug, henchman, enforcer

(1) movie **goon**, (2) hired **goon**

The **goon** squad was hired to intimidate the protesters and disperse the crowd.

swoop

v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

synonym : dart, pounce

(1) **swoop** down the water slide, (2) **swoop** up the escalator

The eagle **swooped** down from the sky to catch its prey.

slam

v. to shut a door or window noisily; to strike something violently or noisily

synonym : bang, crash, shut

(1) **slam** the door, (2) **slam** the book against a wall

She **slammed** the door shut, angry at the person on the other side.

groan

v. to make a low, moaning sound, often indicating pain, discomfort, or dissatisfaction

synonym: moan, grunt, sigh

(1) **groan** in pain, (2) **groan** for water

The sight of the huge pile of laundry made me **groan** with dread.

scraping

n. the act of removing a thin layer of material from a surface, often to clean or smooth it; a sound or sensation that is produced by something being removed or rubbed against another surface; (of computer technology) the automated extraction or collection of data from websites

synonym: abrading, scratching, rubbing

(1) **scraping** tools, (2) metal **scraping**

The **scraping** sound coming from the engine made us worry about the car's condition.

involuntary

adj. acting or done without or against one's will

synonym: coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

restrain

v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses

synonym: restrict, limit, control

(1) **restrain** from violence, (2) **restrain** a child

The police had to **restrain** the suspect after he became violent during the arrest.

benign

adj. kind and gentle; not harmful or malicious

synonym: kind, gentle, harmless

(1) **benign** tumor, (2) a **benign** smile

The lump was discovered to be **benign**, and no further treatment was needed.

strangle

v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea

synonym: choke, suffocate, throttle

(1) **strangle** a cry, (2) **strangle** economic growth

The killer used his hands to **strangle** his victim.

aspiration

n. a strong desire to achieve something; the action or process of drawing breath

synonym: ambition, inhalation, intake

(1) no **aspiration** for fame, (2) **aspiration** into the lungs

He has an **aspiration** to become a doctor.

vomit

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

synonym: puke, throw up, spew

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

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

suffocate

v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

synonym: choke, smother, stifle

(1) **suffocate** to death, (2) **suffocate** fire

People can **suffocate** from a lack of oxygen in confined spaces.

degrade

v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

synonym: demean, disgrace, impair

(1) **degrade** his public image, (2) **degrade** environmental quality

You should not **degrade** yourself by allowing them to use you.

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

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.

crouch

v. to put your body close to the ground, especially as a way of avoiding being seen

synonym: bend down, squat, stoop

(1) **crouch** into a ball, (2) **crouch** around a fire

He **crouched** down behind the bushes to avoid being seen.

poise

n. a calm, confident, and graceful manner with control of your feelings or behavior

synonym: confidence, grace, calmness

(1) aesthetic **poise**, (2) with easy **poise**

He took a deep breath and recovered a little of his **poise**.

dagger

n. a short, pointed knife with sharp edges used as a weapon or tool

synonym: shiv, poniard, blade

(1) **dagger** piercing, (2) sheathed **dagger**

The assassin pulled out a **dagger** from his belt to complete the task.

agony

n. extreme physical or mental pain or suffering, often prolonged or intense

synonym: anguish, torment, suffering

(1) severe **agony**, (2) emotional **agony**

The athlete fell to the ground in **agony** after injuring their ankle.

interdict

n. an authoritative prohibition or ban, often issued by a legal or religious authority

synonym: prohibition, ban, embargo

(1) **interdict** on trade, (2) judicial **interdict**

The government imposed an **interdict** on the sale of certain goods to protect public health.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

fir

n. a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches

synonym: pine, spruce, cedar

(1) **fir** branch, (2) **fir** forest

The smell of fresh **fir** trees filled the air at the Christmas tree farm.

smashing

adj. very successful or impressive; causing something to be broken or destroyed

synonym: great, wonderful, breaking

(1) a **smashing** blow, (2) give **smashing** results

The band's new album was a **smashing** success, reaching the top of the charts.

psychoanalysis

n. a system of psychological theory and therapy that aims to treat mental and emotional disorders by investigating the interaction of conscious and unconscious elements in the mind

(1) freudian **psychoanalysis**, (2) **psychoanalysis** technique

She sought **psychoanalysis** to understand her childhood traumas.

psychotherapy

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

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

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

psychopharmacology

n. the scientific study of the effects of drugs on the mind and behavior, particularly in the treatment of mental illness or disorders

(1) **psychopharmacology** research, (2) developmental **psychopharmacology**

Graduates with a degree in **psychopharmacology** often find work in research or clinical settings.

intellect

n. the ability to think logically and comprehend information, especially at an advanced level

synonym: mind, brightness, cleverness

(1) enrich my **intellect**, (2) human **intellect**

Your **intellect** is capable of distinguishing among similar objects.

stimming

n. a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

synonym: self-stimulation, repetitive behaviors

(1) autistic **stimming**, (2) **stimming** therapy

Autistic children may engage in **stimming** behaviors, such as rocking or hand flapping, to self-regulate.

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.

coworker

n. a person who works with another in the same company or organization

synonym: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

portray

v. to depict or describe someone or something in a painting, film, book, or other artistic work

synonym: depict, describe, illustrate

(1) **portray** feelings in words, (2) accurately **portray** the condition

We often **portray** political problems as religious issues.

terrifying

adj. very frightening or intimidating

synonym: frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

Session 2: Spelling

1. gr__n for water *v.* to make a low, moaning sound, often indicating pain, discomfort, or dissatisfaction
2. no asp_____on for fame *n.* a strong desire to achieve something; the action or process of drawing breath
3. ha___n the arrival *v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up
4. su_____te fire *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression
5. the ha_____rk of modern life *n.* a distinctive characteristic or attribute of a person or thing
6. a sm_____ng blow *adj.* very successful or impressive; causing something to be broken or destroyed
7. argue with a co_____er *n.* a person who works with another in the same company or organization
8. fe__d swamp *adj.* having a strong and unpleasant smell; foul-smelling or malodorous
9. 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

ANSWERS: 1. groan, 2. aspiration, 3. hasten, 4. suffocate, 5. hallmark, 6. smashing, 7. coworker, 8. fetid, 9. psychotic

- | | |
|------------------------------------|---|
| 10. issue a w__t | <i>n.</i> a written legal order or command |
| 11. un____t garden | <i>adj.</i> untidy, disheveled, or messy in appearance; not properly cared for or maintained |
| 12. sh__g off the importance | <i>v.</i> to raise your shoulders and then drop them to say you do not know or are not interested |
| 13. asp_____on into the lungs | <i>n.</i> a strong desire to achieve something; the action or process of drawing breath |
| 14. f_r branch | <i>n.</i> a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches |
| 15. me_____al chemistry | <i>adj.</i> of or relating to the treatment or cure of disease |
| 16. emotional ag__y | <i>n.</i> extreme physical or mental pain or suffering, often prolonged or intense |
| 17. fe__d garbage | <i>adj.</i> having a strong and unpleasant smell; foul-smelling or malodorous |
| 18. co_____er relationship | <i>n.</i> a person who works with another in the same company or organization |
| 19. de_____e environmental quality | <i>v.</i> to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others |
| 20. dis_____zed the party | <i>v.</i> to disrupt or destroy the systematic order or function of something |

ANSWERS: 10. writ, 11. unkempt, 12. shrug, 13. aspiration, 14. fir, 15. medicinal, 16. agony, 17. fetid, 18. coworker, 19. degrade, 20. disorganize

21. cr___h into a ball *v.* to put your body close to the ground, especially as a way of avoiding being seen
22. sw___p down the water slide *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
23. grand de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
24. st_____ng therapy *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation
25. 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
26. da___r piercing *n.* a short, pointed knife with sharp edges used as a weapon or tool
27. 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
28. inc_____ce in the narrative *n.* a lack of clarity, logical connection, or consistency; the state of being disjointed or not logically or intelligibly connected

ANSWERS: 21. crouch, 22. swoop, 23. delusion, 24. stimming, 25. psychotic, 26. dagger, 27. psychosis, 28. incoherence

29. severe ag__y *n.* extreme physical or mental pain or suffering, often prolonged or intense
30. mu___r in a low voice *v.* to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath
31. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
32. linguistic inc_____ce *n.* a lack of clarity, logical connection, or consistency; the state of being disjointed or not logically or intelligibly connected
33. de_____e his public image *v.* to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
34. re_____in from violence *v.* to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
35. st_____le economic growth *v.* to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea
36. gr__n in pain *v.* to make a low, moaning sound, often indicating pain, discomfort, or dissatisfaction
37. autistic st_____ng *n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

ANSWERS: 29. agony, 30. mutter, 31. industrious, 32. incoherence, 33. degrade, 34. restrain, 35. strangle, 36. groan, 37. stimming

38. be___n tumor *adj.* kind and gentle; not harmful or malicious
39. easy qu____r *n.* a person who gives up easily or does not have the determination to finish what they have started
40. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
41. company mo__o *n.* a phrase or slogan that expresses a guiding principle or goal
42. ha___n the process *v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up
43. sc_____ng tools *n.* the act of removing a thin layer of material from a surface, often to clean or smooth it; a sound or sensation that is produced by something being removed or rubbed against another surface; (of computer technology) the automated extraction or collection of data from websites
44. po____y feelings in words *v.* to depict or describe someone or something in a painting, film, book, or other artistic work
45. a suit of so___r black *adj.* having a serious or sad atmosphere or character; gloomy or dark
46. 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

ANSWERS: 38. benign, 39. quitter, 40. frightening, 41. motto, 42. hasten, 43. scraping, 44. portray, 45. somber, 46. psychosis

47. freudian psy_____sis *n.* a system of psychological theory and therapy that aims to treat mental and emotional disorders by investigating the interaction of conscious and unconscious elements in the mind
48. with easy po__e *n.* a calm, confident, and graceful manner with control of your feelings or behavior
49. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
50. m__n the current situation *v.* to make a low, prolonged sound of pain, grief, or sexual pleasure; to complain about something
51. st_____le a cry *v.* to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea
52. psy_____ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
53. dis_____ze the whole country *v.* to disrupt or destroy the systematic order or function of something
54. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
55. give sm_____ng results *adj.* very successful or impressive; causing something to be broken or destroyed
56. m__n with pleasure *v.* to make a low, prolonged sound of pain, grief, or sexual pleasure; to complain about something

ANSWERS: 47. psychoanalysis, 48. poise, 49. stigma, 50. moan, 51. strangle, 52. psychiatry, 53. disorganize, 54. vomit, 55. smashing, 56. moan

57. a w__t of summons *n.* a written legal order or command
58. sh__g his shoulders sadly *v.* to raise your shoulders and then drop them to say you do not know or are not interested
59. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
60. human in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
61. poor pr_____is *n.* the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments
62. d__m room *n.* a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus
63. soc_____mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
64. inv_____ry manslaughter *adj.* acting or done without or against one's will
65. 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

ANSWERS: 57. writ, 58. shrug, 59. frightening, 60. intellect, 61. prognosis, 62. dorm, 63. socioeconomic, 64. involuntary, 65. schizophrenia

66. psy_____ogy research *n.* the scientific study of the effects of drugs on the mind and behavior, particularly in the treatment of mental illness or disorders
67. cr___h around a fire *v.* to put your body close to the ground, especially as a way of avoiding being seen
68. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
69. organizational sh_____es *n.* a state of complete disorder, chaos, or ruin; an utter mess or failure
70. hired g__n *n.* a person who is hired or employed to engage in acts of violence or intimidation on behalf of someone else, often for criminal or illicit purposes
71. the mo__o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
72. meaningless gi_____sh *n.* unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing
73. soc_____mic status *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
74. sheathed da___r *n.* a short, pointed knife with sharp edges used as a weapon or tool
75. int_____ble pronunciation *adj.* capable of being understood or apprehended

ANSWERS: 66. psychopharmacology, 67. crouch, 68. stigma, 69. shambles, 70. goon, 71. motto, 72. gibberish, 73. socioeconomic, 74. dagger, 75. intelligible

76. traditional me_____al *adj.* of or relating to the treatment or cure of disease
77. ga__t figure *adj.* thin and bony in appearance, often due to illness or malnutrition; desolate or barren in landscape or atmosphere
78. the ha_____rk of a good scientist *n.* a distinctive characteristic or attribute of a person or thing
79. in_____ct on trade *n.* an authoritative prohibition or ban, often issued by a legal or religious authority
80. mu___r to myself *v.* to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath
81. field of psy_____apy *n.* the treatment of mental or emotional problems by talking with a therapist
82. ju___e together different colors *v.* to mix or mingle various items, objects, or ideas together in a disordered or confused way, often resulting in a messy or chaotic situation; to create a disorderly or confusing arrangement of things
83. f_r forest *n.* a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches
84. inv_____ry muscles *adj.* acting or done without or against one's will
85. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 76. medicinal, 77. gaunt, 78. hallmark, 79. interdict, 80. mutter, 81. psychotherapy, 82. jumble, 83. fir, 84. involuntary, 85. quitter

86. ju___e in some herbs and spices *v.* to mix or mingle various items, objects, or ideas together in a disordered or confused way, often resulting in a messy or chaotic situation; to create a disorderly or confusing arrangement of things
87. enrich my in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
88. sh_____r the plate *v.* to break suddenly into many pieces
89. a_t cabin *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
90. pr_____is of cancer *n.* the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments
91. hos_____ze child *v.* to admit someone to a hospital for medical treatment
92. me___l duties *adj.* denoting a task or job that is considered lowly, unskilled, or degrading, often requiring little mental effort or skill
93. so___r atmosphere *adj.* having a serious or sad atmosphere or character; gloomy or dark
94. me___l labor *adj.* denoting a task or job that is considered lowly, unskilled, or degrading, often requiring little mental effort or skill
95. ind_____us student *adj.* hardworking, diligent, and persistent in effort

ANSWERS: 86. jumble, 87. intellect, 88. shatter, 89. aft, 90. prognosis, 91. hospitalize, 92. menial, 93. somber, 94. menial, 95. industrious

96. inf_____te the bloodstream *v.* to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly
97. vo__t abuse *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
98. hos_____ze patient *v.* to admit someone to a hospital for medical treatment
99. int_____ble to anyone *adj.* capable of being understood or apprehended
100. re_____in a child *v.* to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
101. s__m the door *v.* to shut a door or window noisily; to strike something violently or noisily
102. developmental
psy_____ogy *n.* the scientific study of the effects of drugs on the mind and behavior, particularly in the treatment of mental illness or disorders
103. accurately po_____y the condition *v.* to depict or describe someone or something in a painting, film, book, or other artistic work
104. financial sh_____es *n.* a state of complete disorder, chaos, or ruin; an utter mess or failure

ANSWERS: 96. infiltrate, 97. vomit, 98. hospitalize, 99. intelligible, 100. restrain, 101. slam, 102. psychopharmacology, 103. portray, 104. shambles

105. gi_____sh language *n.* unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing
106. inf_____te a community *v.* to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly
107. sw__p up the escalator *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
108. aesthetic po__e *n.* a calm, confident, and graceful manner with control of your feelings or behavior
109. ga__t face *adj.* thin and bony in appearance, often due to illness or malnutrition; desolate or barren in landscape or atmosphere
110. psy_____sis technique *n.* a system of psychological theory and therapy that aims to treat mental and emotional disorders by investigating the interaction of conscious and unconscious elements in the mind
111. s__m the book against a wall *v.* to shut a door or window noisily; to strike something violently or noisily
112. biological psy_____ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
113. ter_____ng events *adj.* very frightening or intimidating
114. a_t view *adj.* (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle

ANSWERS: 105. gibberish, 106. infiltrate, 107. swoop, 108. poise, 109. gaunt, 110. psychoanalysis, 111. slam, 112. psychiatry, 113. terrifying, 114. aft

115. metal sc_____ng *n.* the act of removing a thin layer of material from a surface, often to clean or smooth it; a sound or sensation that is produced by something being removed or rubbed against another surface; (of computer technology) the automated extraction or collection of data from websites
116. en__t new legislation *v.* to make a law; to put something into practice
117. un_____t hair *adj.* untidy, disheveled, or messy in appearance; not properly cared for or maintained
118. university d__m *n.* a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus
119. 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
120. sh_____r a world record *v.* to break suddenly into many pieces
121. labor under a de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
122. su_____te to death *v.* to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

ANSWERS: 115. scraping, 116. enact, 117. unkempt, 118. dorm, 119. schizophrenia, 120. shatter, 121. delusion, 122. suffocate

123. 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
124. judicial in_____ct *n.* an authoritative prohibition or ban, often issued by a legal or religious authority
125. a be___n smile *adj.* kind and gentle; not harmful or malicious
126. ter_____ng experience *adj.* very frightening or intimidating
127. psy_____apy for depression *n.* the treatment of mental or emotional problems by talking with a therapist
128. 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
129. en__t the smoking ban *v.* to make a law; to put something into practice
130. movie g__n *n.* a person who is hired or employed to engage in acts of violence or intimidation on behalf of someone else, often for criminal or illicit purposes

ANSWERS: 123. hallucinate, 124. interdict, 125. benign, 126. terrifying, 127. psychotherapy, 128. hallucinate, 129. enact, 130. goon

Session 3: Fill in the Blanks

1. The spy was able to _____ the enemy's headquarters undetected.
 - v. to enter or penetrate a group, organization, or place covertly or secretly, usually with a specific purpose or goal in mind; to spread or diffuse through something gradually or subtly

2. The _____ prisoner was a reflection of the harsh conditions in the jail.
 - adj. thin and bony in appearance, often due to illness or malnutrition; desolate or barren in landscape or atmosphere

3. My ex-_____ and I had different working styles but managed to get along.
 - n. a person who works with another in the same company or organization

4. 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

5. People can _____ from a lack of oxygen in confined spaces.
 - v. to die or cause someone to die from lack of air or inability to breathe; to be overwhelmed or constricted by a feeling or situation, such as anxiety or oppression

6. The _____ conditions of a country can significantly affect its political stability.
 - adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

7. You should not _____ yourself by allowing them to use you.
 - v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

ANSWERS: 1. infiltrate, 2. gaunt, 3. coworker, 4. psychosis, 5. suffocate, 6. socioeconomic, 7. degrade

8. I respect her ability to _____ off harsh criticism.
- v. to raise your shoulders and then drop them to say you do not know or are not interested
9. 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
10. The killer used his hands to _____ his victim.
- v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea
11. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
- n. a phrase or slogan that expresses a guiding principle or goal
12. The police had to _____ the suspect after he became violent during the arrest.
- v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
13. The government _____ this law in 1925.
- v. to make a law; to put something into practice
14. After the party, the house was in _____ and needed much cleaning.
- n. a state of complete disorder, chaos, or ruin; an utter mess or failure
15. The smell of fresh _____ trees filled the air at the Christmas tree farm.
- n. a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches

ANSWERS: 8. shrug, 9. schizophrenia, 10. strangle, 11. motto, 12. restrain, 13. enacted, 14. shambles, 15. fir

16. She was not interested in doing any _____ work at the office.
adj. denoting a task or job that is considered lowly, unskilled, or degrading, often requiring little mental effort or skill
17. Graduates with a degree in _____ often find work in research or clinical settings.
n. the scientific study of the effects of drugs on the mind and behavior, particularly in the treatment of mental illness or disorders
18. The sight of the huge pile of laundry made me _____ with dread.
v. to make a low, moaning sound, often indicating pain, discomfort, or dissatisfaction
19. The room was filled with a _____ odor, making it difficult to stay inside.
adj. having a strong and unpleasant smell; foul-smelling or malodorous
20. The _____ section of the ship suffered significant damage after the collision with the reef.
adj. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
21. She was so absorbed in her research that she often had an _____ appearance, forgetting even basic grooming.
adj. untidy, disheveled, or messy in appearance; not properly cared for or maintained
22. His betrayal _____ the company completely.
v. to disrupt or destroy the systematic order or function of something
23. The mental health _____ often prevents people from seeking treatment.
n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 16. menial, 17. psychopharmacology, 18. groan, 19. fetid, 20. aft, 21. unkempt, 22. disorganized, 23. stigma

24. The children _____ up the puzzle pieces and had to start over.
- v.* to mix or mingle various items, objects, or ideas together in a disordered or confused way, often resulting in a messy or chaotic situation; to create a disorderly or confusing arrangement of things
25. The athlete fell to the ground in _____ after injuring their ankle.
- n.* extreme physical or mental pain or suffering, often prolonged or intense
26. He was served with a _____ of eviction, giving him the notice to vacate the property.
- n.* a written legal order or command
27. The doctor gave a positive _____ for her recovery from the illness.
- n.* the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments
28. He had a _____ that he was a millionaire.
- n.* a false belief or impression that is firmly held despite evidence to the contrary
29. She felt sick and had to run to the bathroom to _____.
- v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
30. Her husband's death _____ her life entirely.
- v.* to break suddenly into many pieces
31. The _____ mood at the funeral was palpable.
- adj.* having a serious or sad atmosphere or character; gloomy or dark

ANSWERS: 24. jumbled, 25. agony, 26. writ, 27. prognosis, 28. delusion, 29. vomit, 30. shattered, 31. somber

32. She sought _____ to understand her childhood traumas.
- n.* a system of psychological theory and therapy that aims to treat mental and emotional disorders by investigating the interaction of conscious and unconscious elements in the mind
33. She _____ in pain as the doctor examined her injury.
- v.* to make a low, prolonged sound of pain, grief, or sexual pleasure; to complain about something
34. We often _____ political problems as religious issues.
- v.* to depict or describe someone or something in a painting, film, book, or other artistic work
35. The news of the pandemic was a _____ reminder of the fragility of human health.
- adj.* causing fear or alarm, or very surprising and alarming
36. I need to _____ my speed to finish the race on time.
- v.* to move or act quickly; to cause or encourage something to happen sooner or more rapidly; to accelerate or speed up
37. He took _____ to help him deal with his accident trauma.
- n.* the treatment of mental or emotional problems by talking with a therapist
38. Autistic children may engage in _____ behaviors, such as rocking or hand flapping, to self-regulate.
- n.* a behavior often exhibited by individuals on the autism spectrum characterized by repetitive bodily movements or sounds, such as hand flapping or rocking, often used as a form of self-regulation or sensory stimulation

ANSWERS: 32. psychoanalysis, 33. moaned, 34. portray, 35. frightening, 36. hasten, 37. psychotherapy, 38. stimming

39. The drug's side effects can include _____ loss of urine.
adj. acting or done without or against one's will
40. Your _____ is capable of distinguishing among similar objects.
n. the ability to think logically and comprehend information, especially at an advanced level
41. Living in a _____ can be a great way to meet new people when you're in college.
n. a residence hall or building that provides living quarters for students or other occupants, typically on a college or university campus
42. He _____ under his breath about the job relocation.
v. to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath
43. He _____ down behind the bushes to avoid being seen.
v. to put your body close to the ground, especially as a way of avoiding being seen
44. She _____ the door shut, angry at the person on the other side.
v. to shut a door or window noisily; to strike something violently or noisily
45. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
46. He has an _____ to become a doctor.
n. a strong desire to achieve something; the action or process of drawing breath

ANSWERS: 39. involuntary, 40. intellect, 41. dorm, 42. muttered, 43. crouched, 44. slammed, 45. medicinal, 46. aspiration

47. The government imposed an _____ on the sale of certain goods to protect public health.
n. an authoritative prohibition or ban, often issued by a legal or religious authority
48. 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
49. A clear and simple expression is the _____ of good writing.
n. a distinctive characteristic or attribute of a person or thing
50. The speaker's sudden _____ in delivery made the audience wonder if he was feeling well.
n. a lack of clarity, logical connection, or consistency; the state of being disjointed or not logically or intelligibly connected
51. The lump was discovered to be _____ and no further treatment was needed.
adj. kind and gentle; not harmful or malicious
52. 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
53. He spoke in _____ and no one could understand what he was trying to say.
n. unintelligible or nonsensical language or speech; meaningless or difficult to comprehend talk or writing

ANSWERS: 47. interdict, 48. psychotic, 49. hallmark, 50. incoherence, 51. benign, 52. psychiatry, 53. gibberish,

54. She had to be _____ due to her injuries.
v. to admit someone to a hospital for medical treatment
55. He gave me an _____ answer.
adj. capable of being understood or apprehended
56. Large earthquakes often generate _____ tsunamis.
adj. very frightening or intimidating
57. The _____ squad was hired to intimidate the protesters and disperse the crowd.
n. a person who is hired or employed to engage in acts of violence or intimidation on behalf of someone else, often for criminal or illicit purposes
58. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
59. The assassin pulled out a _____ from his belt to complete the task.
n. a short, pointed knife with sharp edges used as a weapon or tool
60. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
61. He took a deep breath and recovered a little of his _____.
n. a calm, confident, and graceful manner with control of your feelings or behavior
62. The band's new album was a _____ success, reaching the top of the charts.
adj. very successful or impressive; causing something to be broken or destroyed

ANSWERS: 54. hospitalized, 55. intelligible, 56. terrifying, 57. goon, 58. quitter, 59. dagger, 60. industrious, 61. poise, 62. smashing

63. 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
64. The _____ sound coming from the engine made us worry about the car's condition.
- n. the act of removing a thin layer of material from a surface, often to clean or smooth it; a sound or sensation that is produced by something being removed or rubbed against another surface; (of computer technology) the automated extraction or collection of data from websites
65. The eagle _____ down from the sky to catch its prey.
- v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

ANSWERS: 63. hallucinate, 64. scraping, 65. swooped