

# آزمون کارشناسی ارشد وزارت بهداشت سال ۱۳۸۸

فایل سوالات

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## Part One: Reading Comprehension

### Directions

Read the following passages carefully. Each one is followed by several questions about it. Choose the one best answer, (a), (b), (c), or (d), to each question. Then on your answer sheet, fill in the space that corresponds to the letter of the answer you have chosen. Base your answer to each question on the information given in the passage only.

### Passage One

Critical thinking is an important element of all professional fields and academic disciplines. Within the framework of scientific doubt, the process of critical thinking involves the careful acquisition and interpretation of information and use of it to reach a well-justified conclusion. The concepts and principles of critical thinking can be applied to a context only by reflecting upon the nature of that application. Critical thinking forms, therefore, a system of related and overlapping modes of thought such as anthropological thinking, sociological thinking, philosophical thinking, mathematical thinking, ecological thinking, ethical thinking, musical thinking, thinking like a painter, sculptor, engineer, business person, etc. In other words, though critical thinking principles are universal, their application to disciplines requires a process of reflective contextualization. Critical thinking is important because it enables one to analyze, evaluate, explain, and restructure our thinking, decreasing thereby the risk of adopting, acting on, or thinking with a false belief. However, even with knowledge of the methods of logical inquiry and reasoning, mistakes can happen due to a thinker's inability to apply the methods or because of character traits such as egocentrism. Critical thinking includes identification of prejudice, bias, propaganda, self-deception, distortion, misinformation, etc. Given research in psychology, some educators believe that schools should focus on teaching their students critical thinking skills and cultivating intellectual traits.

**1. The text claims that critical thinking in scientific doubt is a process leading to .....**

- a) reasonable conclusions
- b) information gathering
- c) scientific reflection
- d) contextualization

**2. The use of critical thinking concepts is .....**

- a) generalizable
- b) context-based
- c) of conflicting nature
- d) within scientific doubt

**3. Sociological, ecological, musical thinking, etc. are mentioned to show that critical thinking principles**

.....

- a) are distorted forms of logic
- b) reach a well-justified conclusion
- c) lose their significance in academic disciplines
- d) should be adapted for their applicability

**4. In ordinary thinking, the writer believes that one is more likely to .....**

- a) start with an unrealistic opinion
- b) analyze and evaluate one's thinking process properly
- c) get involved in reflective contextualization
- d) gain knowledge of the methods of logical reasoning

**5. Egocentrism, prejudice, misinformation, etc. are mentioned as .....**

- a) examples of thinkers' inabilities
- b) the risks involved in common thinking
- c) elements included in critical thinking
- d) the process of reflective contextualization

**6. The writer suggests that critical thinking should .....**

- a) be abstracted from intellectual traits
- b) be identified with propaganda
- c) be an integral part of the curriculum
- d) give way to the modern psychology field

**Passage Two**

Health problems associated with the consumption of sugar are numerous. One such risk to the consumption of sugar is obesity. In the Western world where the level of physical activity has reduced and the level of sugar has increased, sugar is definitely a weapon that will result in excess weight. Weight gain from sugar is indicated in hardening of the arteries which directly contributes to heart disease. Furthermore, sugar definitely plays a role in developing some types of diabetes. Sugar, particularly sugar in fruit juice, is also known to cause tooth decay. Consumption of sugar may also make one more likely to suffer from gum disease. Moreover, sugar plays a role in how we behave as well. It has been suggested that excess sugar may cause depression. It may also result in hyperactivity or mood swings as one drops from sugar highs to sugar lows. Recent studies also suggest that too much sugar can lower the body's natural immune response. People who consume a lot of sugar are more likely to get bacterial infection than are people who avoid sugar. Sugar is also indicated in digestive problems, because too much sugar can cause higher acid amounts in the stomach. This can lead to diarrhea, particularly in those who suffer from irritable bowel syndrome. Given the risks involved in consuming sugar, it would make sense to try to keep sugar intake to a minimum.

**7. According to this passage, .....**

- a) Westerners' hyperactivity and mood swings have led to their obesity
- b) arteriosclerosis might occur as the consequence of using too much sugar
- c) gum diseases are certain to occur among those who overeat sugar
- d) irritable bowel syndrome generally occurs whenever a person consumes acidic foods

**8. The best topic for this passage could be .....**

- a) sugar and its consumption for different age groups
- b) guides for people to avoid obesity
- c) common health issues related to sugar
- d) sugar and its effect on the natural immune response

**9. According to the writer, .....**

- a) the weight gained through consumption of sugar is inevitable
- b) the excess consumption of sugar might give rise to both physical and mental disorders
- c) refined sugar must be included in our diets to avoid obesity
- d) over-consumption of sugar renders the individuals liable to unmanageable risks

**10. It is implied in this paragraph that .....**

- a) obesity is the sole result of excess consumption of sugar in any age group
- b) excess use of sugar might bring about behavioral changes
- c) sugar over-consumption definitely brings about acid over-secretion, resulting in diarrhea
- d) gum diseases generally occur as the natural consequence of eating too much sugar

**11. The last sentence means .....**

- a) recommendations related to consumption of sugar should be given to everybody
- b) we should make everybody sensible about the risks involved in consuming sugar
- c) considering the dangers of using too much sugar, one had better lower his/ her sugar consumption
- d) consuming sugar gives people the rationale to minimize its use

**Passage Three**

In addition to genetic ties to lifespan, diet has been shown to substantially affect lifespan in many animals. Specifically, caloric restriction (that is, restricting calories to 30-50% less than an ad libitum animal would consume, while still maintaining proper nutrient intake), has been shown to increase lifespan in mice up to 50%. Caloric restriction works on many other species beyond mice (including species as diverse as yeast and Drosophila), and appears (though the data is not conclusive) to increase lifespan in primates according to a study done on Rhesus monkeys at the National Institute of Health (US), although the increase in lifespan is only notable if the caloric restriction is started early in life. Since, at the molecular level, age is counted not as time but as the number of cell doublings, this effect of calorie reduction could be mediated by the slowing of cellular growth and, therefore, the lengthening of the time between cell divisions. Drug companies are currently searching for ways to mimic the lifespan- extending effects of caloric restriction without having to severely reduce food consumption.

**12. It is understood that the paragraph preceding this text discussed the effects of .....**

- a) nutritional factors on life expectancy
- b) environmental factors on health issues
- c) heredity on longevity
- d) lifestyle on people's health

**13. According to the passage, caloric restriction ..... the life span.**

- a) has positive effects on
- b) has a negative correlation with
- c) is mostly independent of
- d) is as genetically determined as

**14. It is implied that the time between cell divisions .....**

- a) is based on a fixed time interval
- b) can be shortened through malnutrition
- c) is unaffected by caloric reduction
- d) slows down with overnutrition

**15. The effect of caloric restriction .....**

- a) will be evident if started early in life
- b) can be increased through the mediation of cellular division
- c) is confined to some specific species in particular environments
- d) can be observed at any age

**16. It is said that drug companies are .....**

- a) going to persuade people to reduce food consumption
- b) after a drug that can imitate the effects of less caloric intake
- c) looking for new ways to extend the effects of caloric restriction
- d) against any reduction in food consumption at an early age

**Passage Four**

Physicians have struggled with the medical ramifications of athletic competition since ancient Greece, where rational medicine and organized athletics originated. Historically, the relationship between sports and medicine was somewhat adversarial due to rival objectives. The goal of sport is triumph, whereas the goal of medicine is well-being and the pursuit of victory can threaten health. Two physicians commonly referred to as fathers of sports medicine- Galen, who started clinical practice as a physician for gladiators, and Hippocrates- were both critical of the lifestyle of professional athletes. Rational medicine was deeply rooted in the notion of moderation; hence, the immoderate lifestyle of athletes, which involved intense training, excessive diets, and obsession with victory, was viewed as unhealthy and potentially dangerous behavior. In accordance with this disapproval, sports medicine served more of an observational role and, perhaps reluctantly, a restorative role in the “pre-modern” period, which continued throughout the 19th century.

**17. The objectives followed by physicians and athletes .....**

- established a sound basis for mutual cooperation
- coexisted successfully over time
- were derived from different perspectives
- were well received interdependent

**18. According to physicians, athletes’ obsessive desire to win the game .....**

- a) is their ultimate goal
- b) may put their health at risk
- c) is of prime importance
- d) may be health supporting

**19. Galen and Hippocrates were two physicians who ..... the lifestyle of professional athletes.**

- a) disfavored
- b) approved
- c) established
- d) neglected

**20. The text implies that sports medicine should .....**

- a) avoid interfering in athletes’ live
- b) maintain its observational role
- c) restrict its role to risky behavior
- d) adopt a more active role

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**Passage Five**

Drug-seeking patients may be skilled in describing symptoms of pain, anxiety or insomnia in order to obtain a prescription. Several studies have shown that medical graduates are poorly prepared to deal with patients presenting with possible drug dependence. A focus group study of general practitioners in Australia found that they had significant problems in determining the legitimacy of such requests. Furthermore, when they knew (or strongly suspected) that patients were drug-dependent and were exhibiting drug-seeking behavior, they found the interaction unpleasant and had difficulties in offering care which did not involve the prescription of a psychoactive drug.

The relatively poor performance of practitioners, and hence the need to enhance their knowledge and skills for effective interaction with drug-seeking patients, was highlighted in a recent study. An independent assessment of the management of 15 patients with injuries subject to compensation claims found that all 15 patients were independently assessed as opioid-dependent, yet only one patient had a previous history of drug dependency before injury. Authorization to prescribe opioids was sought on average 12 months after regular visits had been established, despite a mandatory legal requirement for authorization of the continued provision of opioids for longer than 2 months, and for all patients who are dependent.

**21. The passage implies that .....**

- many drug-seeking patients present an unreal picture of drug-dependency
- drug-dependency is poorly managed in Australia and elsewhere
- patients are skilled in prescribing medications
- Australian general practitioners are unskilled

**22. We understand from the passage that prescribing opioids needs .....**

- a) experienced physicians
- b) special training
- c) official license
- d) interaction with patients

**23. We read that patients with injuries .....**

- a) sought opioids to relieve their anxiety
- b) had a history of drug-dependency
- c) proved to be drug-dependent
- d) asked for financial compensation

**24. According to the passage, general practitioners .....**

- a) were able to reverse drug-dependency
- b) prescribed drugs without authorization
- c) failed to identify drug dependents accurately
- d) behaved unpleasantly in dealing with drug-dependent patients

**25. The passage is generally .....**

- a) factual
- b) imaginary
- c) unethical
- d) incomprehensible

**Part Two:  
Vocabulary**

**Directions**

*The following are incomplete sentences. Below each one are four words or phrases marked, (a), (b), (c), or (d). Choose the one word or phrase which best completes the sentence.*

**26. If a poisonous substance has been spilled on the skin, it should be removed by ..... the area with water.**

- a) sinking                      b) flooding                      c) drowning                      d) soaking

**27. A clot within a vessel can cause ..... the blood flow to the brain that can result in cerebrovascular stroke.**

- a) interruption in    b) contraction of  
c) assessment of    d) enhancement in

**28. During the early phases of body fluid loss, the body makes adjustments to ..... the state of lowered fluid volume.**

- a) compensate for    b) elaborate  
c) contribute to    d) contaminate

**29. Living mechanisms are often more efficient than their artificial imitations ..... by man.**

- a) contrived                      b) contested                      c) condemned                      d) condensed

**30. Although each year many people die of hunger worldwide, in some countries, the ..... of agricultural products is destroyed.**

- a) abundance                      b) surplus                      c) density                      d) fertility

**31. Balanced nutrition and regular exercise help an individual to ..... Not only physical but also mental disorders.**

- a) withstand                      b) perceive                      c) contract                      d) encounter

**32. Patients who spend hours watching TV are advised by physicians to change their ..... lifestyle and do some exercises.**

- a) sedentary                      b) invaluable                      c) vigorous                      d) feverish

**33. When the power failed, the food in the refrigerator started to go bad and, after a few days, gave off a(n) ..... smell.**

- a) fragrant                      b) aromatic                      c) lavish                      d) disgusting

**34. The surgery had to be ..... until the patient's poor health condition stabilized.**

- a) accomplished    b) approved  
c) appreciated    d) postponed

**35. The government has..... \$10 million for health education and hygiene, in an attempt to enhance people's knowledge of health.**

- a) discredited                      b) dismissed                      c) allocated                      d) amended

**36. In order to..... your anger, try a simple stress-management technique such as thinking of something that gives you pleasure like a beautiful scene in nature.**

- a) augment                      b) aggravate                      c) defuse                      d) demonstrate

**37. It is important to remember that forgiveness does not necessarily mean ..... with the person who upset you or overlooking his or her action.**

- a) reconciling                      b) collaborating  
c) arguing                      d) struggling

**38. The combination of the flu and pneumonia in fact, is the eighth- leading ..... of death among Americans.**

- a) cause                      b) reality                      c) basis                      d) status

**39. Although it's impossible to keep your bare hands germ- free, there are times when it's ..... to wash your hands to limit the transfer of bacteria, viruses and other microbes.**

- a) illogical                      b) critical                      c) unethical                      d) optional

**40. If you vomit several times in quick ..... you may burst a blood vessel in the food passage.**

- a) conduction                      b) competition                      c) concession                      d) succession

1	a	11	c	21	a	31	a
2	b	12	c	22	c	32	a
3	d	13	a	23	d	33	d
4	a	14	d	24	d	34	d
5	b	15	a	25	a	35	c
6	c	16	b	26	d	36	c
7	b	17	c	27	a	37	a
8	c	18	b	28	a	38	a
9	b	19	a	29	a	39	b
10	b	20	d	30	b	40	d





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Reading Comprehension**

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**Passage One**

Unlike most attributes, defining physical fitness is not a subjective matter; in fact, determining what it means to be physically fit can be a matter of life and death. Some of the physiological characteristics most often characterized as a measure of physical fitness are: cardio-respiratory endurance, muscular strength and endurance, body composition, flexibility and mental activity. These components of physical fitness are primarily influenced by regular physical and mental exercise. Besides the 'outer' benefits of physical fitness, regular exercise has been linked to improvements in self-esteem, reduced anxiety and depression, in addition to better endurance, and lowering the risk of heart disease.

It is a great thing to be physically fit but not so great to be a person obsessed about physical fitness. Being physically fit is a way of life that is part of an overall healthy lifestyle. However social pressure to be thin or very full figured has distorted the importance of being physically fit. As a result, many developed nations and even some developing countries have seen physical and mental disorders such as anorexia and obesity climb to an all time high level within their populations.

**1. The text suggests that physical fitness is .....**

- a) measured quantitatively                      b) defined qualitatively  
c) hardly measured properly                  d) free from measurement

**2. Misinterpretation of physical fitness .....**

- a) is too innocent to cause any serious discomfort  
b) can result in a fatal lifestyle  
c) is of little significance to the writer  
d) is inevitable in a healthy lifestyle

**3. Physical fitness can be measured by some .....**

- a) subjective matters                              b) mental irregularities  
c) personal components                        d) physiological features

**4. Exercise is suggested to be ..... for physical fitness.**

- a) the sole option                                      b) the main solution  
c) a potential threat                                d) a redundant act

**5. The text refers to greater ..... as one of the psychological gains of regular exercise.**

- a) physical fitness                                      b) level of anxiety  
c) muscular endurance                            d) self-esteem

**6. The importance of physical fitness has been .....**

- a) subjected to social distortions
- b) very well received socially
- c) the actual cause of anorexia
- d) synonymous with obesity

### Passage Two

The most commonly accepted definition of stress is that it occurs when a person believes that "demands exceed the personal and social resources the individual is able to mobilize". In short, it is when we feel out of control. When people feel stressed, they have made two main judgments: First, they feel threatened by the situation, and second, they believe that they're not able to meet the threat. How much stress someone feels depends on how much the situation can hurt them, and how closely their resources meet the demands of the situation. Perception is the key to this as situations are not stressful in their own right. Rather, it is our interpretation of the situation that drives the level of stress that we feel. Quite obviously, we are sometimes right in what we say to ourselves. Some situations may actually be dangerous and may threaten us physically, socially or vocationally. Here, stress and emotion are part of the early warning system that alerts us to a threat. Very often, however, we are overly harsh and unjust to ourselves in a way that we would never be with friends or co-workers. This, along with other negative thinking, can cause intense stress and unhappiness, which can severely undermine our self-confidence.

#### 7. According to this passage, the feeling of stress usually follows .....

- a) the individual's control over a situation
- b) the person's inability to confront a threatening situation
- c) mobilization of one's personal and social resources
- d) perception of the demands of a specific threat

#### 8. An individual's level of stress actually depends on .....

- a) stressful situations themselves
- b) the way he/she interprets the situation
- c) the individual's definition of stress
- d) his/her personal and social position

#### 9. According to the passage, stress occurs .....

- a) after our self-confidence is undermined
- b) when the demands of a situation are too much to handle
- c) when situations are stressful in their own right
- d) as mobilization of social resources exceeds demands

#### 10. The main idea of this passage is that .....

- a) stress is sometimes so unmanageable and overly harsh that it might undermine our self-confidence
- b) although threatening situations exist for everybody, the individual's personal adjustments are helpful
- c) there is little connection between how we perceive the world and the amount of stress felt
- d) weakness of self-confidence results in intense stress which in turn causes negative thinking

#### 11. As to the feeling of stress and weakened self-confidence, .....

- a) the former is the consequence of the latter
- b) the latter can be the end result of the former
- c) both are commonly concomitant
- d) both are contradictory terms

**Passage Three**

The sensory neurons keep the brain informed of what is happening outside and inside the body through a variety of sensory pick-up units called receptors. Some of these, lying at or near the skin surface, may be specially sensitive to tissue damage (causing pain), or light contact (producing a touch sensation), or pressure, or temperature, either hot or cold. Other receptors on the tongue and in the nose respond to chemicals that produce tastes and odors. In the retina of the eye, rod-like receptors respond to light of varying intensities, while cone-like receptors respond to color. Receptors in the ear respond to minute vibrations caused by sound waves striking the eardrum. Other receptors are embedded deep in the walls of the intestines, when the intestines contract vigorously because of the presence of indigestible food or gas, these receptors transmit waxing and waning signals of pain, which are interpreted as cramps. Still other receptors located in the muscles, ligaments and tendons fire off signals to the brain any time a muscle contracts or a joint moves or is subjected to added pressure or tension.

**12. This paragraph does NOT refer to ..... as a reaction related to the receptor units.**

- a) taste                      b) odor                      c) color                      d) gas

**13. Some receptors are prone to damage because .....**

- a) they are very sensitive                      b) different chemicals damage them  
c) they lie at or near the skin surface                      d) they lack tolerance of vibration

**14. Intestinal receptors are ..... intense contractions in the digestive system.**

- a) initiators of                      b) responsive to                      c) inhibitors of                      d) indifferent to

**15. Each time a muscle contracts, .....**

- a) receptors become inactive                      b) a joint moves away  
c) pressure or tension occurs                      d) signals go to the brain

**Passage Five**

Secondhand smoke is often avoidable. Secondhand smoke, also known as environmental tobacco smoke, passive smoking, involuntary smoking, is two different forms of smoke from cigarettes, pipes or cigars. Regardless of what you call it, both types of secondhand smoke contain a lot of harmful chemicals; tobacco smoke contains more than 4000 chemical compounds, over 250 of which are toxic. More than 50 of the chemicals in cigarette smoke are known or suspected to cause cancer.

High in toxic chemicals, secondhand smoke causes or contributes to a number of health problems, from cardiovascular disease to cancer. The Surgeon General reported in 2006 that scientific evidence shows there is no safe level of exposure to secondhand smoke. Breathing in the dangerous particles in secondhand smoke, which linger for hours, even for 20 or 30 minutes can harm you in a variety of ways, while over years it can be much more dangerous.

Regarding younger generations, infants and children who are still developing physically and generally and have higher breathing rates, are more vulnerable to secondhand smoke than adults. If you take your children to a child care provider, choose one with a no-smoking policy.

**21. Secondhand smoke, whatever the type, .....**

- a) includes over 250 cancer-causing chemicals  
b) is a result of environmental pollutants  
c) has safe levels of exposure  
d) contains many toxic chemicals

**22. According to the text, documented data reveals .....**

- a) evidence confirming secondhand smoke causes cancer
- b) toxic chemicals breathed in over years cause passive smoking
- c) children breathe in less secondhand smoke than adults
- d) any level of secondhand smoke could be unsafe

**23. Secondhand smoke contains dangerous particles that .....**

- a) have two hundred and fifty varieties
- b) are breathed in by children who are less vulnerable
- c) have dangerous short and long term consequences
- d) float around in the surrounding environment for 20-30 minutes

**24. Infants, the text states, ..... secondhand smoke.**

- a) compared to adults inhale less
- b) compared to children are more sensitive to
- c) because of their less-developed lungs are capable of avoiding
- d) due to their faster breathing rates, are more susceptible to

**25. To protect your children against secondhand smoke .....**

- a) you should put them in daycare establishments
- b) check and choose a daycare where smoking is prohibited
- c) make sure the daycare manager is a non smoker
- d) implement a no-smoking policy at the daycare center

**Part Two:  
Vocabulary**

**Directions**

*The following are incomplete sentences. Below each one are four words or phrases marked, (a), (b), (c), or (d). Choose the one word or phrase which best completes the sentence.*

**26. Heart failure occurs when the heart is unable to maintain sufficient cardiac ..... for the body's needs.**

- a) effort
- b) output
- c) secretion
- d) motion

**27. A tumor can be destroyed by radiotherapy or chemotherapy if it cannot be completely removed or ..... by surgery.**

- a) approved
- b) alleviated
- c) isolated
- d) excised

**28. The ability to .....a sound source is due almost entirely to the fact that humans have two ears.**

- a) direct
- b) generate
- c) locate
- d) distort

**29. As highways began to improve and speed limits were raised, traffic accident statistics ....., resulting in more hospital casualties.**

- a) soared
- b) slumped
- c) diminished
- d) stooped

**30. There is no place on earth where human beings are totally free from the toxic and ..... effects of insect bites.**

- a) instinctive      b) restrictive      c) alleviating      d) irritating

**31. Many heart failures result from the ..... of fat plaques in the blood vessels.**

- a) substitution      b) aggravation      c) accumulation      d) participation

**32. Although they had been raised in a(n) ..... family, the children suffered from severe malnutrition.**

- a) extended      b) nuclear      c) affluent      d) deprived

**33. The doctor believed that despite its ..... effects, the drug was necessary for the patient.**

- a) reversible      b) beneficial      c) inoffensive      d) adverse

**34. The ..... of some infectious diseases requires an aggressive vaccination program.**

- a) containment      b) incubation      c) assessment      d) manifestation

**35. A significant ..... in personality development is the individual's genes.**

- a) substitute      b) variable      c) character      d) incidence

**36. What worries the doctor is that her blood pressure ..... widely. The changes are quite irregular.**

- a) spreads      b) launches      c) fluctuates      d) prompts

**37. There was much ..... over the use of drugs in athletics, caused by ongoing disagreement on the issue.**

- a) unanimity      b) congruence      c) uniformity      d) controversy

**38. Breathing toxins in secondhand smoke can ..... make you as sick as unhealthy active smokers.**

- a) deliberately      b) rarely      c) literally      d) hardly

**39. In children, who already have asthma, secondhand smoke can make their ..... more frequent and more severe.**

- a) circumstances      b) occasions      c) episodes      d) adventures

**40. Because the sun's rays are strongest during ..... hours, try to schedule outdoor activities for other times of the day.**

- a) peak      b) sunset      c) week      d) dawn

1	b	11	b	21	d	31	c
2	b	12	d	22	d	32	c
3	d	13	c	23	c	33	d
4	b	14	b	24	d	34	a
5	d	15	d	25	b	35	b
6	a	16	b	26	b	36	c
7	b	17	a	27	d	37	d
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**Passage One**

There is extensive international research documenting the ways in which the health status of different age groups is significantly determined by social and economic conditions as well as by therapeutic care or personal health behaviors. Social determinants of health are social and economic conditions that influence the health of individuals and communities.

While people of all ages should maintain good health, young people face special challenges as they transit from childhood to adulthood. With the onset of puberty, the body changes to accommodate physical and emotional growth, but it also marks one of the most vulnerable stages in a young person's social life. During this time, females tend to straggle more than males with body image and self-esteem issues which can lead to dangerous eating disorders and even death. On the other hand, substance abuse, depression, self-mutilation and suicide have higher incident rates in males than females and if left untreated, these health concerns may lead to permanent mental and physical damage.

**1. It is implied from the paragraph that the childhood to adulthood transition period .....**

- a) happens quite smoothly
- b) is similar to other stages of life
- c) is of special significance
- d) easily overcomes psycho-social risks

**2. The text implies that at puberty, one is .....**

- a) particularly immune against social discomforts
- b) more vulnerable to psycho-social hazards
- c) still indifferent to social discomforts
- d) more likely to follow socioeconomic conventions

**3. The text ..... norms and values followed by males and females at puberty.**

- a) differentiates between
- b) remains silent about
- c) proves to be in favor of
- d) categorically rejects

**4. Eating disorders among females at puberty are usually ..... self-esteem and body image issues common in this period.**

- a) independent of
- b) irrelevant to
- c) the consequence of
- d) applied to

**5. Problems like depression and self-mutilation are ..... during puberty.**

- a) more prevalent among males
- b) more common among females
- c) nowadays less common among both sexes
- d) equally distributed among males and females

**Passage Two**

Adolescence itself is a cultural construct that varies across settings and contexts. In terms of the future health status of countries and regions, however, the period of adolescence can generally be considered the "gateway" and the period of youth the "pathway" to adult health. Attention must be paid to the health of adolescent and youth populations irrespective of their size, yet adolescents (10- to 19-year-olds) remain largely invisible, and youth (15- to 24-year-olds) often disappear from the data screens because of inappropriate or convenience clustering. Even in the referential Global Burden of Disease survey, data on key conditions are aggregated in a cohort comprising 15- to 29-year-olds. National demographic and health surveys, however, are now (more often than previously) structured to pinpoint young people.

In many countries, including India and Senegal, up to a third of the population are between the ages of 10 and 24. In other countries, such as France, the demographic pyramid long ago evolved into a cylinder, with fewer young people supporting an aging population; this phenomenon is becoming more prevalent in emerging economies such as the Republic of Korea. Some transitional economies, in particular the Russian Federation, are experiencing rapid drops in fertility- even to below replacement levels - but still have a sizeable youth population.

**6. According to this reading selection, adolescence is .....**

- a) overestimated in most settings and contexts
- b) viewed differently in different cultures
- c) paid adequate attention throughout the world
- d) valued more in France than in South Korea

**7. The writer believes that adolescents and youth .....**

- a) deserve more attention than other age groups
- b) should be included in one large category regarding key issues
- c) have lost their productivity in some developed countries
- d) are somehow ignored as distinct and separate groups

**8. Attention to adolescents and youth's key conditions .....**

- a) requires more consideration due to their large population
- b) has led to rapid economic growth in some countries
- c) must be independent of their population size
- d) has been replaced by growing care for the aging population

**9. The reason why adolescents and youth remain invisible is .....**

- a) their making up a small population
- b) their inclusion in a larger age category
- c) drops in the productivity of some transitional economies
- d) fewer international demographic and health surveys on them

**10. The second paragraph refers to the fact that in some countries the youth population .....**

- a) is increasing rapidly
- b) exceeds the aging population
- c) is managing the economy
- d) has dropped significantly



**Passage Three**

The mandate to assure and protect the health of the public is an inherently moral one. It carries with it an obligation to care for the well being of others and it implies the possession of an element of power in order to carry out the mandate. The need to exercise power to ensure health and at the same time to avoid the potential abuses of power are at the crux of public health ethics.

Until recently, the ethical nature of public health has been implicitly assumed rather than explicitly stated. Increasingly, however, society is demanding explicit attention to ethics. This demand arises from: technological advances that create new possibilities, and with them, new ethical dilemmas; new challenges to health such as the advent of human immunodeficiency vims; abuses of power, such as the Tuskegee study of syphilis; and an increasingly pluralistic society in which we can no longer simply adopt the values from a single culture or religion, but we must work out our common values in the midst of diversity.

**11. An important part of public health ethics is having the ..... to implement effective policies.**

- a) obligation                      b) insurance                      c) protection                      d) authority

**12. It is stated that new ethical dilemmas .....**

- a) have resulted in the abuse of power  
 b) are consequences of technological advances  
 c) have led to new challenges in health issues  
 d) are creating new possibilities in health strategies

**13. The writer believes that in a pluralistic society .....**

- a) one should look for a single culture  
 b) there are fewer dilemmas  
 c) there are more cases of power abuse  
 d) shared values help avoid dilemmas

**14. The new technological advances .....**

- a) necessitate direct attention to ethics  
 b) have given rise to pluralistic societies  
 c) assist man to overcome new challenges to health  
 d) have contributed to ethical nature of public health

**15. The underlined it (line 2) refers to .....**

- a) mandate                      b) obligation                      c) well being                      d) public health

**Passage Four**

Scientists have established that influenza viruses taken from man can cause the disease in animals. In addition, man can catch the disease from animals. In fact, a great number of wild birds seem to carry the virus without showing any evidence of illness. Some scientists conclude that a large family of influenza viruses may have evolved in the bird kingdom, a group that has been on the earth 100 million years and is able to carry the virus without contracting the disease. There is even convincing evidence to show that virus strains are transmitted from place to place and from continent to continent by migrating birds.

It is known that two influenza viruses can recombine when both are present in an animal at the same time. The result of such recombinations is a great variety of strains containing different H and N spikes. This raises the possibility that a human influenza virus can recombine with an influenza virus from a lower animal to produce an entirely new spike. Research is underway to determine if that is the way that major new strains come into being. Another possibility is that two animal influenza strains may recombine in a pig, for example, to produce a new strain which is transmitted to man.

**16. According to the passage, scientists have discovered that influenza viruses .....**

- a) cause ill health in wild birds
- b) do not necessarily cause symptoms in birds
- c) are rarely present in wild birds
- d) weaken when transferred from animals to man

**17. It is known that influenza virus .....**

- a) was found in a group of very old birds
- b) are often found in wild diseased birds
- c) evolved before 100 million years ago
- d) can survive in many different places

**18. According to the passage, a great variety of influenza strains can appear after .....**

- a) H and N spikes are recombined
- b) diseased animal viruses are combined
- c) dissimilar types of virus recombine
- d) two identical viruses are combined

**19. New strains of viruses are produced by the combination of genes from .....**

- a) two groups of migrating birds
- b) a human virus and an animal virus
- c) diseased lower animals
- d) people with influenza

**20. According to this paragraph, influenza viruses are NOT produced when .....**

- a) two influenza viruses recombine in the same animal
- b) animal viruses recombine with human viruses
- c) two animal viruses recombine in one animal
- d) two animal viruses recombine in a human

**Passage Five**

Hand washing, a simple habit most people do without thinking, is one of the best ways to avoid getting sick. You daily accumulate germs from a variety of sources, such as direct contact with people, contaminated surfaces, food, even animals and animals waste. Despite the proven health benefits of hand washing, if you don't wash your hands frequently enough, you can infect yourself and others by touching common surfaces, such as doorknobs.

Infectious diseases commonly spread through hand to hand contact include the common cold, and several gastrointestinal diseases. While most people recover from a cold, flu can be much more serious. Pneumonia and flu, in combination, rank high among mortality causes among Americans.

Antibacterial soaps, increasingly popular today and no more effective at killing germs than regular soap, often make bacteria immune to the products antimicrobial agents making it even harder to fight these germs in the future.

Antimicrobial wipes or towelettes, although as effective as soap and water, are not as good as alcohol-based sanitizers, excellent alternatives particularly when soap and water aren't available; they are actually more effective in killing bacteria and viruses that cause disease. Commercially prepared hand sanitizers contain ingredients that help prevent skin dryness can result in less skin dryness and irritation than hand washing.

**21. Most people wash their hands .....**

- a) as force of habit
- b) because they constantly think about infecting others
- c) to avoid catching colds
- d) because washing with water prevents dryness

**22. Flu and cold .....**

- a) are common sources of daily infections
- b) are both serious infections
- c) can, in combination, be extremely dangerous
- d) can be prevented by using antibacterial soaps

**23. The author implies that people .....**

- a) are aware of the advantages of various washing methods
- b) prefer soap and water to alcohol to clean their hands
- c) use alcohol- based sanitizers to clean doorknobs
- d) fail to wash their hands often enough

**24. Towelettes are .....**

- a) alcohol based soaps
- b) better than soap and water
- c) often commercially prepared and aggravate dryness
- d) as good as soap and water, but less effective than alcohol-based sanitizers

**25. The text says hand washing with ..... can often make germs resistant.**

- a) alcohol based sanitizers
- b) antibacterial soaps
- c) regular soaps
- d) antimicrobial wipes

**Part Two:  
Vocabulary**

**Directions**

*The following are incomplete sentences. Below each one are four words or phrases marked, (a), (b), (c), or (d). Choose the one word or phrase which best completes the sentence.*

**26. All victims of illness or injury exposed to a cold environment for ..... periods of time should always be suspected for hypothermia.**

- a) negligible                      b) prolonged                      c) contracted                      d) instant

**27. The aged lose important ..... mechanisms that increase heat production when going from a warm to a cold environment.**

- a) compensatory                      b) entertaining  
c) supplementary                      d) refraining

**28. When one ..... and the sweat reaches the skin surface, the water vaporizes and evaporates as the wind sweeps across the body.**

- a) expires                      b) inspires                      c) retires                      d) perspires

**29. Body heat is lost by radiation in the form of infrared heat rays being ..... the body to the surroundings.**

- a) emitted from                      b) submitted to  
c) secreted from                      d) admitted to

**30. Though no one would deny that upbringing and environment play important roles in the making of a criminal, scientists increasingly ..... that biology also plays a significant part.**

- a) suspect                      b) complain                      c) forbid                      d) require

**31. Research into human head and brain injury has pinpointed areas of the brain where impairment can ..... aggression.**

- a) violate                      b) reestablish                      c) trigger                      d) conserve

**32. Adolescence is a timely period to ..... healthy eating and lifestyle behaviors, thereby preventing nutrition-related diseases in adulthood.**

- a) consolidate                      b) declare                      c) constrain                      d) forbid

**33. The strain of influenza responsible for the 1918 pandemic was so ..... that more than 20 million people died.**

- a) inoffensive                      b) transitory                      c) virulent                      d) lenient

**34. Rachel Carson, an American biologist, wrote "silent spring" to warn people of the dangers of unrestricted use of chemical pesticides and as a result ..... a movement to save the environment.**

- a) aborted                      b) launched                      c) subdued                      d) halted

**35. Certain solvents are highly..... . Therefore, to prevent fires, read the labels and follow the directions for proper storage and disposal.**

- a) irresistible      b) irresponsible      c) combustible      d) compatible

**36. Signs and symptoms of passive-aggressive behavior include ....., resentment and opposition to the demands of others.**

- a) collaboration      b) compliance      c) stubbornness      d) submission

**37. An unconscious coping mechanism known as denial gives you time to adjust to a(n) ..... situation.**

- a) distressing      b) persuasive      c) acceptable      d) exceptional

**38. After the appropriate prescription, the injured man's wounds are..... rapidly.**

- a) healing      b) vanishing      c) relapsing      d) deteriorating

**39. The kidney ..... any products the body needs and secretes waste materials as urine.**

- a) releases      b) resurfaces      c) reabsorbs      d) removes

**40. In many countries, patient education is an important nursing .....**

- a) campus      b) focus      c) locus      d) bonus

1	c	11	d	21	a	31	c
2	b	12	b	22	c	32	a
3	a	13	d	23	b	33	c
4	c	14	a	24	d	34	b
5	a	15	a	25	b	35	c
6	b	16	b	26	b	36	c
7	d	17	d	27	a	37	a
8	c	18	c	28	d	38	a
9	b	19	b	29	a	39	c
10	d	20	d	30	a	40	b