Practice Final Part III [KEY]

Written Language

Directions: For each of the following sentences, decide if one of the four underlined words or phrases is incorrect. If all four underlined sections are correct, then select E. (*These sentences are related.*)

Panic Disorder

IV.	Treat	ment–	–combin	nation of med	dications &	z psychother	apy		
	A. Medications—2 types most helpful								
		1.	antide	pressants					
			a.	alter level of	f serotonin	in brain			
			b.	example: se	lective sero	otonin reupta	ke inhibitors		
		2.	anti-ar	nxiety drugs,	e.g. benzod	liazepines			
	B.	Cogn	itive beh	avioral thera	ly)—12 week	eeks, while taking			
		medication							
		1.	change	e thinking pat	tterns (trigg	ger fears)			
		2.	replace	e distorted the	oughts w/ n	new thoughts	(more realistic	c)	
		3.	someti	imes—re-crea	ate physical	l symptoms o	of panic attacks	S	
			a.	in safe envi	ronment, e.	.g. therapist's	soffice		
			b.	example—n	nay be aske	ed to hold bre	eath		
				i. help	s become le	ess afraid of	feelings of suff	focation	
				ii. help	s gain conti	rol over feeli	ngs of suffocat	tion	
31)	The sentence for A. 1. a & b and 2.:								
	The ty	wo type	es of med	<u>lication that</u> a	ıre most hel	lpful for pati	ents with this d	lisorder	
				A					
	are antidepressants, such as selective serotonin reuptake inhibitors, which alter								
	В С								
	<u>a level</u> of serotonin in the brain, and anti-anxiety drugs, including D								
	benzodiazepines. Correct								
				E			Wro	ong Article	
32)			e for B.:						
	Whereas the patient is taking medication, cognitive behavioral therapy is								
		\mathbf{A}		В					
	typica	ılly <u>car</u>	ried out f	for 12 weeks.	Correct				
			C	D	E		Coh: wrong to	ransition	
33)	The s	entenc	e for B.1	1.2:					
	This therapy involves changing thinking patterns that trigger fears and replacing								
	Α		В	C					
	distorted thoughts with new thoughts that are more realistic. Correct								
			I	D			E		
						Coh – repe	tition: "with ne	w ones"	
34)	The sentence for B.3.b.i.ii:								
	For example, the patient may be asked to hold her breaths , which helps her A B								
	become <u>less</u> afraid of her feelings of suffocation and <u>helps</u> her gain control over D								
	them.	Corr	ect						
		E						Noun #	

C.	If agoraphobia—desensitization therapy recommended								
	1. 1 st —learn relaxation techniques, e.g.								
	a. slow breathing								
	b. meditation								
	2. therapist shows pictures of situation (triggers panic), e.g. crowded mall								
	3. discuss frightening situation in detail								
	a. help patient realize mall not dangerous in reality								
	b. use relaxation techniques if anxiety too intense								
	4. next step = gradually approach mall								
	a. 1 st drive by								
	b. following week—stand at entrance & observe								
	c. w/in 1 month								
	i. should be able to enter mall								
	ii. use relaxation techniques whenever necessary:								
	relieve anxiety								
	5. w/ repeated exposure—begin to feel sense of control over								
	frightening situation								
35)	The sentence for C.1.a.b:								
	With desensitization therapy, the patient <u>first learns</u> relaxation <u>techniques</u> ,								
	A B								
	which involve slow breathing or meditation. Correct								
	C D E Idea: examples								
36)	The sentence for C.3.a:								
	After that, the therapist and patient discuss the frightening situation with detail,								
	A B C								
	which helps the patient realize that the mall <u>is not dangerous</u> in reality. <u>Correct</u>								
	D E WW: "in"								
37)	The sentence for C.3.b.:								
31)	If the <u>patient's</u> anxiety becomes too intense, <u>she</u> uses <u>the</u> relaxation techniques she								
	A B C								
	learned at the beginning of the desensitization therapy. Correct								
	D E								
38)	The sentence for C.4.a.b:								
20)	The next step is to gradually approach the <u>mall so</u> the patient first drives								
	A								
	by the <u>mall and</u> then <u>in</u> the following week, she stands at the entrance and								
	$\frac{\overline{B}}{B}$ $\frac{\overline{C}}{C}$ \overline{D}								
	observes. <u>Correct</u>								
	E Fragment: add a comma								
39)	The sentence for C.4.c.i.ii:								
ŕ	Within 1 month, the patient <u>may be able</u> to enter the mall, <u>using</u> the relaxation								
	$\frac{\overline{A}}{A}$								
	techniques whenever necessary in order to relieve anxiety. Correct								
	$\frac{\overline{C}}{D}$								
	Idea: outline has "should"								

The sentence for C.5: **40**)

With <u>repeated</u> exposure, the <u>sufferer of</u> panic disorder <u>can begin</u> to feel <u>a sense of</u>

control over the frightening situation. Correct

Idea: begins, not can begin