ANSWER KEY WITH EXPLANATIONS

Vocabulary Test About MENTAL HEALTH Choose The Correct Answer MCQ Exercise 93

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1	**A**	2	**B**	3	**B**	4	**A**	5	**D**	6	**D**	7	**B**	8	**A**	9	**A**	10	**C**
11	**D**	12	**A**																

Explanations

1. His mother's illness had placed him under a considerable _____.
✔ **A) strain**
Strain is the pressure or worry caused by a difficult situation. We say **place someone under a strain** or **be under a considerable strain**. Not **stress**: it is normally used without **a** (**under considerable stress**), so it doesn't fit after **a considerable**.

2. He sat all day silently watching the fire and seemed to have no _____ at all left in him.
✔ **B) life**
Have no life left in you means to have no energy, spirit or interest left. The clue is that he sat silently all day doing nothing. **Movement** and **action** don't combine with **left in him** in this way.

3. He has a medical _____ full of nervous trouble.
✔ **B) history**
A **medical history** is the record of the illnesses and health problems a person has had in the past. Not **story**: we never say **medical story**. **Ancestry** and **tree** refer to family origins, not illnesses.

4. "Deep breathing will help you _____ down," the doctor advised.
✔ **A) calm**
The phrasal verb **calm down** means to become less upset, nervous or excited: **Calm down and tell me what happened.** Not **relax**: it is used on its own, without **down**.

5. Robert has suffered from epileptic _____ ever since his accident.
✔ **D) fits**
A **fit** is a sudden attack of illness in which a person loses consciousness or control of their body. The fixed phrase is **epileptic fits** (also **epileptic seizures**). **Disorders** and **disturbances** don't collocate with **epileptic** to describe the attacks themselves.

6. Anyone would lose their _____ living with that madman.
✔ **D) sanity**
Sanity is the state of having a healthy, normal mind. **Lose your sanity** means to go mad, and the clue **madman** points to the mind. Not **health**: that refers to general physical condition, and the sentence is about the mind.

7. The doctors say he'll take a long time to get _____ the shock.
✔ **B) over**
Get over something means to recover from an illness, a shock or a bad experience: **It took her months to get over the shock.** Not **get through**: that means to manage to survive a difficult period while it is happening, not to recover afterwards.

8. As she is so heavily overworked, there is a _____ possibility that she will have a nervous breakdown.
✔ **A) distinct**
A distinct possibility is a fixed phrase meaning something is quite likely to happen. The clue **so heavily overworked** shows that the risk is high, so **little** and **tiny** don't fit. **Manifest** means 'obvious' and doesn't collocate with **possibility**.

9. Some psychiatrists argue that, in the final _____, parents are to blame for their children's behaviour.
✔ **A) analysis**
In the final analysis is a fixed phrase meaning 'when everything has been considered; in the end'. Not **in the final case**: that is not an English expression.

10. He showed signs of mental disturbance so they sent him to a _____ hospital.
✔ **C) psychiatric**
A **psychiatric hospital** treats people with mental illness. **Psychiatric** relates to the medical treatment of mental illness. Not **psychological**: it refers to the mind in general and is not used to describe this type of hospital. **Lunatic** is old-fashioned and offensive.

11. Offering _____ to the injured person is one of the most important factors when giving first aid.
✔ **D) reassurance**
Reassurance means words or actions that make someone feel less worried or afraid: **She gave the frightened child some reassurance.** Calming and comforting an injured person is a key part of first aid, and we say **offer reassurance to someone**. Not **courage** or **boldness**: these describe the helper's own bravery, and you cannot **offer** them to the injured person in this way.

12. What's the matter with you? You look as if you had seen a _____.
✔ **A) ghost**
You look as if you've seen a ghost is a common expression said to someone who looks very pale and shocked. The fixed phrase always uses **ghost**, not **monster** or **horror**.