

زبان عمومی

■ Part one: Reading Comprehension

Directions: Read the following passages carefully. Each passage is followed by some questions.

Complete the questions with the most suitable words or phrases (a, b, c, or d). Base your answers on the information given in the passage only.

Passage 1

If you have ever struggled to fall or stay asleep, you probably have heard all the standard sleep-hygiene advice: Stick to the same sleep and wake times, establish a bedtime routine, create a relaxing sleep environment, and avoid caffeine in the afternoon. It turns out that the last bit might not be as much of a problem as other evening habits. In a study of 785 African American adults with no history of sleep issues, 45 percent reported drinking coffee, tea, or soda within four hours of bedtime at least once in the course of a week. (African Americans have been underrepresented in sleep studies but are more likely to experience sleep problems and associated health issues.) Data from wristwatch sensors showed that the caffeine had no significant effect on how well or how long they slept. However, drinking alcohol or using nicotine before bed reduced the participants' sleep efficiency, meaning that the percentage of time they spent in bed actually sleeping was lower. With nicotine use, people also woke up more often in the middle of the night, perhaps because they were experiencing withdrawal symptoms. The participants who reported symptoms of insomnia during the study were more likely to have used nicotine before bed, which made their insomnia worse, robbing them of more than 40 minutes of sleep. Nicotine use before bed was also associated with symptoms of depression and anxiety, while alcohol and caffeine use were linked to chronic stress.

121. The writer of this passage emphasizes that

- a) nicotine and alcohol are worse than caffeine for sleep
- b) nicotine is commonly used before bed to prevent depression
- c) African Americans are less likely to experience sleep problems
- d) African Americans with sleep problems consume more caffeine

122. Using nicotine before bed causes all of the following, EXCEPT

- a) shorter sleep time
- b) stress
- c) anxiety
- d) insomnia

123. Which of the following statements is TRUE according to the passage?

- a) A sample of adult African Americans are studied in sleep research.
- b) Subjects more likely to use caffeine had sleep problems.
- c) Sleep efficiency has nothing to do with consumption of nicotine or alcohol.
- d) African Americans are more likely to consume nicotine before bed.

124. According to the passage, caffeine has no major effect on

- a) insomnia
- b) sleep problems
- c) the duration of sleep
- d) the quality and quantity of sleep

125. For falling or staying asleep is NOT necessarily a hygiene advice.

- a) having fixed sleep and wake times
- b) creating a bedtime routine
- c) providing a relaxing sleep environment
- d) avoiding caffeine in the afternoon

Passage 2

There is considerable evidence to suggest that nurses may experience dissatisfaction with the working environment in hospitals, with poor work environments impacting negatively on the delivery of clinical care and patient outcomes. In seeking to understand this dissatisfaction, work engagement among nurses and other health professionals has been explored from the perspective of burnout and emotional exhaustion with work engagement conceptualized as a positive emotional state in which employees are emotionally connected to the work roles. While such studies have examined engagement with work from an emotional perspective, engagement can also be understood as a broader concept that includes an employee's relationship with their professional role and the broader organization. This broader view on employee engagement ties in with the concept of organizational citizenship behavior, which captures flexible behaviors that are not formally rewarded within the organization that help others, or are displays of organizational loyalty or civic virtue.

126_ Nurses' dissatisfaction may influence the in clinical environments.

- a) nurses' role compared to other citizens
- b) quality of healthcare delivery
- c) research studies performed
- d) employers' exhaustion and approach

127_ In response to dissatisfaction among nurses,

- a) their roles have become flexible in hospitals
- b) they have not been awarded as citizens
- c) they have not been trusted by other employees
- d) their engagement has been investigated

128_ The studies indicated in this text mainly dealt with

- a) emotional aspect of the issue
- b) organizational aspect of the issue
- c) citizenship behavior in hospitals
- d) professional behavior in hospitals

129_ The employees' relationship with their professional role and organization can be referred to as

- a) citizenship behavior
- b) clinical care
- c) work engagement
- d) organizational loyalty

130_ The organizational citizenship behavior

- a) can indicate if the employee is faithful to the organization
- b) displays the employee's connection to the organization
- c) is an obstacle to the employee's satisfaction
- d) is a concept opposed in its broader view

Passage 3

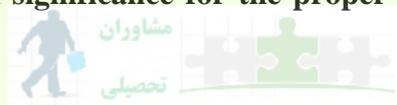
Micronutrients are vitamins and minerals needed by the body in very small amounts. However, their impact on the body's health is critical, and deficiency in any of them can cause severe and even life-threatening conditions. They perform a range of functions, including enabling the body to produce enzymes, hormones, and other substances needed for normal growth and development. Deficiencies in iron, vitamin A, and iodine are the most common around the world, particularly in children and pregnant women. Low-income and middle-income countries bear the disproportionate burden of micronutrient deficiencies.

Micronutrient deficiencies can cause visible and dangerous health conditions, but they can also lead to less clinically notable reductions in energy level, overall capacity, and mental clarity. **The latter** can lead to reduced educational outcomes and reduced work productivity.

Many of these deficiencies are preventable through nutrition education and consumption of a healthy diet containing diverse foods, as well as food fortification and supplementation, where needed. These programs have made great strides in reducing micronutrient deficiencies in recent decades, but more efforts are needed.

131_ Micronutrients are of special significance for the proper functioning of the body regardless of their amount.

- a) slight
- b) significant
- c) considerable
- d) enormous



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132_ The writer of this passage a link between the micronutrient deficiencies and mental clarity.

- a) rejects
- b) considers
- c) doubts
- d) opposes

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133_ The expression **the latter** in the second paragraph refers to one's lowered

- a) mental clarity
- b) total energy level of the body
- c) overall body capacity
- d) work productivity



134_ It is inferred from the passage that the programs discussed in the last paragraph

- a) have solely revolved around education in recent decades
- b) have failed to reduce micronutrient deficiencies
- c) still require further modifications to succeed
- d) exclusively rely on food fortification

135_ The author concludes the passage by to control complications caused by micronutrient deficiencies.

- a) listing the risk factors
- b) calling for further attempts
- c) suggesting food supplementation
- d) highlighting the preventable conditions

Passage 4

The relative importance of the etiological factors in obesity is controversial. Contrary to the popular belief, most overweight people eat no more than average (though of course they have taken in more calories than they need). This emphasizes the importance of the individual susceptibility. Overnutrition often begins in infancy with the use of overconcentrated milk formulae laced with sugar and with too early introduction of solid foods, especially cereals. A taste for sweet, refined foods is encouraged through childhood, and may be set for life. Poorer people eat more refined foods and less fresh ones than those who are better off. Physical exercise contributes relatively little to overall energy output. Despite its popular acceptance, the theory that lack of exercise causes obesity lacks evidence. Psychosocial factors can be important – in different cultures and in different levels of society, obesity is admired, tolerated, shunned or feared. Mass circulation magazines are also very influential in this regard.

136_ According to the text, the primary cause of obesity is

- a) overnutrition
- b) individual liability
- c) psychological factors
- d) lack of physical activity



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137_ It can be implied from the passage that

- a) the more one eats, the more he/she is liable to obesity
- b) parents must avoid giving sugary foods to their children
- c) solid foods, especially cereals, are the main cause of obesity
- d) obesity can begin from the childhood period

138_ It is implied from the information in the paragraph that the foods taken by the rich people

- a) are less likely to cause obesity
- b) are full of junk particles
- c) fail to support intense physical activity
- d) provide better psychosocial support

139_ The text implies that

- a) etiological factors affect all individuals quite similarly
- b) any individual is susceptible to obesity if he/she eats more
- c) the main cause of obesity varies for different people
- d) obese people are unable to prevent the condition they are in

140_ The author the theory that overnutrition and lack of physical activity are the main causes of obesity.

- a) puts doubt on
- b) partly agrees with
- c) provides evidence for
- d) clearly opposes

■ Part two: Vocabulary

Directions: Complete the following sentences by choosing the best answer.

141. Painkillers are effective in reducing pain, but they should be used since they can have serious side effects if taken in a large amount.
 a) profusely b) hypothetically c) abundantly d) sparingly
142. Even today, some traditional remedies continue to despite their inefficiency.
 a) cease b) decline c) collapse d) persist
143. People have witnessed a/an the approval of COVID-19 vaccine, due to the possible unexpected harmful consequences.
 a) enthusiasm about b) dispute about c) appreciation of d) compliance with
144. The spread of the infection was so great that a large number of children in that region were rapidly.
 a) afflicted b) strengthened c) safeguarded d) protected
145. It is believed that not all cancer cells are equally ; most can be neutralized with radiation or chemotherapy.
 a) benign b) aggressive c) innocent d) inoffensive
146. Our lives have changed a lot with the of new technologies such as the Internet.
 a) departure b) hindrance c) erosion d) advent
147. The nurse was blamed for her attention to the patients under her care.
 a) scant b) sufficient c) comprehensive d) abundant
148. The scientist carried out a/an study requiring huge work to explore the origin of the infection.
 a) superficial b) extensive c) insignificant d) trivial
149. A nurse should safety rules when managing patients in emergency rooms.
 a) abort b) abandon c) adhere to d) addict to
150. Health providers agree that hand hygiene is one of the most important control procedures to the spread of infection.
 a) initiate b) elevate c) boost d) decline

- 151_ The patient's conditions severely despite the intake of medications he received.
 a) improved b) deteriorated c) perceived d) promoted
- 152_ Center for Disease Control is intensively working to see whether the vaccine is enough in order to begin the mass vaccination.
 a) efficacious b) hazardous c) susceptible d) adverse
- 153_ Our world today suffers from a wide range ofbetween the rich and the poor in nearly all nations.
 a) distillation b) equality c) disparity d) fairness
- 154_ One of the features of e-learning is to enhance the of learners by providing them with more control over their own learning.
 a) imitation b) autonomy c) limitation d) suppression
- 155_ A midwife is expected to a complete pregnancy history of the mother, including the number of miscarriages and infant deaths.
 a) elicit b) eliminate c) avoid d) hinder
- 156_ The company its low-quality products regardless of their probable side effects.
 a) integrated b) eliminated c) estimated d) propagated
- 157_ The idea of our lives may not be so appealing if we feel miserable and isolated.
 a) prolonging b) transcribing c) conferring d) integrating
- 158_ The expansion of hazardous industries which are dependent on natural resources, like mining, has considerably increased
 a) stability b) morbidity c) longevity d) conformity
- 159_ The speed of the of the news in social networks is astonishing; it is accessible for everybody in a few seconds.
 a) differentiation b) transcription c) dissemination d) recommendation
- 160_ The exam condition was quite as there was a lot of noise from the heavy traffic outside.
 a) forthcoming b) illuminating c) promising d) distracting

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