

Name: _____ Class: _____

LISTENING

1  Listen to the monologue and complete the sentences.

- 1 For a long time, it had been Jane's dream to _____.
- 2 When it comes to medical issues, Jane, her mother and her grandmother all _____.
- 3 Jane's opinion about juicing and the raw-food diet was that they _____ and too restrictive.
- 4 Jane decided to give up on fad diets because _____ to her body.
- 5 Jane is sharing her dieting experience in order to _____ mistakes. 1 / 5

READING

2  Read the texts. For text 1, choose the correct answers. For text 2, complete the sentences.

Text 1

The Power of Expectation

The placebo effect is one of the most mysterious phenomena in medicine. People find it fascinating that inactive treatment can actually relieve pain or ensure a faster recovery.

Let us start by explaining the basic facts. The placebo effect is commonly used in new drug trials. The drug is given to a group of patients and the results of treatment are compared to those in the placebo-group. But there are other, more interesting facts about the phenomenon. For instance, it has been found that the effects of a placebo are not only psychological. Patients who receive a placebo and believe that it will help not only report that they feel better, but changes in their blood pressure or heart rate are also confirmed by medical tests. Another intriguing fact is that the placebo effect is visible in areas other than human medicine. Studies have shown that dogs with epilepsy react positively to both medication and placebo pills. Last but not least, the effect has been observed in the world of medicine. For example, people who think that they are drinking alcohol tend to have impaired not only judgement and obtain poorer results in IQ tests.

Interestingly, just as people tend to believe that a placebo can help them get better, if they think that a pill or substance they have taken may have a harmful effect, a negative effect is more likely to manifest itself. The adverse placebo effect is termed the nocebo.

Without a doubt, the placebo effect is something real, and hardly anyone nowadays denies its existence. But there are still things we don't know. For instance, why the effect is more intense for some individuals but weaker for others. It is assumed that the greater a person's expectations about the substance, the greater the placebo effect. This complicates medical research on new drugs because expectations cannot be measured or predicted.

Another theory suggests that cultural and regional factors may influence the intensity of the effect. Europeans, for instance, respond better to placebo pills than injections. Americans also respond well to placebos probably due to regular exposure to advertising for health care products.

The placebo effect needs further research so that we can learn more about it. Were this to take place, hopefully it will be used even more productively in clinical practice.

- 1 Which information is presented in the text as an opinion?
 - A The placebo effect often depends on the cultural background of patients.
 - B A placebo can influence the results of medical trials.
 - C A placebo can help some patients recover.
 - D The placebo effect can be found in non-medical contexts.
- 2 A patient's expectations about a substance they have been given
 - A can be problematic in clinical drug trials.
 - B don't influence their reactions to new drugs.
 - C depend on the results of IQ tests.
 - D have not been investigated so far.

Horizons 4 Tests Answers

A Loxley



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