2nd Year – Reading and Use of English – Level II

READING

- ***Read the text and mark the sentences T (true) or F (false).***

Scared of spiders?
Take this pill.

There are many different kinds of phobias and they affect at least a quarter of the population. But doctors believe that they may soon have a cure. They have discovered that a drug, which is given to patients suffering from tuberculosis, can also help people to overcome their phobias.

The normal treatment for people with strong phobias is some kind of exposure therapy. The most commonly used exposure therapy involves gradually exposing people to the object or situation that produces the fear. For example, if you have a dentist phobia, you might first sit in the waiting room of a dentist, then talk to the dentist, and then sit in the dentist's chair. These exposures are combined with relaxation techniques.

However, exposure therapy does not work for everybody, and doctors think that the new drug, which causes changes to a part of the brain which is used in learning and memory, could be used in the future to make this therapy more effective. Michael Davis at Emory University School of Medicine in Atlanta, Georgia did a study with 30 acrophobics – people who are scared of heights – and put them in a glass lift that appeared to go up and down. The people who were given the pill felt much less afraid then those who took a placebo.

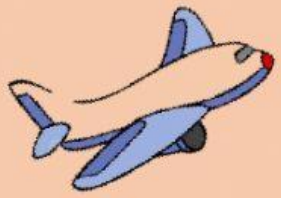
Adapted from a British newspaper

1. 30% of people have some kind of phobia.
2. Doctors have created a new drug to cure phobias.
3. In exposure therapy people learn to relax when they are exposed to something they are afraid of.
4. Exposure therapy is always successful.
5. The drug affects the way people learn and remember things.
6. The study showed that the drug helped people to lose their fear.

USE OF ENGLISH

Grammar: Present Perfect + for and since

A. Complete the spaces with the correct form of the verbs in brackets. Use present perfect. Then choose for or since to complete the sentences.



1. Jess _____ (not fly) on a plane for / since many years.
2. I _____ (not see) my parents for / since my birthday.
3. He _____ (not ride) a horse for / since he fell off one when he was twelve.
4. We _____ (have) our rabbit for / since six months.
5. My gran has agoraphobia. She _____ (not leave) the house for / since two years.
6. I _____ (be) afraid of dogs for / since I was very young.
7. Oliver is ill. He _____ (not eat) for / since two days.
8. We _____ (not be) back there for / since the accident happened.

B. Complete the text with for and since.

A celebrity's life

Kristen Stewart, actress

Kristen Stewart has been a famous actress [1] *for* about five years now. She has been an actress [2] _____ she was eight years old, when her agent saw her performing at school. Her first role was in a film where she didn't speak, but [3] _____ then she has been in many films. She is probably best known for playing Bella Swan in *The Twilight Saga*, a part which she has played [4] _____ four years.

Kristen has lived in Los Angeles [5] _____ she was born. Because she was acting at a young age, she couldn't go to school, so she studied online. [6] _____ then, she has completed high school. She is now one of the best-paid actresses in Hollywood.

Something many people don't know about Kristen is that she has equinophobia, or a fear of horses. She has had this problem [7] _____ most of her life, but her fans have only known about it [8] _____ 2012, when she was filming with horses. Kristen explained that she has been scared of them [9] _____ she was nine years old, when she had a terrible fall during a horse-riding accident.