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

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. ____





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

2 GRAMMAR present perfect + *for* and *since*

- **Choose the correct word, *for* or *since*, to complete each sentence.**



1. Jess hasn't flown on a plane **for** / **since** many years.
2. I haven't seen my parents **for** / **since** my birthday.
3. He hasn't ridden a horse **for** / **since** he fell off one when he was twelve.
4. We've had our rabbit **for** / **since** six months.
5. My grandma has agoraphobia. She hasn't left the house **for** / **since** two years.
6. I've been afraid of dogs **for** / **since** I was very young.
7. Oliver is ill. He hasn't eaten **for** / **since** two days.



8. We haven't been back there **for** / **since** the accident happened.