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## Follow the exam instructions, using the advice to help you.

For questions 17–24, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Mark your answers on the separate answer sheet.

Example: 0 I N C I D E N C E I N C I D E N C E

## Exercise and happiness

There is evidence to show that regular exercise and sport are associated not only with physical fitness but also with a lower (0) ..... of depression. Scientists have been conducting research to discover why people who exercise on a regular (17) ..... frequently report that physical activity improves their mood, making them feel calmer and less (18) ..... . Explanations as to precisely why it is mood-enhancing differ, with some researchers arguing that exercise may be acting as a (19) ..... from negative thoughts, while others claim that it is developing a (20) ..... of a new skill that is the most (21) ..... factor.

In addition, it is (22) ..... true that the social contact which participation in sporting activities often involves also plays its part in mood enhancement.

Whatever the reasons may be why (23) ..... activity should have such a powerful effect on how people feel, it has been shown that exercise is as potent as any medication against (24) .....

INCIDENT

BASE

APPREHEND

DIVERT

MASTER

SIGNIFY

DENY

VIGOUR

DEPRESS

## Advice

17 What part of speech is required here?

18 If you are not sure what the adjective form of 'apprehend' is, perhaps you know the adjective form of 'comprehend' and this may help you.

19 Remember that the final consonant of a word sometimes changes when the word becomes another part of speech.

20 There are two possible abstract nouns with this root - 'masterfulness' and 'mastery' - but which fits the meaning here?

21 Do you need a positive or a negative word here?

22 Do you need a prefix here or not?

23 Remember also the spelling change that occurs in the middle of this word when you add the adjective suffix.

24 Thinking about the noun forms of other words ending in '-press' (e.g. 'impress', 'suppress', 'compress') may help you to find the right form here.