

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

READING

- Read the text and match the beginning with the ending of the sentences.

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 than those who took a **placebo**.

Adapted from a British newspaper



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| 1. 25% of people | a- the ones who were given the pill were less afraid |
| 2. A drug prescribed to patients with tuberculosis | b- could be used more effectively. |
| 3. Exposure therapy is the normal treatment for | c- exposing people to the cause of fear. |
| 4. Exposure therapy involves | d- have some kind of phobia. |
| 5. Complementing that therapy with the new drug | e- can help overcome phobias. |
| 6. In a study done with 30 acrophobics | f- strong phobias. |

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 and for / since to complete the sentences.



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