

WORD FORMATION GAME:

Emergency – noun / adjective

Respiratory – adj.

Transfer – verb / noun

She is due for *transfer*

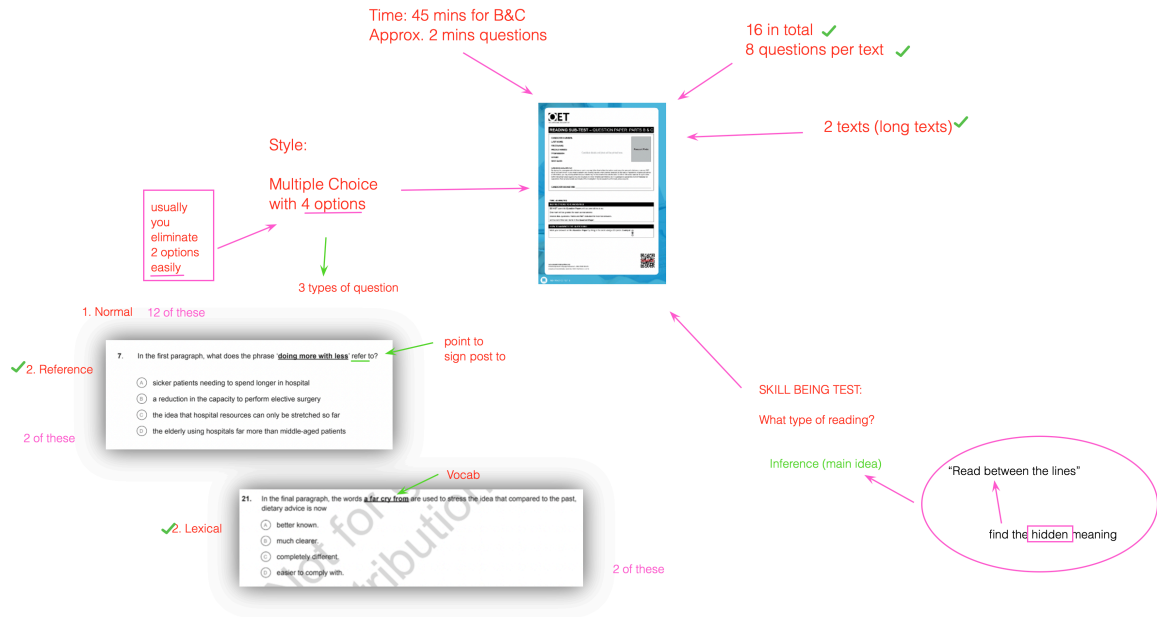
TODAY: Part C Reading

1 Format & Skill ✓

2 Technique: discuss ✓

3 Practice 5 questions & analyse answers (possibly do 8...)

FORMAT:



General Technique

1. Read question stem
2. Simplify the question (if necessary)
3. Read the the para and think about the simple question
4. Try to eliminate option we know are not true
5. Hurry up and choose! (2 mins)

Reading C04

The health benefits of positive thinking

Can a positive attitude extend one's life, and, if so, can such attitudes be fostered even in those not naturally disposed to it? Despite the absence of any conclusive evidence, the hints are tantalizing enough that researchers from Massachusetts General Hospital (MGH) and Harvard Medical School want to find out. 'A lot of the long-term research says that if you're an optimist, you're more likely to have better health,' says Jeff Huffman, an associate professor of psychiatry at Harvard Medical School. 'But, and this is the point, let's say you're not an optimist — can we turn you into one? Can we promote that and teach that in a way that has any lasting effect? And will it really work to improve health? It's a **big and open question**'

Reason to read

Research over recent decades has shown that exercise is the closest thing we have to a miracle drug against threats such as cancer, heart disease, and diabetes. Consequently, Huffman launched the Cardiac Psychiatry Research Program (CPRP) 12 years ago as a way to curb the anxiety and depression that heart disease can set off. The best chance for a positive outlook to affect health is by promoting exercise, Huffman says. He began by treating patients in the cardiac unit at MGH, quickly discovering that his fears of being unwelcome there were unfounded. Doctors and nurses recognized patients' psychiatric needs and were glad to see Huffman attending to them.

The CPRP combines exercises designed to promote positive psychology in the hospital's cardiac and diabetes patients with techniques known to change behaviour, such as goal-setting, to encourage patients to adhere to medication regimens, improve their diets, and become more active. 'We tried it on some patients with heart disease and they really liked it. Since then, we've not just been studying observable connections between positive psychological states and heart disease, but also more active methods of promoting and cultivating these positive psychological states,' Huffman said.

CPRP patients can now continue with it even after they have left hospital. Before discharge, they attend an in-person training session and receive a manual with eight to sixteen weeks of daily tasks, including writing letters of gratitude, performing acts of kindness, and reflecting on past successes. Participants also receive weekly phone calls from one of the program's trainers, who reviews the previous week, reinforces the positive message, and encourages exercise and other goals. 'What we've learned so far — small but important steps — is that if we teach patients how to identify the good things in their life, they feel better, with increased happiness, decreased anxiety, decreased depression, and better

4 In the fourth paragraph, it is established that the CPRP has convinced Huffman that

- patients can benefit from developing the right mental focus.
- keeping patients busy is the secret to maximising their happiness.
- regular human contact is vital to any patient's long-term prospects.
- patients need extended post-hospital support if they are to fully recover.