

15<sup>th</sup> March – Reading Part C

**Text 2: The need for a different approach to mental health**

Stumped  
Malady  
Reminisce

A physician colleague, stumped by Jennie's severe loss of weight, sought my opinion about her mental state. Her two daughters enabled me to understand the nature of Jennie's malady. They told of their mother's deep sense of loss after her husband's death two years earlier. Grief had assumed a malignant form, escalating into a typical 'retarded depression', which when coupled with her precarious physical condition made electroconvulsive therapy (ECT), administered cautiously and safely, the approach of choice. A short two-week course helped Jennie to make a remarkable recovery. She re-established affectionate relationships with family and friends and was able to reminisce about her 'wonderful marriage'.

18 What do we learn about Jennie's case in the fourth paragraph?

- (A) Her family had encouraged her to seek a solution to her depression.
- (B) Her depression originated from a medical rather than a psychological issue.
- (C) Her depression was felt unlikely to respond to conventional psychiatric therapy.
- (D) Her depression had evolved into a condition requiring a particular type of treatment.

Kick in  
Exquisitely  
Straightforward

I know Simon only too well. His wife urgently sought help from a psychiatrist friend who immediately offered unconditional support to the whole family as well as prescribing antidepressant medication (and an antibiotic for the bronchitis). Although it seemed quite an involved case, he was confident Simon would improve once the medications had kicked in. His prediction was spot on. The patient recovered both physically and psychologically within a few weeks. Simon was in fact me! Although I'd not previously undergone such a terrible experience, I now know that despite appearances, it all came down to nothing more than being exquisitely sensitive to the effects of jetlag. Sometimes it's that straightforward.

19 In the fifth paragraph, Simon suggests that his own experience

- (A) confirmed a concern he had regarding his lifestyle.
- (B) showed him the importance of prompt action over cases of depression.
- (C) gave him a useful insight into what it is like to be a psychiatric patient.
- (D) demonstrated that apparently complex cases can have relatively simple causes.

Pivotal  
Downcast  
Requisite

Two pivotal lessons arise from my involvement with these patients (and with dozens of others over four decades of psychiatric practice). As Maimonides, the illustrious 12th-century physician, stresses: 'First and foremost, consider the person and only then the symptoms.' And so it should always be the case with what we call depression. We don't catch it as if it were a virus going around. On the contrary, we feel downcast in a particular context. A mental health professional therefore has a role to respond empathically to, and in partnership with a patient in seeking to understand why he or she presents currently with a particular clinical picture. Only then can the requisite treatment be devised. All these patients show **this** clearly.

20 What does the word '**this**' refer to in the sixth paragraph?

- (A) the need for an understanding of the patient's situation
- (B) the co-operation between patient and healthcare professional
- (C) the condition that the patient initially presents with
- (D) the approach that is used to treat the patient

**Answers:**

18.D  
19.D  
20.A