



Study: FDA Black Box Warnings Could Hinder Patient Care

Description

Editor's note: If you or someone you know is feeling very sad or thinking about hurting themselves, please call the 988 Suicide & Crisis Lifeline at 988 or visit the [988 Lifeline website](#).

CNN

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The FDA says antidepressants may cause suicidal thoughts in young people. This warning started in 2003, with a strong warning for minors in 2005.

New research shows that these warnings might have made things worse. Many young people are not getting the help they need for depression.

More studies found fewer doctor visits for depression after the warnings. Some young people even faced more serious problems, like suicide.

Experts say it's important to help kids with depression. Treatments should be discussed carefully. Help can save lives.

Vocabulary List:

1. **Antidepressants** /,æn.ti.dɪ'pres.ənts/ (noun): Medications used to alleviate symptoms of depression.
2. **Suicidal** /,su:ɪ'saɪ.dəl/ (adjective): Relating to the act of taking one's own life.
3. **Warnings** /'wɔːnɪŋz/ (noun): Statements that indicate potential danger or risk.
4. **Depression** /dɪ'preʃ.ən/ (noun): A mental health disorder characterized by persistently low mood and loss of interest.
5. **Experts** /'ek.spɜːrts/ (noun): Individuals with comprehensive and authoritative knowledge in a particular area.
6. **Treatments** /'tri:t.mənts/ (noun): Medical care given to a patient for an illness or injury.

Comprehension Questions

Multiple Choice



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1. What does the FDA warn about regarding antidepressants and young people?
 - Option: They may cause suicidal thoughts
 - Option: They are ineffective in treating depression
 - Option: They are safe for all age groups
 - Option: They should only be prescribed to minors

 2. When did the FDA issue warnings about antidepressants and suicidal thoughts for young people?
 - Option: 2001
 - Option: 2003
 - Option: 2005
 - Option: 2008

 3. What impact did the warnings about antidepressants have on young people according to new research?
 - Option: They received more help for depression
 - Option: Doctor visits for depression increased
 - Option: Suicide rates decreased
 - Option: They might have made things worse

 4. What do experts recommend regarding treating kids with depression?
 - Option: Avoid discussing treatments
 - Option: Encourage self-treatment
 - Option: Discuss treatments carefully
 - Option: Avoid seeking help

 5. What is the main concern raised in the given text regarding young people and depression?
 - Option: Lack of availability of antidepressants
 - Option: Risk of increased doctor visits
 - Option: Not receiving necessary help
 - Option: Decreased suicide rates

 6. What is emphasized as a potential life-saving action in the context of depression?
 - Option: Avoiding discussing depression
 - Option: Treating depression without professional help
 - Option: Seeking help and support
 - Option: Ignoring symptoms of depression

True-False



7. The FDA warning about antidepressants and young people started in 2005.
8. New research indicated that the warnings had a positive impact on young people seeking help for depression.
9. Experts believe that discussing treatments for kids with depression is not important.
10. Decreased doctor visits for depression were observed after the warnings.
11. Young people facing more serious problems like suicide were a consequence of the FDA warnings.
12. Help and support in dealing with depression are considered ineffective by experts.

Gap-Fill

13. According to the text, the FDA warning about antidepressants for young people started in _____.
14. Experts highlight the importance of helping kids with depression as treatments should be discussed _____.
15. New research found that after the warnings, there were fewer _____ visits for depression.
16. It is important to reach out and offer _____ to save lives in cases of depression.
17. The warnings about antidepressants may have resulted in many young people not getting the help they need for _____.
18. In dealing with depression, discussing treatments _____ can be crucial.

Answer

Multiple Choice: 1. They may cause suicidal thoughts 2. 2003 3. They might have made things worse 4. Discuss treatments carefully 5. Not receiving necessary help 6. Seeking help and support

True-False: 7. False 8. False 9. False 10. True 11. True 12. False

Gap-Fill: 13. 2003



14. carefully 15. doctor 16. help 17. depression

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which substances are important for maintaining proper fluid balance in the body?
Option: A. Proteins
Option: B. Electrolytes
Option: C. Carbohydrates
Option: D. Vitamins
2. What is a common mental health condition characterized by persistent sadness and loss of interest?
Option: A. Anxiety
Option: B. Depression
Option: C. Schizophrenia
Option: D. Bipolar disorder
3. What refers to the process by which your body converts what you eat and drink into energy?
Option: A. Respiration
Option: B. Metabolism
Option: C. Circulation
Option: D. Digestion
4. Which mineral helps in maintaining proper heart function and muscle contraction?
Option: A. Calcium
Option: B. Potassium
Option: C. Iron
Option: D. Magnesium
5. What term is used to describe the practice of taking multiple medications simultaneously?
Option: A. Monotherapy
Option: B. Polypharmacy
Option: C. Oligotherapy
Option: D. Homeopathy
6. Which type of fats are considered heart-healthy and are usually liquid at room temperature?



- Option: A. Saturated
- Option: B. Unsaturated
- Option: C. Trans
- Option: D. Hydrogenated

7. What stage in a woman's life marks the end of her menstrual cycles?

- Option: A. Adolescence
- Option: B. Menopause
- Option: C. Puberty
- Option: D. Fertility

8. What treatment approach involves talking to a trained therapist to develop coping strategies and solutions?

- Option: A. Medication
- Option: B. Surgery
- Option: C. Therapy
- Option: D. Acupuncture

9. Which medications are commonly prescribed to help manage symptoms of depression?

- Option: A. Painkillers
- Option: B. Antibiotics
- Option: C. Antidepressants
- Option: D. Antihistamines

10. What essential nutrients are needed for various bodily functions and processes?

- Option: A. Sugar
- Option: B. Minerals
- Option: C. Fiber
- Option: D. Preservatives

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. It is important to stay _____ by drinking an adequate amount of water daily.

12. The number of _____ in a food item indicates its energy content.

13. After a workout a cold drink can provide a sense of _____ and energy.

14. Individuals can obtain a professional _____ to demonstrate their expertise in a specific field.



15. Government agencies provide _____ to ensure businesses comply with regulations.
16. The _____ for the new product featured catchy jingles and bright colors.
17. She became an _____ for animal rights and conservation efforts.
18. It is important to _____ your sleep schedule to ensure proper rest.
19. The legal team found a _____ in the contract that allowed for early termination.
20. A balanced diet is crucial for overall health and proper _____ of the body.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Consulting with in the field can provide valuable insights and guidance.
22. Medications often come with about potential side effects and risks.
23. Different medical conditions require specific to manage symptoms effectively.
24. drugs are used to treat mental health disorders like schizophrenia and bipolar disorder.
25. is a serious mood disorder that can impact all aspects of a person's life.
26. Before starting a new medication it's important to be aware of the potential it may cause.
27. When trying a new activity it's wise to be and start slowly to avoid injuries.
28. Scammers often use deceptive tactics to commit financial and cheat people out of money.
29. is the transitional phase before menopause where hormone levels fluctuate.
30. Changes in a person's balance can influence mood appetite and energy levels.

Answer

Multiple Choice: 1. B. Electrolytes 2. B. Depression 3. B. Metabolism 4. B. Potassium 5. B. Polypharmacy 6. B. Unsaturated 7. B. Menopause 8. C. Therapy 9. C. Antidepressants 10. B. Minerals

Gap-Fill: 11. hydrated 12. calories 13. refreshment 14. certification 15. oversight 16. commercial 17. advocate 18. regulate 19. loophole 20. nutrition

Matching sentence: 1. experts 2. warnings 3. treatments 4. psychotropic 5. depression 6. side effects 7. cautious



8. fraud 9. perimenopause 10. hormonal

CATEGORY

1. Health - LEVEL1

Date Created

2024/10/08

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