



Talking therapy may improve menopause mood

Description

A study suggests that mindfulness, group, and cognitive therapy can help with menopause symptoms like sadness and worry. The University College London study looked at 30 studies with 3,500 women in 14 countries, including the UK, US, and Australia. The research suggests that these therapies could be given instead of or with hormone replacement therapy (HRT). HRT uses hormones like oestrogen to treat symptoms. The study shows that therapies focusing on behavior and relaxation techniques could be more beneficial than HRT, especially cognitive therapy, which is cost-effective and shows results quickly. Some women experienced improvements in anxiety and depression, better sleep and concentration, and improved quality of life through these therapies.

Vocabulary List:

1. **Mindfulness** // (noun): The practice of focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
2. **Cognitive Therapy** // (noun): A type of psychotherapy aimed at helping individuals develop healthier and more positive thought patterns and behaviors.
3. **Menopause** // (noun): The cessation of menstruation and fertility in women, typically occurring in their late 40s or early 50s.
4. **Symptoms** // (noun): Physical or mental features that indicate a condition or disease.
5. **Hormone Replacement Therapy (HRT)** // (noun): A treatment involving the use of hormones, typically estrogen and progesterone, to relieve symptoms associated with hormonal imbalance.
6. **Behavior** // (noun): The way in which one conducts oneself, especially towards others.

Vocabulary quizzes

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

1. What is a formal decision made between two or more parties?
Option: Hostages
Option: Disparities
Option: Agreement
Option: Racism
2. What term is used to describe a global outbreak of a disease?



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- Option: Community
Option: Pandemic
Option: Research
Option: Innovation
3. What is a mark of disgrace associated with a particular circumstance or person?
Option: Mindfulness
Option: Stigma
Option: Counselor
Option: Programs
4. Which medical condition is characterized by high blood sugar levels?
Option: Diabetes
Option: Access
Option: Racism
Option: Institute
5. What term refers to the introduction of something new or making changes in anything established?
Option: Resources
Option: Rural
Option: Innovation
Option: Supplies
6. What term describes the actions or reactions of a person in response to external or internal stimuli?
Option: Behavior
Option: Serious
Option: Hunger
Option: Reached
7. Which type of therapy focuses on helping individuals develop healthier thinking patterns?
Option: Hormone Replacement Therapy (HRT)
Option: Cognitive Therapy
Option: Menopause
Option: Symptoms
8. Which term describes areas located outside cities and towns?
Option: Dashboard
Option: Diabetes
Option: Rural
Option: Crisis
9. What is the natural biological process that marks the end of menstruation in women?
Option: Menopause



- Option: Counselor
- Option: Supplies
- Option: Remote

10. What systematic investigation is done to establish facts and reach new conclusions?

- Option: Communities
- Option: Pandemic
- Option: Research
- Option: Programs

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

11. During the negotiation the terrorists demanded the release of three _____ in exchange for the hostages.

12. The organization urgently needs to replenish its medical _____ to assist the disaster-stricken region.

13. After hours of hiking the climbers finally _____ the mountain peak and were rewarded with a breathtaking view.

14. The university offers a wide range of extracurricular _____ to enhance students' skills and interests.

15. The medical records are strictly _____ and can only be accessed by authorized personnel.

16. The local _____ rallied together to clean up the park and make it a safer place for children to play.

17. The school _____ provided guidance and support to students experiencing emotional difficulties.

18. The research _____ is dedicated to advancing scientific knowledge and innovation in



various fields.

19. The government declared a national _____ in response to the escalating environmental disaster.

20. The company allocated additional _____ to address the growing demand for its products.

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

21. Widespread famine in the region led to severe _____ among the population.
22. There are significant _____ in access to healthcare between urban and rural areas.
23. The global _____ required coordinated efforts from all countries to control the spread of the virus.
24. Efforts to combat _____ in society have become a focal point in many social justice movements.
25. Due to the pandemic many employees were required to work from home.
26. Equal _____ to education is essential for ensuring opportunities for all individuals.
27. The project manager used a digital _____ to track the progress of key performance indicators.
28. The non-profit organization provides valuable _____ to support underprivileged communities.
29. Mental health advocates work to eliminate the _____ surrounding seeking help for psychological issues.
30. The company prides itself on fostering a culture of _____ and creativity to drive product development.

Answer

Multiple Choice: 1. Agreement 2. Pandemic 3. Stigma 4. Diabetes 5. Innovation 6. Behavior 7. Cognitive Therapy 8. Rural 9. Menopause 10. Research

Gap-Fill: 11. hostages 12. supplies 13. reached 14. programs 15. confidential 16. community 17. counselor 18. institute 19. crisis 20. resources

Matching sentence: 1. hunger 2. disparities 3. pandemic 4. racism 5. remotely 6. access 7. dashboard 8. resources 9. stigma 10. innovation



CATEGORY

1. Health - LEVEL1

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