

## 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?

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



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## CATEGORY

1. Health - LEVEL1

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