

24. Researchers ---- that raw fruit and vegetables ---- better for your mental wellbeing than eating them cooked, canned or processed.

A) find / could be

B) have found / may be

C) were finding / could have been

D) will find / would have been

E) found / should have been

V2 when?

→ 25. A major study **has found out** that children ---- in step families **or by** single parents ---- from mental health problems in the later stages of their lives.

A) to be bringing up / can suffer

B) brought up / could suffer

C) to bring up / would suffer

D) bringing / had to suffer

E) to have brought up / should suffer



26. Some people believe that doing yoga brings ----- heightened levels of physical activity ----- some mental and spiritual benefits.

- A) just / as                      B) the more / the more  
C) so / that                       D) not only / but also  
E) rather / than

both

and

1

2

The more you study, the higher grade you get

27. Oxytocin is a cardio-protective hormone, which ---- that it protects the heart, and it does this by ---- blood pressure.

A) means / diminishing

B) is meaning / diminish

C) has meant / to diminish

D) will mean / having diminished

E) meant / to have diminished

Ving

28. We ---- small changes in our daily routines, ---- our exposure to air pollution significantly.

A) would make / to reduce

B) may make / to be reducing

C) can make / reducing

D) could make / being reduced

E) should make / to be reduced

✓ - V<sub>ing</sub> -

✓ (by) V<sub>ing</sub>

\_\_\_\_\_

29. ---- whether you have a cold or the flu, the illness will usually go away on its own.

A) Along with

B) On behalf of

C) In pursuit of

D) Apart from + x 2

E) Regardless of

grip mi yoksa nezle mi olduguna bakmaksizin

irrespective of  
no matter

when  
how  
who  
whether

without help  
by itself

ister ister

usually

30. If you ask any person on the street whether they want to live longer or not, they will say "Yes," but not everyone is convinced that ---- life would be good.

- A) determining belirlemek      B) hampering engellemek  
C) avoiding kaçınmak      D) destroying yok etmek

- E) extending 1. uzatmak, prolong  
2. expand, enlarge spread genişlemek yayılmak  
3. date back to, stretch back to tarihine uzanma  
4. convey, iletmek

31. Poor mental health at university is a huge problem, because it affects how students learn whether they actually finish their degrees.

- A) such / that
- B) as / as
- + C) neither / nor
- D) more / than
- E) not only / but also

both / 2nd

the way

1  
2  
1st  
2nd



32. Some parents <sup>limit</sup> ---- their children's <sup>extra</sup> use of technology <sup>severely</sup> as they are aware of its potential for distraction and damage.

A) define

B) clarify

C) dedicate

D) arrange <sup>düzenlemek, organize etmek</sup>  
<sup>ayarlamak</sup>

E) restrict

arranged marriage: görücü usülü evlilik

33. A person ---- \$60 by donating plasma from her blood cells twice in one week which is usually just enough -  
--- an electric bill.

to V

A) would make / to have paid

B) may make / to be paid

C) should make / paying

D) could make / being paid

E) can make / to pay

34. Just like the rest ---- our teeth, wisdom teeth form inside our jaw bone, but they form very late compared ---- our other teeth.

A) in / with

B) on / from

C) over / towards

D) for / into

E) of / to



35. Today, almost every doctor knows that an influenza infection increases the risk of a heart attack, ---- three decades ago practically no one knew this connection. but

- A) because
- B) if
- C) however
- D) in that
- E) therefore

↓ almost ↓

36. **Contrary to popular belief, the practice of giving very long breaks between meals is not more --- than conventional dieting.**

- A) durable
- B) interesting
- C) destructive
- D) effective
- E) obvious

Handwritten signature or initials.

angora

angora

angora

angora

1. idkişli / 2. kişisi  
hakkında

37. If the ambitious target of --- the AIDS epidemic by 2030, the United Nations should do more than just getting every person in risk tested.

- A) improving
- B) providing
- C) eradicating ~~terminate~~ wipe out
- D) combining
- E) adopting

ent

benimsenmek

Vanish  
disappear

composed of

38. The **respiratory system** is --- **several organs and structures** and is responsible for taking in oxygen and **disposing of carbon-dioxide waste**.

- A) done away with      B) looked down on — scorn  
C) checked up on       D) made up of  
E) fallen back on

39. It seems that many people are ---- that there is a strong link between exercise and reduced risk of cancer.

A) unwilling

B) irreversible

C) unaware

D) displeased

E) uncommon

rare  
unhappy



40. **Drinking hot tea for a long time may ---- the risk of cancer** of the oesophagus, according to a recent study done in China.

- A) energize
- B) erupt
- C) recognize
- D) **increase**
- E) fluctuate

↑  
Decrease ↓  
eliminate x

41. From 1990 to 2019, the U.S. cancer death rate dropped steadily by about 1.5 per cent per year, resulting in an overall decline of 27 per cent during the period.

- A) at / from
- B) on / for
- C) over / with
- D) by / in
- E) of / to

(verb)

by

ki bu ... ile in sonuğunda

yaklaşık %1.5 oranında istikrarlı şekilde düştü

lik

by

✓

a decline in prices / cost  
an increase of 27% in prices  
(noun) isim  
%27lik düşüş  
"of" -lik

Oil Prices rose from 100\$ to 200\$

42. Once a certain percentage of a population becomes immunized against a disease ---- public health programs, it provides general protection ---- everyone.

- A) through / for sb      B) from / over someone  
C) of / across            D) by / against something bad -e karsi  
E) into / on

provide sth for sb

43. Whereas the malaria agent in Africa is primarily *Plasmodium falciparum*, the most ---- of the more than half a dozen malaria parasite species that infect humans globally is *P. vivax*.

- A) rewording
- B) fantastic
- C) portable
- D) widespread
- E) complimentary

44. Correctly identifying the cancer cells <sup>is</sup> ----- a lung tissue sample is vital <sup>is</sup> ----- successful treatment.

A) amid / from

B) for / in

C) into / of

D) in / for

E) of / on

✓

is ✓

45. From high-tech surgeries to ground-breaking HIV treatments, medical innovation has ---- improved health outcomes since the 1980s.

- A) vaguely                      B) separately  
C) dramatically                D) evenly  
E) fatally



46. The Mediterranean diet is a **balanced diet**, **promoting the** ---- **of vegetables and fruits** in addition to oily fish, **olive oil**, and **low-fat dairy products**.

- A) institution
- B) consumption
- C) portrayal
- D) distribution
- E) damage

47. A lot of **new cases** of a **rare cancer type** ---- **to breast implants** ---- in the United States **lately**.

- A) linking / were reported
- B) to be linked / are reported
- C) having been linked / would be
- D) having linked / are being reported
- E) linked / have been reported

have has ✓  
recently  
of late



but

48. It is well known that eating lots of fruit and vegetables is really good for your physical health, ---- latest research suggests that it might be good for your mental health too.

- A) therefore
- B) otherwise
- C) that is
- D) however *özne + also + verb*
- E) in contrast

as well

while

but  
yet

2/30

angora  
angora  
angora  
angora

49. Looking after a patient with a severe brain injury is a huge challenge ---- for doctors ---- families who need to make decisions about care in collaboration with each other.

- A) such / that       B) both / and  
C) so / that        D) either / or  
E) neither / nor

50. ---- the total number of people who suffer from cardiovascular disease increases, the number of those who die from heart and circulatory diseases is in a steady decline.

- A) While
- B) Since
- C) As though
- D) If
- E) As



51. The term “smiling depression”, which means appearing happy to others while internally suffering depressive symptoms, has become ----popular.

- A) negatively
- B) responsibly
- C) increasingly
- D) respectively
- E) adversely

52. While certain vaccines are associated with harm by some groups, scientists ---- their benefits, which far outweigh the risks.

- A) give up
- B) point out
- C) carry out
- D) look after
- E) call off

53. For decades, millions of patients ---- a daily Aspirin ---- heart attacks and strokes.

- A) will take / preventing
- B) would take / to have prevented
- C) have been taking / to prevent
- D) are taking / to be preventing
- E) had taken / prevented

54. Many parts of our lives, ---- the food we eat to our quality of sleep, can, ---- some way, be linked back to scientific research.

- A) through / on            B) against / over  
C) in / by                    D) from / in  
E) for / to

55. Those who are most vulnerable to air pollution include people with cardiovascular or respiratory conditions ---- asthma and angina.

- A) instead of
- B) on account of
- C) in contrast to
- D) such as
- E) along with



56. Although heat should not be used for fresh injuries, it can ---- be beneficial for long-term conditions.

- A) dangerously
- B) respectively
- C) decisively
- D) certainly
- E) susceptibly

57. Your skin's most important job is to ---- billions of harmful bacteria that can multiply over every surface.

- A) take after
- B) give up
- C) keep out
- D) make out
- E) break into

58. ---- the viruses are constantly evolving to outsmart their hosts, many experts agree that it is only a matter of time before the next flu pandemic breaks out in the globe.

- A) Unless
- B) Since
- C) As if
- D) Although
- E) Before

59. It is a common belief that using social media platforms can adversely affect people's mental health; ----, new research has shown that using these sites can actually reduce people's risk of experiencing depression or anxiety.

- A) in addition
- B) for instance
- C) however
- D) therefore
- E) in other words

60. Fat metabolism is key to human survival, and any ---- in the process can lead to obesity, diabetes, and cardiovascular disease.

- A) consumption
- B) imbalance
- C) accumulation
- D) digestion
- E) involvement

- |      |       |
|------|-------|
| 1. C | 21. B |
| 2. B | 22. A |
| 3. A | 23. B |
| 4. E | 24. B |
| 5. C | 25. B |
| 6. E | 26. D |
| 7. D | 27. A |
| 8. E | 28. C |
| 9. A | 29. E |
| 10.A | 30. E |
| 11.A | 31. E |
| 12.A | 32. E |
| 13.D | 33. E |
| 14.D | 34. E |
| 15.D | 35. C |
| 16.E | 36. D |
| 17.A | 37. C |
| 18.D |       |
| 19.B |       |
| 20.B |       |