

Answers

A) Match the phrases to the definitions

Based on the context of the article, can you match the words in the box to the definitions listed below? Then add the word into the example sentence. You may need to change the form of the word to fit the meaning of the sentence.

The root cause of	to get to the bottom of	to stem from
To bring about	to be the driving force behind	to trigger
a knock-on effect	a vicious circle	

1. To find an explanation for (a mystery or a problem): **to get to the bottom of**

*"We have managed to **get to the bottom of** why we have been losing customers."*

2. An indirect effect on something: **a knock-on effect**

*"The forced redundancies are unfortunately a **knock-on effect** from the pandemic."*

3. To cause something to happen, especially quickly or directly: **to trigger**

*"The bankruptcy of a major US bank **triggered** a global financial crisis in 2008."*

4. To come from or originate from: **to stem from**

*"Success often **stems from** hard work and commitment."*

5. The basic, fundamental cause of something: **the root cause**

*"After extensive research, we have managed to pinpoint the **the root cause** of the downward trend in website hits that we have been experiencing recently."*

6. To cause something to happen (this can be something positive or negative): **to bring about**

*"Progressive government policies have **brought about** fundamental social change."*

7. The person or the thing that has the power to make something happen: **the driving force behind**

*"Our strong, customer-oriented values are **the driving force behind** our success."*

8. One negative effect which causes another negative effect and another negative effect: **a vicious circle**

*"If you eat unhealthily, it can cause you to feel a lack of energy and motivation, which can trigger a **vicious circle**".*

B) Key Words in a New Context

Mental Health In Today's World

Mental health has become a global issue, and many developed countries talk of a 'mental health epidemic' affecting people of all ages, genders, and races. It poses a really worrying question: If countries are developing in terms of economy, technology and healthcare, why are the statistics for mental health worsening year on year? It is becoming more and more urgent that we pinpoint the **root cause** of this crisis.

So what are some of the potential causes of this crisis today? Mental health issues can **stem from the fact that** our world seems to be moving at a much faster pace today than ever before, which can cause severe stress among those who are struggling to keep up. Social media appears to be another serious trigger which has become hugely significant over the past decade. Excessive social media use is directly linked to anxiety, depression and feelings of inadequacy as users try to **get to the bottom of** why their lives are not as good as the lives that their friends seem to be enjoying in highly choreographed photos.

Another problem is the fact that mental health has long been stigmatized and misunderstood. **Despite the fact that** society is much more aware of mental health as a serious issue, there is still a long way to go before a person suffering from mental health issues can be confident that their friends, family or boss will offer them the support that they require. **Due to the fact that** mental health is often still seen as a "weakness" or a "personal failing", people who suffer from mental health problems are often reluctant to seek help. The **knock-on effect** of this is that people don't receive it, which can worsen their condition, and cause them to become more isolated and withdrawn. This isolation and withdrawal can **trigger** what can best be described as a **vicious circle** in which isolated people develop even more severe mental health problems, such as depression and anxiety, leading to further withdrawal from society.

One example of governments attempting to **bring about** change can be seen in Scotland, Ireland and New Zealand among others. These governments have joined forces to propose a shift towards a 'wellness economy' model to measure the success of a country. The idea behind this is that a country's success should not just be measured on economic output, but also by the happiness and contentment of their citizens. The **driving force** behind such an initiative is a strong desire to raise awareness of mental health and to make the world a happier place.

C) Comprehension Questions

1. What are 3 societal causes of mental health issues that are mentioned in the article?
A faster-paced society, excessive social media use and the stigma which still surrounds mental health.

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2. What do you notice about the way the word ‘trigger’ is used in the second paragraph?
Here, “trigger” is used as a noun. We can describe something as being ‘a trigger for something’. “Excessive consumption of sugar is one of the main triggers for diabetes.”
 3. Excessive social media use can lead to “feelings of inadequacy”. What do you think that this means in the context of the sentence at the end of paragraph 2?
The noun ‘inadequacy’ comes from the adjective ‘inadequate’. If something or somebody is ‘inadequate’ then they lack the quality required for something. We can work out the meaning here from the remainder of the sentence, which refers to the fact that people believe that their lives are not as good as other people’s when they see other people’s photos on social media.
 4. Based on the context of the sentence, what do you think the phrase ‘reluctant to’ means in the 3rd paragraph?
If you are reluctant to do something, it means that you don’t want to do it. We can work out the meaning here from the context of the sentence, because the sentence explains that mental health is still seen as a weakness or personal failing.