

# TESTE DE PROFICIÊNCIA - LÍNGUA INGLESA

Edital 005/2023 - PRPPG / CALE / UNESPAR

Data: 27/10/2023

Duração: 2 horas

## INSTRUÇÃO:

Leia o texto abaixo e responda às 05 (CINCO) questões de interpretação. As questões discursivas deverão ser respondidas em **língua portuguesa**. As respostas deverão ser elaboradas com coesão e coerência, atendo-se para a construção de sentido do texto em língua inglesa.

\* Indica uma pergunta obrigatória

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1. NOME DO(A) CANDIDATO(A): \*

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## 2. WHY IS BRAZILIAN YELLOW SEPTEMBER CAMPAIGN IN SPOT? \*

Brazil holds the highest depression rate in Latin America, according to the World Health Organization (WHO). In the country, 5.8% of the population suffers from the disease, 7.7% of women and 3.6% of men. It is one of the most discussed points in *Yellow September*, the suicide prevention month, with communications encouraging mental health promotion.

The suicide prevention month - *Yellow September* - is an opportunity to think about actions to address, acknowledge, and forward mental problems.

This issue is still taboo in some societies, so it must be treated responsibly and seriously. The 2020 and 2021 pandemic aggravated and further confused people about topics related to the psyche. After all, for many people, fear, insecurity, sadness, and anxiety have manifested themselves frequently.

It is important to learn how to differentiate these moments of sadness from feelings and behaviors that can lead to illness. How do we differentiate if fear and sadness are becoming permanent and worsening health? The accredited psychiatrist Omint, Dr. Yara Azevedo Prandi, points out below some important points:

1. Feelings worsen and are accompanied by physical symptoms such as shortness of breath, body pain, pulse, and changes in appetite or sleep.
2. Emotions – such as sadness, anger, fear, irritation, or apparent coldness – become intense and seem unbearable.
3. Feelings allow atypical behaviors, such as becoming irritable and agitated or leading to substance abuse.
4. Negative feelings can accompany cognitive symptoms, such as memory failure, less concentration, mental confusion, and repetition.

Suicidal ideation also includes risk factors such as a history of emotional and physical abuse, domestic violence, or a family history of attempts to take one's own life. The psychiatrist recalls that 90% of people who commit suicide have some mental disorder, such as depression, anxiety, psychosis, and chemical dependency.

The pandemic ignited a new alert for social isolation due to COVID-19, which could worsen mental health because of fear of being contaminated, losing family members, or distance from social life.

According to Dr. Yara, since 1918, there have been reports of increased psychiatric cases in epidemics. However, in the pandemic of the new coronavirus, there are already researches that determine that moment as more delicate for mental health.

"The pandemic may have eroded some people's mental health. When fear and sadness are constant, they can become a disease. In that case, seeking professional help is necessary," warns Dr. Yara Azevedo.

The doctor reflects that we now have the opportunity to raise awareness that mental illness is a pathology like any other, with diagnosis and treatment. "If part of the fear we have about COVID-19 is because science is still unable to diagnose or treat with excellence, depression and anxiety are diseases that psychiatrists and psychologists know how to treat and recover from", she points out.

She uses an analogy to open people's eyes: "When we find a spot on the skin, we make an appointment with the dermatologist immediately. It doesn't take us four months to consider whether it's good to investigate. It may be nothing, but if it is a problem, you have given due attention to start treatment as soon as possible".

1. De acordo com o texto, ao que se refere o "Yellow September" e por que está em evidência no Brasil?

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3. 2. Conforme o texto, a pandemia impactou a saúde mental dos brasileiros? \*  
Explique a partir do texto.

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4. 3. Segundo o texto, como diferenciamos os sintomas momentâneos dos sintomas de doença mental? \*

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5. 4. De acordo com o texto, analise as afirmações abaixo como Verdadeira (V) ou Falsa (F). \*

- a) A ideação suicida também inclui fatores de risco, tais como: abuso emocional e físico, violência doméstica ou histórico familiar de tentativas de suicídio.
- b) O Brasil tem um índice insignificante de pessoas com depressão comparado aos demais países da América Latina.
- c) Noventa por cento das pessoas que cometem suicídio têm algum distúrbio mental, como: depressão, ansiedade, psicose e dependência química.
- d) É importante aprender a diferenciar momentos de tristeza de sentimentos e comportamentos que podem levar à doença.
- e) A depressão e a ansiedade são doenças que os médicos especialistas ainda não sabem como tratar e recuperar os pacientes.

Assinale a alternativa correta:

*Marcar apenas uma oval.*

- a) F - V - F - V - F
- b) F - V - V - V - V
- c) V - F - V - V - F
- d) V - V - F - V - V
- e) V - V - V - V - F

6. 5. Selecione os excertos do texto traduzidos para o Português que correspondem ao sentido original em Inglês. \*

I. Os sentimentos agravam-se e são acompanhados por sintomas físicos, como falta de ar, dores no corpo, pulsação e alterações do apetite ou do sono.

II. Ainda não tivemos a oportunidade de nos conscientizar de que a doença mental é uma patologia como qualquer outra, com diagnóstico e tratamento.

III. Desde 1919, há relatos de aumento de casos psiquiátricos em epidemias.

IV. Quando o medo e a tristeza são constantes, podem tornar-se uma doença. Nesse caso, é necessário procurar ajuda profissional.

V. No hemisfério Sul, 5,8% da população sofre da doença, 7,7% das mulheres e 3,6% dos homens.

Assinale a alternativa correta:

*Marcar apenas uma oval.*

- a) I e II
- b) I e III
- c) II e IV
- d) I e IV
- e) I e V

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