

Ön Söz ve Kitabın Kullanımı

Bu kitapta yer alan özgün sorular ve özgün deneme sınavları, ÖSYM'nin hazırladığı YÖKDİL sınavlarında son yıllarda sorulan soruların zorluk derecesindeki artış esas alınarak hazırlanmıştır. Sınav gruplarında uzun zamandır ders veren ve aynı zamanda sınav hazırlayan yetkin bir yazar kadrosu tarafından sorular kaleme alınmış ve kontrolleri yapılmıştır.

Konu seçimleri, soru türleri, soru uzunlukları ve kökleri, seçenek uzunlukları, doğru ve yanlış seçenekler için kelime seçimleri, soru türleri sıralaması, soru özelinde seçeneklerin zorluk seviyesi ve genel olarak sınav zorluk seviyesi bakımlarından yapılan son dönem sınavları esas alınmıştır. Sınavda gelme ihtimali hiç olmayan veya çok düşük olan kolay sorulara veya daha önce hiçbir sınavda örneği olmayan aşırı zor sorulara yer verilmemiştir. Gerçekçi bir yaklaşımla ÖSYM sınavlarına en yakın bir üslupta ve zorluk seviyesinde sorular hazırlanmış ve sınav kriterlerine uygun olan sorular seçilerek deneme sınavları oluşturulmuştur.

Sınavda 80 soruya verilen cevapları optik forma işaretlemek beş ila sekiz dakika arasında zaman almaktadır. Bu durumu hesaba katarak süreyi verimli değerlendirmeniz gerekmektedir. Lütfen cevaplarınızı optik forma verilen süre içinde işaretlediğinizden emin olunuz.

Kitabı daha verimli kullanmak için soruları çözerken zaman tutmanızda fayda vardır. Her soruya en az iki dakika düşmektedir. Ancak kelime ve dilbilgisi soruları için en fazla bir dakika ayırıp okuma gibi uzun sorular için soru başına iki ila üç dakika süre ayırmak daha mantıklı olabilir.

Soru çözümü bittikten sonra muhakkak soruları analiz etmenizi tavsiye ederiz. Doğru cevapları bilerek işaretlediğinizden ve elediklerinizi bilerek ellediğinizden emin olmanız gerçek sınavda panik yapmadan soruları çözümlenize yardımcı olacaktır. Tüm sınavları acele ile bitirmek yerine her sınavı en az bir kez tekrar okuyup analiz ederek ilerlemeniz yanlışlarınızı düzeltmenize imkân verecek ve bilgilerinizin pekişmesi bakımından daha sağlıklı olacaktır.

Yaptığınız soru çözümü sonuçlarına göre dil bilgisi bölümü soruları türünde çok daha fazla alıştırma yapma ihtiyacı hissederseniz açıklamalı çözümleri olan [THE LAST TOUCH](#) kitabımızdan istifade edebilirsiniz. Kelime okuma odaklı alıştırma yapmak için [Yökdil Kategori Odaklı Kelime Okuma \(Fen-Sağlık-Sosyal\)](#) kitaplarımızdan yararlanabilirsiniz.

Kitabın yayına hazırlık sürecinde kontrol ve düzeltmelere destek olan Sedat ÇALIŞKAN'a, Mahir ERSEÇEN'e de emekleri için teşekkür ederiz.

[YÖKDİL SAĞLIK ÖZGÜN SORU BANKASI VE DENEME SINAVLARI](#) kitabımızın yabancı dil alanında çıktığımız yolda size yol gösterici olmasını ve hedeflerinize ulaşmada kolaylaştırıcı bir rol oynamasını temenni eder, yabancı dil sınavlarında başarılar dileriz.

Bir Dost...

Akın Dil Eğitim Merkezi...



EDİTÖR
Ahmet AKIN
Mutlu ÇALIŞKAN

YAYINA HAZIRLIK
İsmail TURASAN
Erdal IŞIN

BASKI TARİHİ
Ekim 2020

ISBN
978-625-7226-05-9

BASKI
ÖZYURT MATBAACILIK
İNŞ. TAAH. SAN. VE TİC. LTD. ŞTİ.
0 312 384 15 36

YAYINCI SERTİFİKA NO
48305

YAYINEVİ



Macun Mh. 177. Cd. No:19J/3
Yenimahalle / ANKARA

www.akinyayincilik.com

© Copyright Akın Publishing Yayıncılık Basım
Dağıtım Pazarlama Limited Şirketi

Bu kitabın her türlü yayım hakkı Akın Publishing
Yayıncılık Basım Dağıtım Pazarlama Limited
Şirketi'ne aittir. Bu kitabın baskısından 5846 ve
2936 sayılı Fikir ve Sanat Eserleri Yasası hükümleri
gereğince kaynak gösterilerek bile olsa alıntı
yapılamaz, herhangi bir şekilde çoğaltılamaz, genel
ağ ve diğer elektronik ortamlarda yayımlanamaz.



YÖKDİL SAĞLIK ÖZGÜN SORULAR + 5 DENEME



İÇİNDEKİLER

KELİME VE DİL BİLGİSİ	5
CLOZE TEST	17
CÜMLE TAMAMLAMA	26
ÇEVİRİ	36
PARAGRAF OKUMA	58
PARAGRAF TAMAMLAMA	95
PARAGRAFTA AKIŞI BOZAN CÜMLE	105
YÖKDİL SAĞLIK ÖZGÜN DENEME SINAVI - I	111
YÖKDİL SAĞLIK ÖZGÜN DENEME SINAVI - II	130
YÖKDİL SAĞLIK ÖZGÜN DENEME SINAVI - III	150
YÖKDİL SAĞLIK ÖZGÜN DENEME SINAVI - IV	169
YÖKDİL SAĞLIK ÖZGÜN DENEME SINAVI - V	189
CEVAP ANAHTARI	208

KELİME VE DİL BİLGİSİ





1. It has been reported that breast cancer is the most ---- malignancy and the primary cause of cancer death in women worldwide.
- A) communal B) precise
C) prevalent D) conclusive
E) delighted
2. Many people who have sleeping problems, ---- chronic ---- occasional, reach for the sleeping tablets when they see a difficult night ahead of them.
- A) rather / than B) either / or
C) such / as D) so / that
E) as / as
3. Seriously ---- while fighting in World War II, some soldiers ---- from near-total paralysis in the following decade.
- A) wounded / recovered
B) wounding / had recovered
C) to be wounded / was recovering
D) having wounded / have recovered
E) to be wounding / would recover
4. Fibre is ---- for a healthy diet as it reduces plasma cholesterol levels and therefore the risk of heart disease.
- A) harmful B) dependent
C) similar D) vulnerable
E) beneficial
5. Beneficial in many ways, swimming is accessible to a wide range of people who deal with physical ---- that make other exercises, like running, far less appealing.
- A) rejections B) offers
C) issues D) assessments
E) allegations
6. ---- improved concentration, meditation brings about a great change in your listening power as well.
- A) In response to B) In accordance with
C) In case of D) Despite
E) Besides
7. According to a recent study, genes linked ---- creativity could increase the possibility ---- developing schizophrenia and bipolar disorder.
- A) in / over B) up / at
C) by / for D) with / of
E) on / about
8. Today's high-tech cancer killers are based ---- a century-old idea: turning the body's immune system ---- tumours.
- A) with / on
B) within / of
C) in / for
D) to / from
E) upon / against
9. The government is trying to do more to raise the awareness of the public about the severe ---- of drug abuse.
- A) consequences B) responses
C) measurements D) purposes
E) insights
10. By learning to breathe properly, we can control body mechanisms ---- heart rate and blood pressure.
- A) such as B) because of
C) in contrast to D) on behalf of
E) rather than



11. The mood swings and stress teenagers experience as they go through ---- can shape their brain to determine the person they will become.
- A) puberty
B) discovery
C) liberty
D) delivery
E) employment
12. ---- the growing awareness about safe practice, many health professionals are not fully aware of the recommendations related to safety.
- A) In spite of
B) Apart from
C) In search of
D) As a result of
E) For the sake of
13. Anyone who ---- with depression knows that this mental health problem ---- adverse impacts on every aspect of their lives.
- A) will live / must have had
B) lived / is to have
C) is living / should have had
D) has lived / might have
E) had lived / could have
14. The Spanish flu of 1918 is the biggest outbreak of any infection either then or now and we still have to take it very ---- all these years later.
- A) partially
B) especially
C) mildly
D) seriously
E) considerably
15. Stress is associated ---- lower levels of well-being in general, both in the U.S. and ---- the world in countries of all levels of development.
- A) from / in
B) of / through
C) for / during
D) with / around
E) on / over
16. Music Therapy is an established health profession in which music is used within a therapeutic relationship to ---- physical, emotional, cognitive, and social needs of individuals.
- A) reside
B) regard
C) invalidate
D) eliminate
E) address
17. An effective health care system ---- preventive measures against illness rather than encourage people ---- treatment.
- A) should include / to rely on
B) must have included / relying on
C) had to include / to have relied on
D) might have included / to be relied on
E) has to include / relied on
18. According to a recent study, bungee jumping ---- our heart rate and adrenaline release to the same level as jumping out of a plane.
- A) hampers
B) diminishes
C) protects
D) accelerates
E) destroys
19. Scientists are ---- looking to animals as therapy for everything from depression to autism.
- A) vaguely
B) increasingly
C) necessarily
D) hostilely
E) hospitably
20. Of the nearly 50,000 Britons who are diagnosed ---- breast cancer every year, ---- 10,000 develop lymphedema following treatment.
- A) for / at
B) with / about
C) under / in
D) of / on
E) by / of



21. Dr Robert Atkins recognized that a diet high ---- carbs led to weight gain and started a diet revolution ---- his revolutionary Atkins Diet.

- A) on / at
B) in / with
C) with / for
D) amid / onto
E) onto / from

22. Scientists are now ---- the medicinal possibilities of virgin coconut oil to heal some skin conditions.

- A) looking into
B) coming about
C) taking after
D) turning over
E) giving off

23. Researchers in Sweden have linked commuting ---- a wide range of health issues, including poor sleep, stress, exhaustion and more frequent visits ---- the family doctor.

- A) with / off
B) to / to
C) of / through
D) into / of
E) about / across

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

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

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

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



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
E) Regardless of

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
B) hampering
C) avoiding
D) destroying
E) extending

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

32. Some parents ---- their children's use of technology severely as they are aware of its potential for distraction and damage.

- A) define
B) clarify
C) dedicate
D) arrange
E) restrict

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

- 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 jawbone, 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.

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

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

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
D) combining
E) adopting





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
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

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

41. From 1990 to 2019, the U.S. cancer death rate dropped steadily ---- about 1.5 per cent per year, resulting ---- 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

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

- A) through / for B) from / over
C) of / across D) by / against
E) into / on

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) rewarding B) fantastic
C) portable D) widespread
E) complimentary

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

- A) amid / from B) for / in
C) into / of D) by / beyond
E) beneath / on

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



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
E) in contrast

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

61. A new study ---- in mice suggests that a unique genetic mutation ---- a key role in early brain development.

- A) conducting / could have played
B) to conduct / may play
C) being conducted / would have played
D) having conducted / can play
E) conducted / could play

62. Excessive use of antibiotics can cause antibiotic resistance, which can make it difficult to fight bacterial infections ---- influenza and pneumonia.

- A) due to
B) such as
C) despite
D) irrespective of
E) in search of

63. Alzheimer's disease is the most common form ---- dementia, a brain disorder that impacts daily living ---- memory loss and cognitive changes.

- A) of / through
B) at / between
C) to / by
D) in / for
E) into / from

64. While there is no easy fix to losing weight, there are some steps you can take to ---- feelings that trigger overeating and achieve a healthy weight.

- A) claim
B) require
C) refine
D) curb
E) enhance

65. A stress journal, in which you write down the



regular stressors in your life, can help you identify these stressors as well as finding the way you ---- them.

- A) take up
B) come across
C) deal with
D) fall behind
E) carry out

66. Adjustment disorders can make you experience ---- stress ---- would normally be expected in response to a stressful or unexpected event.

- A) so / that
B) more / than
C) as / as
D) both / and
E) such / as

67. ---- what previous studies have found, new research suggests that social networking sites may, in fact, benefit the mental health of adults.

- A) For the sake of
B) As far as
C) In pursuit of
D) Contrary to
E) In excess of

68. Doctors often recommend certain dietary supplements such as cutting salt intake in order to ---- heart health.

- A) prevent
B) deteriorate
C) contradict
D) decline
E) safeguard

69. A lack of positive connections with other people may ---- make older women lonely ---- weaken their bones, putting them at risk.

- A) both / and
B) less / than
C) so / as
D) whether / or
E) as / as

70. In ancient times, health ---- largely under the influence of religion and religious healers who believed it was necessary for people ---- and sacrifice to the gods to achieve good health.

- A) had fallen / praying
B) was falling / having prayed
C) fell / to pray
D) would fall / to be prayed
E) has fallen / being prayed

71. ---- an effective healthcare system centred around maximizing patient value ---- the efforts of employers, healthcare providers, and patients themselves.

- A) Established / will require
B) Having been established / may require
C) To have established / has required
D) To be established / would require
E) Establishing / requires

72. Before you jump to some conclusions, keep in mind that diagnosing ADHD isn't quite that simple ---- none of the symptoms of attention deficit disorder is abnormal.

- A) but
B) so
C) unless
D) though
E) as

73. Almost all recommendations for traumatic brain injury are focused on athletes and soldiers; ----, some of these recommendations are naturally impractical for the rest of the population.

- A) furthermore
B) thus
C) similarly
D) otherwise
E) for instance





74. A new migraine drug can offer an alternative ---- people who do not get relief ---- current drugs, a new trial suggests.

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

75. ---- the effective use of nanoparticles has grown steadily over the last 20 years, doctors are still concerned about their safety and how they might affect the immune system.

- A) As
B) Provided that
C) As if
D) Although
E) Before

76. A new study conducted in Britain suggested that mycoprotein, a kind of protein derived from fungus, may be ---- good for physical health ---- animal protein, such as milk protein.

- A) rather / than
B) so / that
C) as / as
D) just / as
E) such / that

77. Much research carried out recently ---- sugar-sweetened drinks and cancer has been tied ---- obesity.

- A) about / in
B) for / of
C) on / from
D) towards / at
E) into / to

78. Keeping your brain active as you age, ---- by working on a computer, playing games ---- being socially involved, might help you avoid memory loss.

- A) as well / as
B) whether / or
C) neither / nor
D) just / as
E) as / as

79. New research has found that the active compound in spinach ---- improves muscle strength, leading to debates over its use as an enhancer in sports.

- A) substantially
B) adamantly
C) randomly
D) precisely
E) reluctantly

80. Most dieticians urge people to stop spending money on dietary supplements ---- improving cardiovascular health, saying that they almost have no effect.

- A) contrary to
B) along with
C) for the sake of
D) in case of
E) in return for

81. ---- red meat and seafood are good sources of iron, many plant-based foods also contain plenty of this mineral.

- A) Since
B) Given that
C) Whether
D) Although
E) In case

82. Most people ---- their bed a safe haven, but new research suggests that your body heat ---- the release of potentially harmful chemicals from your mattress.

- A) considered / should have triggered
B) consider / could trigger
C) have considered / would trigger
D) will consider / has to trigger
E) had considered / can trigger



83. ---- the symptoms of eating disorders revolve around eating, they are more about coping with feelings than they are about food.

- A) As
B) Now that
C) While
D) Once
E) Just as

84. Facing and overcoming a challenge such as a learning disability can help your child grow stronger and more ----.

- A) resilient
B) vulnerable
C) subjective
D) negligible
E) conventional

85. Some children with autism have only mild impairments, ---- others have more obstacles to overcome.

- A) so
B) given that
C) as
D) whereas
E) if

86. Whatever the cause ---- disagreements and disputes, ---- learning some skills, one can keep his/her personal and professional relationships strong and growing.

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

87. Elderly people who engage ---- a number of mentally stimulating activities is associated with a lower risk ---- developing mild cognitive impairment.

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

88. Most doctors agree that longer and larger clinical trials are required in order to ---- the durability and safety of medications.

- A) restrict
B) determine
C) treat
D) reduce
E) exploit

89. During the Crimean War, Florence Nightingale and a team of nurses ---- the unsanitary conditions at a hospital, greatly ---- the death count.

- A) improved / reducing
B) have improved / to reduce
C) had improved / to be reduced
D) were improving / being reduced
E) will improve / having reduced

90. Researchers ---- a novel test for autism which is more "child-friendly", since the earlier methods ---- considerable pressure on young children.

- A) had devised / may put
B) devised / would have put
C) are devising / should have put
D) have devised / used to put
E) were devising / can put

91. Most scientists and doctors agree that targeting a mechanism rather than an enzyme could be a more ---- approach in effectively treating some disorders.

- A) vague
B) defective
C) viable
D) vulnerable
E) controversial

