

TOEFL Speaking Practice Test 27

Read a passage about Obsessive Compulsive Disorder. Take notes on the main points of the reading passage. You have 45 seconds to read the passage. Begin reading now.

Reading time: 45 seconds

Obsessive Compulsive Disorder

OCD is an anxiety disorder that causes a person to experience obsessive thoughts and to react to these with compulsive behavior or rituals. The obsessions are typically described by OCD sufferers as persistent thoughts or impulses that cause a great amount of stress. These differ from those stressors that the average person suffers from in daily life, such as work or financial problems, in that they are a product of the imagination. While most OCD sufferers admit to knowing that their concerns are not real, they cannot control the thoughts from recurring, and they compensate by performing certain repetitive actions. In addition to these symptoms and responses, a true OCD sufferer spends a large part of the day battling this disease. The debate continues over whether the disease should be classified as a psychological or biological disorder.

Explain how the professor's description of OCD expands upon the reading.

Preparation time: 30 seconds

Response time: 60 seconds

The reading defines obsessive compulsive disorder by touching briefly on the difference between obsessions and compulsions. While it mentions that the average stressors in daily life do not cause the obsessions of OCD sufferers, the lecture expands on this fact, giving clear examples of obsessions and compulsions. The professor claims that the disorder is not taken seriously enough because people tend to misuse the term "obsessed". As in the reading, the professor points out that the obsessions for OCD sufferers are not realistic. They are more like persistent thoughts that don't make sense. In addition, the compulsions are generally unrelated to the obsessive thoughts.

Transcript:

Professor: The terms "obsessed" and "addicted" are used so loosely these days, that one of the most serious mental diseases in America is often not taken seriously even by medical professionals. Obsessive Compulsive Disorder is in fact one of the most debilitating psychological diseases, though it only affects about 4% of the population. Now, when I say debilitating, I mean, in terms of quality of life. While very few people die from the symptoms and responses to OCD, if they don't seek any help, which most don't, they become severely depressed and isolated. Holding down a job or maintaining social relationships are virtually impossible for many OCD sufferers. The term obsession has to be defined properly when

making a proper diagnosis. A true obsession for OCD sufferers is something that is considered abnormal even by the patient himself. So, we're not talking about a passion for golf, or a love of game shows here. To an OCD sufferer, an obsession is generally a persisting thought with no merit, such as the feeling that one is going to throw oneself into traffic. The rituals and behavior that OCD sufferers engage in, such as repetitive hand washing or excessive checking are usually unrelated to the obsessive thoughts. In other words, someone who can't get the image of a tree falling on their house out of their mind might engage in an unrelated ritual such as flipping constantly through pages of a certain book.