

146 . Family budgets the recent rise in health care expenditures.

- a. have suffered from
- b. remain untouched by
- c. are accountable for
- d. have brought about

147 . The out-of-pocket costs on health care spending in 2001-02

- a. are less than expected
- b. put pressure on family budgets
- c. are the same as preceding years
- d. could hardly affect family income

148 . Premium costs out-of-pocket costs.

- a. have nothing to do with
- b. are superimposed on
- c. are identical to
- d. alleviate the burden of

149 . The report on out-of-pocket spending and families' characteristics are

- a. personal views
- b. the author's forecasts
- c. based on evidence
- d. seriously challenged

150 . Families the financial burden of out-of-pocket spending.

- a. pay the bills to reduce
- b. can easily cope with
- c. are indifferent toward
- d. are variably affected by

Passage 4

The World Health Organization classifies depression as a condition for which acupuncture has been proven (through clinical trials) to be an effective treatment. Indeed, a research review published in 2008 sized up eight small trials (with a total of 477 patients) and concluded that acupuncture "could significantly reduce the severity of depression." On the other hand, a 2010 research review analyzed data from 30 trials (with a total of 2,812 patients) and found "insufficient evidence of a consistent beneficial effect from acupuncture" in the treatment of depression. However, those trials included two studies showing that acupuncture may have an additive benefit when combined with medication (compared with the use of medication alone). Other research suggests that acupuncture may be beneficial when combined with medication in the treatment of depression. For instance, a 2009 trial involving 80 patients with major depressive disorder found that combining a low dose of fluoxetine (an antidepressant) with acupuncture for six weeks was as effective as a standard dose of fluoxetine in treatment of depression. Those receiving acupuncture also showed better improvement in symptoms of anxiety and fluoxetine side effects. While acupuncture may help improve mood and ease some symptoms, it is important to work closely with a mental-health professional when treating depression. In most cases, it may be necessary to pursue standard treatments such as medication, psychotherapy, or a combination of the two.