

LANGUE VIVANTE OBLIGATOIRE : ANGLAIS

Durée : 2 heures

L'usage d'abaques, de tables, de calculatrice et de tout instrument électronique susceptible de permettre au candidat d'accéder à des données et de les traiter par les moyens autres que ceux fournis dans le sujet est interdit.

Chaque candidat est responsable de la vérification de son sujet d'épreuve : pagination et impression de chaque page. Ce contrôle doit être fait en début d'épreuve. En cas de doute, le candidat doit alerter au plus tôt le surveillant qui vérifiera et, éventuellement, remplacera le sujet.

Ce sujet comporte la présente page de garde et un énoncé de 3 pages numérotées de 1 à 3.

Si, au cours de l'épreuve, un candidat repère ce qui lui semble être une erreur d'énoncé, il le signale sur sa copie et poursuit sa composition en expliquant les raisons des initiatives qu'il a été amené à prendre.

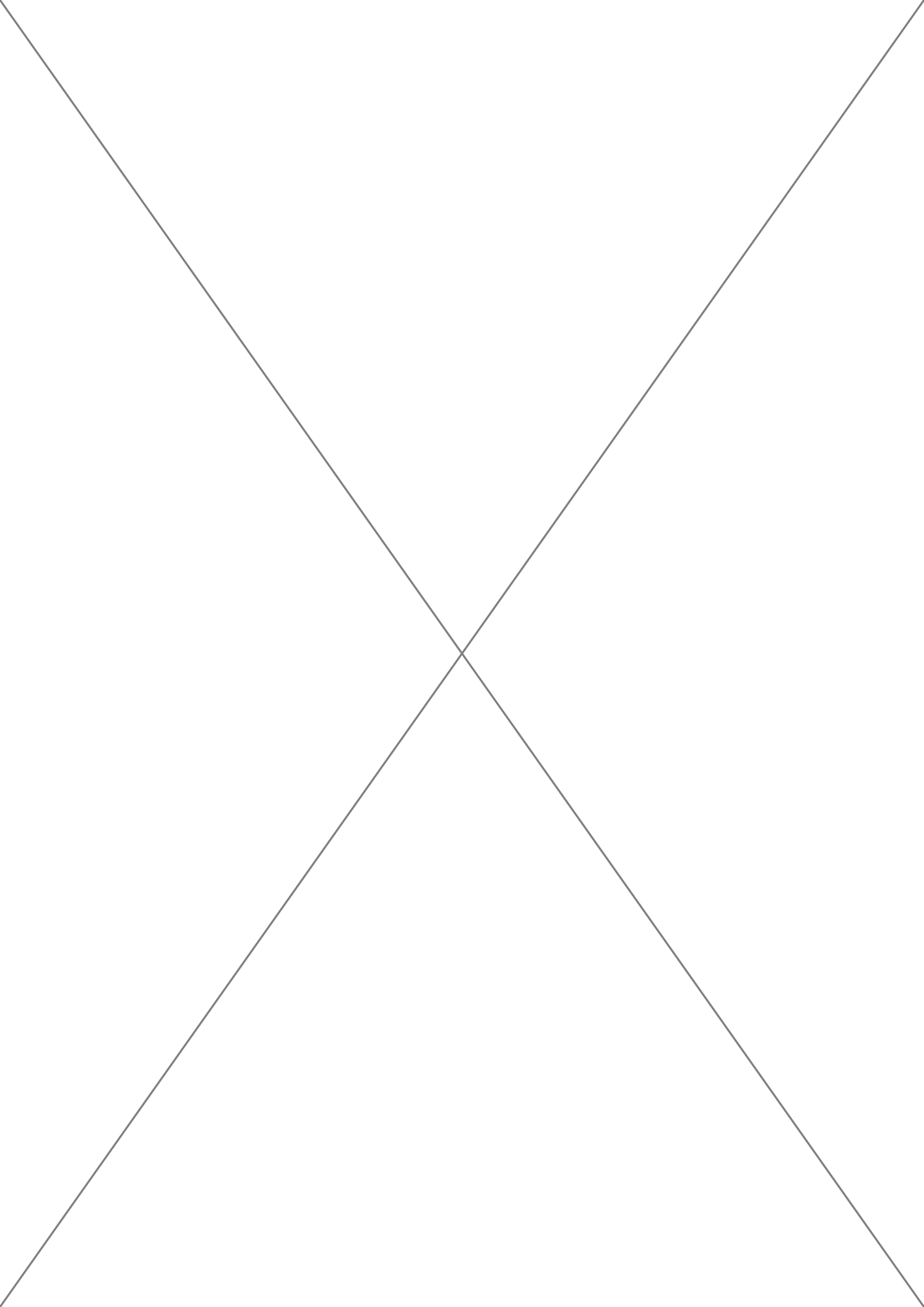
L'épreuve comprend deux parties :

I. Questionnaire à choix multiples (QCM) sur la compréhension de l'écrit : 10 points sur 20

- Lisez le texte et répondez ensuite aux questions ;
- Choisissez parmi les quatre propositions de réponse (a, b, c ou d) celle qui vous paraît la mieux adaptée ;
- Il n'y a qu'une seule réponse possible pour chaque question ;
- **Reportez votre choix sur votre copie ;**
- Cette partie comporte 4 questions de compréhension, 3 questions de vocabulaire et 3 questions de grammaire.
- Barème :
 - Réponse juste : 1 point ;
 - Pas de réponse : 0 point ;
 - Réponse fausse ou réponses multiples : $-\frac{1}{3}$ point.

II. Question d'expression écrite : 10 points sur 20

- Rédigez votre réponse en 180 à 200 mots.



I. Compréhension de l'écrit et QCM

Is the therapeutic potential of hallucinogens risky and overhyped?

David Cox, *The Guardian*, Sat 19 Aug 2023

In June 2021, 32-year-old actor Kate Hyatt travelled to a farmhouse near Great Malvern in Worcesterstershire for a plant medicine retreat that she hoped would improve her mental health after a difficult time during the pandemic lockdowns. While there, she is believed to have taken a substance called wachuma, or San Pedro cactus, a powerful hallucinogen used by Indigenous people in the Andes for thousands of years.

But Hyatt did not experience relief; instead, her mental health worsened. Three months later, she described being in “some sort of psychotic break” and feeling as if her brain was going to explode. Later that autumn she took her own life. At the subsequent inquest, the coroner’s report linked her worsening symptoms to the hallucinogens she had consumed.

Such tragedies represent the darker side of the psychedelics renaissance. These cases are often forgotten amid the feverish anticipation surrounding the therapeutic potential of these drugs, combined with exhaustive media coverage, the rapid rise of a billion-dollar industry – ranging from venture capital-backed startups to wellness retreats – and the hype around last year’s Netflix series *How to Change Your Mind* (based on Michael Pollan’s bestselling book).

Yet without careful monitoring and scrutiny of who receives them, this class of drugs – which includes LSD, MDMA (commonly known as ecstasy or molly) and psilocybin (the active ingredient of magic mushrooms) – can be dangerous. There is evidence that they can destabilise vulnerable individuals who have experienced a previous psychotic episode or have a family history of psychosis. The substances are illegal to distribute and possess in the UK, although they are often obtained on the hidden market. Scientific researchers and biotechnology companies are able to use them in clinical trials only after obtaining a Home Office licence and applying extensive security arrangements.

“Psilocybin affects serotonin and it’s been known for some time that drugs which do this can set off a manic episode in people with bipolar disorder,” says Andrew Penn, a psychedelics researcher at the University of California, San Francisco. “What we worry about with somebody with underlying psychotic illnesses is that the drug might wear off, but the illness symptoms persist, or even that the drug has helped them emerge.”

Self-medication is a particular concern, encouraged by the relentless promotion of the possible benefits of psychedelics. While clinical studies will use precisely controlled doses and patients will be supervised by trained staff, this does not necessarily happen when people take psychedelics alone or at retreats. “People using it out there in the wild, as we say – that’s rapidly increasing,” says Haley Dourron, a researcher at the University of Alabama at Birmingham. “We’re seeing more instances of people having bad experiences, especially those with questionable mental health histories, or use in unsafe circumstances.”

Scientists feel that the popular discussion of psychedelics often downplays the importance of psychotherapy in clinical studies, before and after the drugs are administered. The therapist’s role is not only to help the patient process and learn from their experience, but to keep them safe.

“People with depression tend to have profound guilt about many different things and on these drugs that might get put on blast,” says Penn. “In trials, they go home with a trusted person who keeps an eye on them. Then the next day we start to talk about the experience.”

QCM : UN SEUL CHOIX POSSIBLE PAR QUESTION.

RÉPONDEZ SUR LA COPIE, PAR EXEMPLE :

« Question 11 : choix a » ou « Q11 : a », etc.

VEILLEZ À CE QUE LES LETTRES INDIQUANT LES CHOIX SOIENT TRÈS LISIBLES.

Questions de compréhension

Pour chaque question, choisissez la réponse la plus adéquate en fonction du sens du texte.

1. Lines 1-11: What was the effect of the retreat taken by Kate Hyatt?

- a. It allowed her to avoid lockdown restrictions.
- b. It helped cure her mental health issues.
- c. It worsened her mental health but had no link to her suicide.
- d. It worsened her mental health and is thought to have caused her suicide.

2. Lines 12-16: Tragic cases like Kate Hyatt's are:

- a. Seen in the media and on Netflix every day.
- b. Forgotten as many prefer to focus on the potential of these drugs.
- c. The consequence of books and Netflix series.
- d. Essential for a billion-dollar industry.

3. Lines 17-29: The use of psychedelics:

- a. Is legal in the UK without any specific licence.
- b. Is illegal as it can be dangerous for vulnerable people.
- c. Presents no proven danger and can help prevent bipolar disorder.
- d. Is forbidden even in clinical trials.

4. Lines 30-42: What are the main differences between taking psychedelics in clinical studies and "in the wild"?

- a. In clinical studies patients take precise doses and attend psychotherapy.
- b. In the wild people take precise doses and are well supervised.
- c. In clinical studies patients are separated from their friends.
- d. In clinical studies a psychotherapist makes patients feel guilty.

Questions de vocabulaire

Trouvez l'expression correspondante pour ces termes issus du texte.

5. "Subsequent" (line 10) means:

- a. That comes before.
- b. That comes after.
- c. That happens at the same time.
- d. That never happens.

6. "Worsening" (line 11) means:

- a. Getting better.
- b. Deadly.
- c. Very bad.
- d. Being aggravated.

7. “Downplays” (line 37) means:

- a. Ignores it completely.
- b. Makes it seem more important.
- c. Makes it seem less important.
- d. Makes it sound more scientific.

Questions de grammaire

Choisissez la proposition grammaticalement correcte.

8. Wachuma ... Hyatt’s mental health worse.

- a. Make
- b. Have made
- c. Made
- d. Meant

9. Psychedelics ... dangerous for vulnerable people

- a. Believe to be
- b. Are believing to be
- c. Are believed to be
- d. Are belief to be

10. The text is about the dangers of:

- a. The self-medication
- b. Lot of self-medication
- c. Self-medication
- d. Too many self-medication

II. Question d’expression écrite

Vous traiterez le sujet suivant en 180 à 200 mots et vous indiquerez à la fin de votre production le nombre exact de mots utilisés.

Since alternative medicine can be dangerous, should it be banned?

FIN DU SUJET