

UNIT 5: Addictions

Vocabulary List

English Word/Phrase	English Explanation	Greek Translation
Accessibility/Accessible	The quality of being able to be reached or entered.	Προσβασιμότητα/Προσβάσιμος
Acknowledge	To accept or admit the existence or truth of something.	Αναγνωρίζω
Action to be taken	Specific steps or measures that must be implemented.	Μέτρα που πρέπει να ληφθούν
Addiction	A physical or psychological dependency on a substance.	Εθισμός
Adulterated spirits	Alcoholic drinks made impure by adding inferior substances.	Νοθευμένα ποτά
Alarming reality	A disturbing or frightening truth about a situation.	Ανησυχητική πραγματικότητα
Alcoholism rate	The percentage of a population addicted to alcohol.	Ποσοστό αλκοολισμού
Aspects	Particular parts or features of a matter or situation.	Πτυχές / Πλευρές
Available	Able to be used or obtained; at someone's disposal.	Διαθέσιμος
Beneficial	Resulting in good; having a favorable effect.	Ευεργετικός / Ωφέλιμος
Breed familiarity	To cause people to become well-acquainted with something.	Καλλιεργώ οικειότητα
Clinical psychologist	A professional treating mental and emotional illnesses.	Κλινικός ψυχολόγος
Common practice	Something that is done regularly or typically.	Συνήθης πρακτική

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Consequences	The results or effects of an action or condition.	Συνέπειες
Consumption	The act of using, eating, or drinking something.	Κατανάλωση
Country specific	Something that applies only to a particular nation.	Ειδικό για μια χώρα
Crucial factor	An extremely important element that affects a result.	Καθοριστικός παράγοντας
Cultural traits	Specific customs and behaviors of a particular society.	Πολιτισμικά χαρακτηριστικά
Damaged	Harmed or spoiled; having suffered loss or injury.	Κατεστραμμένος / Ζημιωμένος
Decrease steadily	To diminish in a consistent and gradual manner.	Μειώνομαι σταθερά
Demystify	To make a difficult subject clearer and easier to understand.	Απομυθοποιώ
Detrimental effects	Outcomes that cause harm or damage.	Επιζήμιες συνέπειες
Drastic measures	Extreme or forceful actions taken to solve a problem.	Δραστικά μέτρα
Eager to	Feeling strong desire or enthusiasm to do something.	Ανυπόμονος / Πρόθυμος να
Economic boost	An increase or improvement in financial conditions.	Οικονομική ενίσχυση / τόνωση
Enforce	To compel observance of or compliance with a law.	Επιβάλλω
Essential	Absolutely necessary or extremely important.	Απαραίτητος / Ουσιαστικός
Extensive	Covering or affecting a large area or a great amount.	Εκτεταμένος
Familiar face	Someone you recognize and know.	Γνώριμο πρόσωπο

English Word/Phrase	English Explanation	Greek Translation
Get my hands on	To find or acquire something wanted.	Αποκτώ / Βάζω χέρι σε
Guiltless / Innocence	Having done no wrong; free from legal guilt.	Αθώος / Αθωότητα
Harmful consequences	The damaging results of an action.	Επιβλαβείς συνέπειες
Harmless	Not likely to cause any form of injury or damage.	Αβλαβής / Ακίνδυνος
Impact	A marked effect or influence on someone or something.	Επίπτωση / Αντίκτυπος
Indigestion	Discomfort in the stomach caused by difficulty digesting.	Δυσπεψία
Insomnia	A persistent difficulty in falling or staying asleep.	Αϋπνία
It's pointless to	Expressing that an action serves no purpose.	Δεν έχει νόημα να
Lawful / Legal	Allowed by or conforming to the law.	Νόμιμος
Lethargic	Feeling sluggish, apathetic, or lacking energy.	Ληθαργικός
Manage (temper)	To keep one's emotions or anger under control.	Ελέγχω / Συγκρατώ
Materials / Substances	Matter with specific properties; chemical elements.	Υλικά / Ουσίες
Mental	Relating to the mind or intellectual process.	Ψυχικός / Πνευματικός
Minor	A person under the legal age of full responsibility.	Ανήλικος
Misguided practice	An action based on wrong ideas or poor judgment.	Λανθασμένη πρακτική
Mistaken attitude	An incorrect way of thinking about a situation.	Λανθασμένη στάση

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Morbidity	The condition of being diseased or the rate of sickness.	Νοσηρότητα
Mortality	The state of being subject to death; the death rate.	Θνησιμότητα
Multidimensional approach	A method looking at a problem from many angles.	Πολυδιάστατη προσέγγιση
Mystique / Mystery	A fascinating aura of mystery or power.	Μυστήριο / Γοητεία
Obey	To comply with an order, request, or law.	Υπακούω / Συμμορφώνομαι
Point to	To indicate or mention something as evidence.	Υποδεικνύω
Possible outcomes	Potential results that might happen.	Πιθανά αποτελέσματα / εκβάσεις
Potentially lethal	Capable of causing death; life-threatening.	Δυνητικά θανατηφόρος
Profitable	Yielding profit or financial gain.	Κερδοφόρος
Prohibit / Forbid	To formally forbid something by law.	Απαγορεύω
Proliferation	A rapid increase or spread of something.	Εξάπλωση / Πολλαπλασιασμός
Public awareness	The general level of knowledge among the people.	Ενημέρωση του κοινού
Raise awareness	To increase knowledge about a specific issue.	Ευαισθητοποιώ
Regardless of	Without being affected by any other factors.	Ανεξάρτητα από
Regulations	Rules maintained by an authority.	Κανονισμοί
Respondent	A person who provides answers for a survey.	Ερωτώμενος

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Rural	Relating to the countryside rather than the city.	Αγροτικός / Επαρχιακός
Socially acceptable	Behavior considered appropriate by society.	Κοινωνικά αποδεκτός
Spurred by	Prompted or encouraged into action by something.	Παροτρυνόμενος από
Take measures	To act in order to achieve a specific result.	Λαμβάνω μέτρα
Tend to	To be likely to behave in a certain way.	Τείνω να
Tolerant	Showing willingness to allow opinions one dislikes.	Ανεκτικός
Under no circumstances	Not at any time or for any reason; never.	Σε καμία περίπτωση
Widespread	Distributed over a large area or among many people.	Ευρέως διαδεδομένος
Withdrawal symptoms	Physical/mental pain after stopping a substance.	Στερητικά συμπτώματα

MARIA PAPADAKI

ENGLISH TEACHER

2ND GENERAL LYCEUM OF CHANIA