

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## **Level 2**

### **Internet addiction sign of mental health problems**

**21st September, 2016**

<http://www.breakingnewsenglish.com/1609/160921-internet-addiction-2.html>

## **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 0, 1 and 3. They are (a little) harder.**

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



<https://plus.google.com/+SeanBanville>

# THE READING

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-2.html>

A survey shows that people who use the Internet too much may have mental health problems. People who are addicted to the Internet have problems if they cannot get online regularly. The survey from McMaster University in Canada looked at the Internet habits of 254 students. It also looked at the students' mental health. The researchers said 107 students were addicted or had problems because of their Internet use. These included depression and anxiety. A professor said we know little about the dangers of Internet addiction and need to do more research.

Researcher Michael Van Ameringen explained what problems he found with students. He said: "We found that [students addicted to the Internet] had significantly more trouble dealing with their day-to-day activities, including life at home, at work or school." He added: "[People] with Internet addiction also had significantly higher amounts of depression and anxiety symptoms, problems with planning and [problems with] time management." We need to find out how big a problem Internet addiction is. We also need to find out if mental health problems cause Internet addiction.

Sources: <http://medicalxpress.com/news/2016-09-internet-addiction-mental-health-problems.html>  
<http://www.scienceworldreport.com/articles/47821/20160919/internet-addiction-lead-cognitive-impairment-mental-health-issues-study.htm>  
<http://health.usnews.com/health-care/articles/2016-09-18/internet-addiction-may-be-red-flag-for-other-mental-health-issues-study>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-2.html>

## PARAGRAPH ONE:

- |                                 |                         |
|---------------------------------|-------------------------|
| 1. people who use the Internet  | a. of 254 students      |
| 2. People who are addicted to   | b. about the dangers    |
| 3. have problems if they cannot | c. too much             |
| 4. the Internet habits          | d. and anxiety          |
| 5. had problems because of      | e. more research        |
| 6. These included depression    | f. the Internet         |
| 7. we know little               | g. their Internet use   |
| 8. need to do                   | h. get online regularly |

## PARAGRAPH TWO:

- |                               |                             |
|-------------------------------|-----------------------------|
| 1. problems he found          | a. more trouble             |
| 2. had significantly          | b. of depression            |
| 3. dealing with their day-to- | c. cause Internet addiction |
| 4. life at home, at work      | d. with students            |
| 5. higher amounts             | e. big a problem            |
| 6. problems with time         | f. or school                |
| 7. We need to find out how    | g. day activities           |
| 8. mental health problems     | h. management               |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-2.html>

A survey shows (1) \_\_\_\_\_ use the Internet too much may have mental health problems. People who are addicted to the Internet have problems (2) \_\_\_\_\_ get online regularly. The survey from McMaster University in Canada looked at the Internet habits of 254 students. (3) \_\_\_\_\_ at the students' mental health. The researchers said 107 students were (4) \_\_\_\_\_ problems because of their Internet use. These included depression and anxiety. A professor said we (5) \_\_\_\_\_ the dangers of Internet addiction (6) \_\_\_\_\_ more research.

Researcher Michael Van Ameringen (7) \_\_\_\_\_ he found with students. He said: "We found that [students addicted to the Internet] had significantly (8) \_\_\_\_\_ with their day-to-day activities, (9) \_\_\_\_\_ home, at work or school." He added: "[People] with Internet addiction also had significantly (10) \_\_\_\_\_ depression and anxiety symptoms, problems with planning and [problems with] time management." We (11) \_\_\_\_\_ how big a problem Internet addiction is. We also need (12) \_\_\_\_\_ mental health problems cause Internet addiction.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-2.html>

AsurveyshowsthatpeoplewhousetheInternettoomuchmayhavemen-  
talhealthproblems.PeoplewhoareaddictedtotheInternethaveproble-  
msiftheycannotgetonlineregularly.ThesurveyfromMcMasterUnivers-  
ityinCanadalookedattheInternethabitsof254students.Italsolookeda-  
tthestudents'mentalhealth.Theresearcherssaid107studentsweread-  
dictedorhadproblemsbecauseoftheirInternetuse.Theseincludeddep-  
ressionandanxiety.AprofessorsaidweknowlittleaboutthedangersofI-  
nternetaddictionandneedtodomoreresearch.ResearcherMichaelVan  
Ameringenexplainedwhatproblemshefoundwithstudents.Hesaid:"  
Wefoundthat[studentsaddictedtotheInternet]hadsignificantlymore  
troubledealingwiththeirday-to-dayactivities,includinglifeathome,a  
tworkorschool."Headded:"[People]withInternetaddictionalsohadsi-  
gnificantlyhigheramountsofdepressionandanxietysymptoms,proble-  
mswithplanningand[problemswith]timemanagement."Weneedtofin-  
douthowbigaproblemInternetaddictionis.Wealsoneedtofindoutifme-  
ntalhealthproblemscauseInternetaddiction.

# INTERNET ADDICTION SURVEY

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-4.html>

Write five GOOD questions about Internet addiction in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Internet addiction sign of mental health problems – 21st September, 2016*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

