Internet addiction sign of mental health problems

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A new survey suggests that people who use the Internet too much may have mental health problems. The survey said that people who are addicted to the Internet have problems in life if they cannot get online regularly. The survey is from McMaster University in Canada. Researchers looked at the Internet habits of 254 students and then looked at the students' general mental health. Thirty-three of the students were addicted to the Internet. The researchers said another 107 students had problems because of their Internet use. These included depression, anxiety, impulsiveness and inattention. A professor said we still know little about the dangers of Internet addiction and need to do more research into it.

The lead researcher in the study, professor Michael Van Ameringen, explained what kind of 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 and in social settings." Professor Van Ameringen added: "[People] with Internet addiction also had significantly higher amounts of depression and anxiety symptoms, problems with planning and [problems with] time management." The professor said we needed to find out just how big the problem of Internet addiction is. He also said we needed to find out if mental health problems caused Internet addiction.

Sources: *MedicalXpress.com / scienceworldreport / usNews*

Writing

The Internet should be switched off at night. Would this be good or bad? Discuss.

Chat

Talk about these words from the article.

survey / Internet / mental health / problems / regularly / habits / depression / professor / addicted / activities / trouble / planning / time management / find out

True / False

a) A survey says people should not use the Internet. T / F

b) The survey said Internet addicts needed to get online regularly. T / F

c) Researchers questioned over 2,540 people in their study. T / F

d) A professor said we know a lot about Internet addiction. T / F

e) The professor said addicts had no problem with day-to-day activities. T / F

f) Internet addicts suffer from depression more than non-addicts. T / F

g) Internet addicts find it more difficult to manage their time. T / F

h) We need to know if mental health problems create Internet addiction. T / F

Synonym Match

(The words in **bold** are from the news article.)

1.	**survey**	a.	considerably
2.	**problems**	b.	described
3.	**regularly**	c.	hazards
4.	**general**	d.	difficulties
5.	**dangers**	e.	signs
6.	**explained**	f.	study
7.	**significantly**	g.	discover
8.	**symptoms**	h.	frequently
9.	**find out**	i.	led to
10.	**caused**	j.	usual

Discussion – Student A

a) What is wrong with spending a long time online?

b) Is being online better than being with people?

c) How might Internet addicts have problems with day-to-day life?

d) What are the signs of being addicted to the Internet?

e) How long will people spend online in the future?

f) How dangerous is Internet addiction for children?

g) How might the Internet help people with depression?

h) What questions would you like to ask an Internet addict?

Phrase Match

1. people who use the Internet
2. have problems in life if they cannot get
3. looked at the students' general
4. These included depression, anxiety, impulsiveness
5. need to do more research
6. explained what kind of problems
7. trouble dealing with their day-to-
8. significantly higher amounts
9. find out just how big the problem of Internet addiction
10. find out if mental health problems caused

a. online regularly
b. and inattention
c. day activities
d. Internet addiction
e. too much
f. mental health
g. he found
h. into it
i. of depression
j. is

Discussion – Student B

a) How important is the Internet to you?
b) What do you think about what you read?
c) What would life be like without the Internet?
d) Are you addicted to the Internet?
e) How can we help people with an Internet addiction?
f) Are you addicted if you check social media while on the toilet?
g) Are people who browse the Internet while walking addicted?
h) Who is the most Internet-crazy person you know?

Spelling

1. A new survey tugessgs that…
2. they cannot get online layrglrue
3. the Internet abitsh of 254 students
4. the students' agnleer mental health
5. These included reossidnep, anxiety, impulsiveness…
6. do more cshrerae into it
7. laxenpedi what kind of problems
8. nyiifncisagtl more trouble
9. day-to-day ctiveitsai
10. ingnicdlu life at home
11. anxyeit symptoms
12. problems with time mengnmeata

Role Play

Role A – Phishing
You think phishing is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): lack of exercise, traffic accidents or no conversation.

Role B – Lack of exercise
You think lack of exercise is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): phishing, traffic accidents or no conversation.

Role C – Traffic accidents
You think accidents on the road is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): lack of exercise, phishing or no conversation.

Role D – No conversation
You think no conversation is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): lack of exercise, traffic accidents or phishing.

Speaking – Internet problems

Rank these with your partner. Put the biggest problems with the Internet at the top. Change partners often and share your rankings.

- cyber-bullying
- identity theft
- sleeping difficulties
- online gambling
- phishing
- lack of exercise
- traffic accidents
- no conversation

Answers – Synonym Match

1. f	2. d	3. h	4. j	5. d
6. b	7. a	8. e	9. g	10. i

Answers – True False

a	F	b	T	c	F	d	F	e	F	f	T	g	T	h	T

Answers to Phrase Match and Spelling are in the text.