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**Level 2 – 3rd August 2023**

## **Half the world to develop mental health disorder**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com2308/230803-mental-health-disorders-2.html>

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

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# THE READING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-2.html>

A study has found that more people are experiencing mental health problems. Researchers found that half of us will have at least one mental health disorder by the age of 75. The lead author of the study said the most common problems were mood disorders, like depression or anxiety. He added that the risk of disorders differed between men and women. The three most common mental health disorders for women were depression, phobias that make daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias.

The researchers looked at 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their mental well-being. The researchers found out when mental health problems first started in people. They also looked at the risk of getting different mental disorders. These included panic attacks, drug abuse and ADHD. An important finding was that mental disorders appeared a lot in children. Young people need more help with their lives. They need services that find and treat their mental health problems.

Sources: <https://newatlas.com/health-well-being/half-population-predicted-to-develop-mental-health-disorder-by-75/>  
<https://neurosciencenews.com/mental-health-population-23724/>  
<https://www.abc.net.au/news/2023-08-01/half-population-mental-health-disorders-queensland-study/102668734>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-2.html>

## PARAGRAPH ONE:

- |                                 |                           |
|---------------------------------|---------------------------|
| 1. more people are experiencing | a. were mood disorders    |
| 2. half of us will have at      | b. author of the study    |
| 3. by the                       | c. life more difficult    |
| 4. The lead                     | d. age of 75              |
| 5. the most common problems     | e. men and women          |
| 6. disorders differed between   | f. mental health problems |
| 7. phobias that make daily      | g. from alcohol abuse     |
| 8. Men suffered most            | h. least one              |

## PARAGRAPH TWO:

- |                             |                           |
|-----------------------------|---------------------------|
| 1. researchers looked at 32 | a. attacks                |
| 2. Over 156,000 people      | b. well-being             |
| 3. mental                   | c. at the risk            |
| 4. The researchers found    | d. finding                |
| 5. They also looked         | e. mental health problems |
| 6. panic                    | f. mental health surveys  |
| 7. An important             | g. out when               |
| 8. find and treat their     | h. in 29 countries        |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-2.html>

A study has (1) \_\_\_\_\_ people are experiencing mental health problems. Researchers found that (2) \_\_\_\_\_ will have at least one mental health disorder by the age of 75. The (3) \_\_\_\_\_ the study said the most common problems were mood disorders, like depression or anxiety. He added that (4) \_\_\_\_\_ disorders differed between men and women. The three most common mental health disorders for women were depression, phobias that (5) \_\_\_\_\_ more difficult and PTSD (post-traumatic stress disorder). Men (6) \_\_\_\_\_ alcohol abuse, depression, and phobias.

The researchers looked at 32 mental (7) \_\_\_\_\_ the WHO. Over 156,000 people in 29 countries answered questions about (8) \_\_\_\_\_. The researchers found out when mental health problems first started in people. They also looked at (9) \_\_\_\_\_ getting different mental disorders. These included panic attacks, (10) \_\_\_\_\_ ADHD. An important finding was that mental disorders (11) \_\_\_\_\_ in children. Young people need more help with their lives. They need services that (12) \_\_\_\_\_ their mental health problems.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-2.html>

A study has found that more people are experiencing mental health problems. Researchers found that half of us will have at least one mental health disorder by the age of 75. The lead author of the study said the most common problems were mood disorders, like depression or anxiety. He added that the risk of disorders differed between men and women. The three most common mental health disorders for women were depression, phobias that made daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias. These researchers looked at 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their mental well-being. The researchers found out when mental health problems first started in people. They also looked at the risk of getting different mental disorders. These included panic attacks, drug abuse and ADHD. An important finding was that mental disorders appeared a lot in children. Young people need more help with their lives. They need services that find and treat their mental health problems.

# MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-2.html>

Write five GOOD questions about mental health 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) \_\_\_\_\_

*Half the world to develop mental health disorder – 3rd August 2023*  
More free lessons at [breakingnewsenglish.com](https://breakingnewsenglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

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

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

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

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

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

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

# WRITING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders-2.html>

Write about **mental health** for 10 minutes. Read and talk about your partner’s paper.

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