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## **Level 1**

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

**21st September, 2016**

<http://www.breakingnewsenglish.com/1609/160921-internet-addiction-1.html>

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**Please try Levels 0, 2 and 3. They are (a little) harder.**

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# THE READING

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-1.html>

People who use the Internet too much may have mental health problems. They may have problems if they cannot get online regularly. A survey from a Canadian university looked at the Internet habits of 254 students and their mental health. Researchers said 107 students were addicted or had problems like depression or anxiety because of their Internet use. We know little about the dangers of Internet addiction and need to do more research.

A researcher explained what problems there are. 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 [problems with] time management." We 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-1.html>

## PARAGRAPH ONE:

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1. have mental                       | a. or anxiety            |
| 2. have problems if they cannot      | b. of Internet addiction |
| 3. the Internet habits               | c. health problems       |
| 4. Researchers said 107 students     | d. more research         |
| 5. problems like depression          | e. were addicted         |
| 6. We know                           | f. of 254 students       |
| 7. the dangers of Internet addiction | g. little                |
| 8. need to do                        | h. get online regularly  |

## PARAGRAPH TWO:

- |                                |                             |
|--------------------------------|-----------------------------|
| 1. A researcher explained what | a. trouble                  |
| 2. students addicted           | b. management               |
| 3. significantly more          | c. or school                |
| 4. dealing with their day-to-  | d. cause Internet addiction |
| 5. at home, at work            | e. to the Internet          |
| 6. significantly higher        | f. day activities           |
| 7. time                        | g. problems there are       |
| 8. mental health problems      | h. amounts of depression    |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-1.html>

People (1) \_\_\_\_\_ Internet too much may have mental health problems. They (2) \_\_\_\_\_ if they cannot get (3) \_\_\_\_\_. A survey from a Canadian university looked at the Internet habits of 254 students and their mental health. Researchers (4) \_\_\_\_\_ were addicted or had problems like depression (5) \_\_\_\_\_ of their Internet use. We know little about the dangers of Internet addiction (6) \_\_\_\_\_ research.

A researcher explained (7) \_\_\_\_\_ are. He said: "We found that [students (8) \_\_\_\_\_ Internet] had significantly more trouble (9) \_\_\_\_\_ day-to-day activities, (10) \_\_\_\_\_ home, at work or school." He added: "[People] with Internet addiction also had significantly (11) \_\_\_\_\_ depression...and [problems with] time management." We (12) \_\_\_\_\_ mental health problems cause Internet addiction.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1609/160921-internet-addiction-1.html>

People who use the Internet too much may have mental health problems. They may have problems if they cannot get online regularly. A survey from a Canadian university looked at the Internet habits of 254 students and their mental health. Researchers said 107 students were addicted or had problems like depression or anxiety because of their Internet use. We know little about the dangers of Internet addiction and need to do more research. A researcher explained what problems there are. 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 [problems with] time management." We need to find out if mental health problems cause Internet addiction.

# 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*  
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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) \_\_\_\_\_

