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Level 5 – 19th November, 2019

Online shopping addiction is a mental illness

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<https://breakingnewsenglish.com/1911/191119-buying-shopping-disorder-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1911/191119-buying-shopping-disorder-5.html>

The Internet has brought the convenience of shopping at our leisure in the comfort of our home. For many, the attractions of shopping can turn into an addiction. Experts believe that online shopping can develop into a mental illness. Researchers from the Hannover Medical School have termed the illness "Buying Shopping Disorder" (BSD). Researchers say the medical profession should recognize it as an illness, not just as one of various "impulse control" disorders. Dr Astrid Müller said: "It really is time to...accumulate further knowledge about BSD on the Internet."

Dr Müller and her team conducted research on earlier studies on shopping involving 122 patients who sought treatment for BSD. Dr Müller said five per cent of people might suffer from BSD. She added that younger people are more likely to develop it. They also have greater levels of anxiety and depression. People with BSD exhibit negative behaviors. These include buying expensive things they don't need, keeping and never using things they order, buying things for instant gratification, and ending up in debt. BSD can destroy marriages, relationships and mental health.

Sources: <https://www.mirror.co.uk/science/online-shopping-addiction-is-mental-20887079>
<https://www.medicaldaily.com/should-online-shopping-addiction-be-considered-mental-health-condition-445891>
<https://sports.yahoo.com/being-a-shopaholic-should-be-considered-a-mental-illness-psychiatrists-urge-104603353.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1911/191119-buying-shopping-disorder-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------|-------------------------------|
| 1. in the comfort | a. into an addiction |
| 2. shopping can turn | b. disorders |
| 3. develop into a mental | c. profession |
| 4. termed the illness | d. knowledge about BSD |
| 5. the medical | e. "Buying Shopping Disorder" |
| 6. recognize it | f. of our home |
| 7. various "impulse control" | g. illness |
| 8. accumulate further | h. as an illness |

PARAGRAPH TWO:

- | | |
|----------------------------------|-------------------------|
| 1. 122 patients who sought | a. they order |
| 2. five per cent of people might | b. depression |
| 3. younger people are more | c. marriages |
| 4. greater levels of anxiety and | d. in debt |
| 5. never using things | e. treatment for BSD |
| 6. buying things for instant | f. suffer from BSD |
| 7. ending up | g. likely to develop it |
| 8. BSD can destroy | h. gratification |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1911/191119-buying-shopping-disorder-5.html>

The Internet has brought (1) _____ shopping at our leisure in the comfort of our home. For many, (2) _____ shopping can turn into an addiction. Experts believe that online shopping can develop (3) _____ illness. Researchers from the Hannover Medical School (4) _____ illness "Buying Shopping Disorder" (BSD). Researchers say the medical profession should recognize it as an illness, not just as one of (5) _____ disorders. Dr Astrid Müller said: "It really is (6) _____ further knowledge about BSD on the Internet."

Dr Müller and her team conducted (7) _____ studies on shopping involving 122 patients who (8) _____ BSD. Dr Müller said five per cent of people might suffer from BSD. She added that younger people are more (9) _____ it. They also have greater levels of anxiety and depression. People with BSD (10) _____. These include buying expensive things they don't need, keeping and never using things they order, buying (11) _____ gratification, and ending (12) _____. BSD can destroy marriages, relationships and mental health.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1911/191119-buying-shopping-disorder-5.html>

The Internet has brought the convenience of shopping at our leisure in the comfort of our home. For many, the attractions of shopping can turn into an addiction. Experts believe that online shopping can develop into a mental illness. Researchers from the Hannover Medical School have termed the illness "Buying Shopping Disorder" (BSD). Researchers say the medical professions should recognize it as an illness, not just as one of various "impulse control" disorders. Dr Astrid Müller said: "It really is time to... accumulate further knowledge about BSD on the Internet." Dr Müller and her team conducted research on earlier studies on shopping involving 122 patients who sought treatment for BSD. Dr Müller said five percent of people might suffer from BSD. She added that younger people are more likely to develop it. They also have greater levels of anxiety and depression. People with BSD exhibit negative behaviors. These include buying expensive things they don't need, keeping and never using things they order, buying things for instant gratification, and ending up in debt. BSD can destroy marriages, relationships and mental health.

SHOPPING SURVEY

From <https://breakingnewsenglish.com/1911/191119-buying-shopping-disorder-4.html>

Write five GOOD questions about shopping 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) _____

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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) _____

