BreakingNewsEnglish - The Mini Lesson

Too much gaming is mental health issue

26th December, 2017



World Health The Organization (WHO) has said that too much gaming is officially a mental health problem. The WHO has put "gaming addiction" as a mental health condition on its official list of diseases. The called list is the International Classification

Diseases (ICD). It says that gaming disorder happens when people cannot stop playing and gaming becomes more important than other interests in life. The WHO says this must happen for at least a year for a doctor to say someone has gaming disorder. Someone with gaming disorder will insist on gaming even if they know they have a problem and they have suffered "negative consequences" from gaming too much.

The WHO said doctors should be aware that addiction to gaming is a clear and present danger to people's health because it has "serious" consequences. A WHO spokesman said: "Most people who play video games don't have a disorder, just like most people who drink alcohol don't have a disorder either. However, in certain circumstances, overuse can lead to adverse effects." Some doctors believe that too much gaming should not be considered a mental illness. Psychiatrist Allen Frances compared an addiction to gaming to coffee addiction. He said: "Billions of people around the world are hooked on caffeine for fun or better functioning, but only rarely does this cause more trouble than its worth."

Sources: inquisitr.com / independent.co.uk / newscientist.com

Writing

Gaming addiction should be listed as a medical illness. Discuss.

Chat

Talk about these words from the article.

WHO / gaming / mental / health / problem / diseases / interests / disorder / negative / aware / addiction / consequences / alcohol / adverse / coffee / functioning / rarely

True / False

- The WHO recognized too much gaming as a mental disorder. T / F
- b) Gaming addiction is now on the WHO's official list of diseases. T / F
- c) Gaming is not a disorder if the gamer has played for less than a year. T / F
- d) Gamers usually stop gaming when they suffer negative consequences. T / F
- e) The WHO said all doctors know about the dangers of gaming. T / F
- f) The WHO said that most people who drink alcohol have a disorder. T / F
- g) The WHO said overuse of games can bring about adverse effects. T / F
- h) The WHO said billions of people around the world are hooked on gaming. T / F

Synonym Match

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

1. problem

a. occurs

2. condition

b. operating

3. happens

c. stress

4. insist

d. situations

5. consequences

e. addicted

6. aware

f. difficulty

7. circumstances

q. benefit

8. hooked

h. knowledgeable

9. functioning

. illness

10. worth

i. results

Discussion - Student A

- a) What do you think of gaming?
- b) How useful is gaming?
- c) Why do people get addicted to gaming?
- d) What's your favorite game, and why?
- e) Do you think too much gaming is a disease?
- f) Why can't some people stop gaming?
- g) Is gaming a waste of time?
- h) What 'negative consequences' might there be from gaming too much?

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Phrase Match

- too much gaming is officially a mental
- on its official
- more important than other
- 4. this must happen for at
- they have suffered negative
- The WHO said doctors should
- 7. a clear and present danger to
- in certain circumstances, overuse can
- Billions of people around the world are
- 10. only rarely does this cause more

Discussion - Student B

- What do you think about what you read?
- How dangerous could gaming be? b)
- How similar are addictions to coffee and c) addictions to gaming?
- Are you addicted to anything? d)
- How can we help people who are addicted to gaming?
- Have you ever been hooked on something? f)
- How would you feel about being hooked on a game?
- What questions would you like to ask someone addicted to gaming?

Spelling

- cfifyaliol a mental health problem
- 2. gaming oincaidtd
- 3. list of ssdseaie
- other thiseerts in life 4.
- 5. itnsis on gaming
- 6. and they have effsuedr
- 7. doctors should be arwea
- 8. it has ssieoru consequences
- 9. people who drink Icoohal
- 10. overuse can lead to srdvaee effects
- 11. koohde on caffeine
- 12. more trouble than its rwtho

Answers - Synonym Match

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

- lead to adverse effects a.
- h. consequences
- c. be aware
- list of diseases d.
- trouble e.
- f. least a year
- health problem q.
- hooked on caffeine
- interests in life
- people's health

Role Play

Role A - Computer Games

You think computer games are the best kind of games. Tell the others three reasons why. Tell I them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): board games, card games or sports games.
Role B - Board Games

You think board games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): computer games, card games or sports games.

Role C - Card Games

You think card games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): board games, computer games or sports games.

Role D - Sports Games

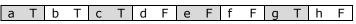
You think sports games are the best kind of games. Tell the others three reasons why. Tell them what is wrong with their games. Also, tell the others which is the least enjoyable of these (and why): board games, card games or computer games.

Speaking - Games

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

- sports games
- chess
- role play games
- children's games
- video games
- phone app games
- board games
- card games

Answers – True False



Answers to Phrase Match and Spelling are in the text.