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Level 6 – 19th November, 2019

Online shopping addiction is a mental illness

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

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

The advent of the Internet has brought with it the convenience of shopping at our leisure in the comfort of our own home. However, for many, the allure of shopping for bargains and treats can turn into an addiction. Experts believe there is a danger that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany have termed it "Buying Shopping Disorder" (BSD). The researchers say this condition should be recognized by the medical profession as an illness and should not simply be classed as one of various "impulse control" disorders. Psychotherapist Dr Astrid Müller said: "It really is time to...accumulate further knowledge about BSD on the Internet."

Dr Müller and her colleagues conducted research on data from earlier studies on compulsive shopping. Their research focused on 122 patients who sought treatment for BSD. Dr Müller reported that about five per cent of the population may be suffering from BSD. She added that younger people are more prone to developing it and experienced greater levels of anxiety and depression. People with BSD readily exhibit negative behaviors. These include spending excessive amounts of money on things they don't need, hoarding and never using things they order, buying things for the sake of 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>

WARM-UPS

1. ADDICTION: Students walk around the class and talk to other students about addiction. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

Internet / shopping / bargain / treat / addiction / mental illness / medical / disorders / colleagues / patients / population / anxiety / depression / gratification / marriages

Have a chat about the topics you liked. Change topics and partners frequently.

3. SHOPPING MALLS: Students A **strongly** believe shopping at malls is better than shopping online; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. INTERNET: How does the Internet make these things more convenient (or otherwise)? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Convenient	How Inconvenient
Shopping		
Studying		
Traveling		
Friendships		
Money		
Hobbies		

5. DISORDER: Spend one minute writing down all of the different words you associate with the word "disorder". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. SHOPPING: Rank these with your partner. Put the best places to shop at the top. Change partners often and share your rankings.

- Online
- Shopping malls
- Markets
- Airports
- Local stores
- Other countries
- Newspapers
- Charity shops

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. advent | a. An illness or other medical problem. |
| 2. allure | b. A paid job, especially one that involves long training and a formal qualification. |
| 3. treat | c. The arrival of a notable person, thing, or event. |
| 4. condition | d. Gather together or acquire an increasing number or quantity of something. |
| 5. profession | e. The quality of being powerfully and mysteriously attractive or fascinating. |
| 6. classed | f. An activity, event or item that is out of the ordinary and gives great pleasure; a present or gift to yourself. |
| 7. accumulate | g. Assigned or regarded as belonging to a particular category. |

Paragraph 2

- | | |
|-------------------|---|
| 8. colleague | h. Pleasure, especially when gained from the satisfaction of a desire. |
| 9. compulsive | i. A person with whom one works in a job or business. |
| 10. prone | j. Resulting from or relating to an unstoppable desire or urge, especially one that is against one's conscious wishes. |
| 11. anxiety | k. More than is necessary or normal; too, too, too, too much. |
| 12. excessive | l. A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain ending. |
| 13. hoarding | m. Likely to or liable to suffer from, do, or experience something - usually something that is unpleasant. |
| 14. gratification | n. Gathering money or objects and hiding or storing them away. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The Internet has made shopping at home more uncomfortable. **T / F**
- b. Experts say that online shopping addiction is a form of mental disorder. **T / F**
- c. The research described in this article was conducted in Germany. **T / F**
- d. A psychotherapist said we needed to accumulate further knowledge. **T / F**
- e. Researchers looked at data on over 1,000 BSD patients. **T / F**
- f. A researcher said nearly 10% of people may suffer from BSD. **T / F**
- g. People seek instant gratification by shopping online. **T / F**
- h. Researchers say people can end up in credit because of BSD. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-------------------------|----------------|
| 1. advent | a. co-workers |
| 2. leisure | b. gather |
| 3. experts | c. fulfillment |
| 4. classed | d. specialists |
| 5. accumulate | e. requested |
| 6. colleagues | f. likely |
| 7. sought | g. arrival |
| 8. prone | h. arrears |
| 9. gratification | i. categorized |
| 10. debt | j. relaxation |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|------------------------------|
| 1. The advent | a. by the medical profession |
| 2. in the comfort of our | b. things they order |
| 3. the allure of | c. knowledge about BSD |
| 4. this condition should be recognized | d. instant gratification |
| 5. time to accumulate further | e. shopping for bargains |
| 6. 122 patients who | f. destroy marriages |
| 7. younger people are more prone | g. of the Internet |
| 8. hoarding and never using | h. to developing it |
| 9. buying things for the sake of | i. sought treatment |
| 10. BSD can | j. own home |

GAP FILL

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

The (1) _____ of the Internet has brought with it the convenience of shopping at our leisure in the (2) _____ of our own home. However, for many, the allure of shopping for bargains and (3) _____ can turn into an (4) _____. Experts believe there is a danger that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany have (5) _____ it "Buying Shopping Disorder" (BSD). The researchers say this condition should be recognized by the medical (6) _____ as an illness and should not simply be classed as one of various "impulse control" (7) _____. Psychotherapist Dr Astrid Müller said: "It really is time to... (8) _____ further knowledge about BSD on the Internet."

treats
termed
accumulate
advent
addiction
disorders
comfort
profession

Dr Müller and her (9) _____ conducted research on data from earlier studies on compulsive shopping. Their research focused on 122 patients who (10) _____ treatment for BSD. Dr Müller reported that about five per cent of the population may be suffering from BSD. She added that younger people are more (11) _____ to developing it and experienced greater levels of (12) _____ and depression. People with BSD readily exhibit negative behaviors. These include spending (13) _____ amounts of money on things they don't need, (14) _____ and never using things they order, buying things for the (15) _____ of instant gratification, and ending up in (16) _____. BSD can destroy marriages, relationships and mental health.

anxiety
sought
excessive
sake
colleagues
debt
prone
hoarding

LISTENING – Guess the answers. Listen to check.

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

- 1) The advent of the Internet has brought with it the convenience of shopping _____
 - a. at our leisure
 - b. that our leisure
 - c. what our leisure
 - d. mat our leisure
- 2) However, for many, the allure of shopping for _____
 - a. bargains and threats
 - b. bargains and treats
 - c. bargains and treaties
 - d. bargains and treatise
- 3) The researchers say this condition should be recognized by the _____
 - a. medical professing
 - b. medical profession
 - c. medical profess shun
 - d. medical pro fusion
- 4) an illness and should not simply be classed as one of various " _____ " disorders
 - a. in pulse control
 - b. imp pulse control
 - c. amp pulse control
 - d. impulse control
- 5) Dr Astrid Müller said: "It really is time to...accumulate _____"
 - a. further knowledge
 - b. farther knowledge
 - c. furrier knowledge
 - d. future knowledge
- 6) Dr Müller and her colleagues conducted research _____
 - a. in data
 - b. on data
 - c. an data
 - d. un-data
- 7) Their research focused on 122 patients who _____ for BSD
 - a. ought treatment
 - b. caught treatment
 - c. thought treatment
 - d. sought treatment
- 8) prone to developing it and experienced greater levels of _____ depression
 - a. anxiety and
 - b. anxious and
 - c. and piety and
 - d. and city and
- 9) using things they order, buying things for the sake of _____
 - a. instantly gratification
 - b. instance gratification
 - c. instant gratification
 - d. in start gratification
- 10) BSD can destroy marriages, relationships _____
 - a. and mental healthful
 - b. and mental healthy
 - c. and mental healthily
 - d. and mental health

LISTENING – Listen and fill in the gaps

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

The advent of the Internet has brought with it (1) _____ shopping at our leisure in (2) _____ our own home. However, for many, the allure of shopping for (3) _____ can turn into an addiction. Experts believe there is a danger that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany (4) _____ "Buying Shopping Disorder" (BSD). The researchers say this condition should be recognized by the medical profession as an illness and should not (5) _____ as one of various "impulse control" disorders. Psychotherapist Dr Astrid Müller said: "It really is time to... (6) _____ about BSD on the Internet."

Dr Müller and her colleagues (7) _____ data from earlier studies on compulsive shopping. Their research focused on 122 patients who (8) _____ BSD. Dr Müller reported that about five per cent of the population may be suffering from BSD. She added that younger people are (9) _____ developing it and experienced greater levels of anxiety and depression. People with BSD (10) _____ behaviors. These include spending excessive amounts of money on things they don't need, (11) _____ using things they order, buying things for the sake of instant gratification, and ending (12) _____. BSD can destroy marriages, relationships and mental health.

COMPREHENSION QUESTIONS

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

1. What did the article say the advent of the Internet brought?
2. What did the article say the allure of bargains and treats turn into?
3. In what country was this research conducted?
4. Who did a researcher say should recognize BSD as an illness?
5. What did a researcher say it was time to accumulate?
6. How many patients did researchers look at the data of?
7. What percentage of the population might have BSD?
8. Who is more prone to developing BSD?
9. What instant thing might online shopping addicts be seeking?
10. What did the article say BSD can destroy besides mental health?

MULTIPLE CHOICE - QUIZ

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

- 1) What did the article say the advent of the Internet brought?
 - a) great bargains
 - b) the convenience of shopping
 - c) greater freedom of choice
 - d) the end of small stores
- 2) What did the article say the allure of bargains and treats turns into?
 - a) horror stories
 - b) being poor
 - c) great pleasure
 - d) an addiction
- 3) In what country was this research conducted?
 - a) Germany
 - b) the USA
 - c) Japan
 - d) South Africa
- 4) Who did a researcher say should recognize BSD as an illness?
 - a) online stores
 - b) web visitors
 - c) the medical profession
 - d) shoppers
- 5) What did a researcher say it was time to accumulate?
 - a) money
 - b) further knowledge about BSD
 - c) online shopping points
 - d) ideas to curb addiction
- 6) How many patients did researchers look at the data of?
 - a) 122
 - b) 123
 - c) 124
 - d) 125
- 7) What percentage of the population might have BSD?
 - a) 3%
 - b) 10%
 - c) 5%
 - d) 8%
- 8) Who is more prone to developing BSD?
 - a) younger people
 - b) older people
 - c) men
 - d) women
- 9) What instant thing might online shopping addicts be seeking?
 - a) gratification
 - b) points
 - c) bargains
 - d) food
- 10) What did the article say BSD can destroy besides mental health?
 - a) Internet connections
 - b) mobile phone bills
 - c) confidence
 - d) marriages and relationships

ROLE PLAY

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

Role A – Online

You think online is the best place to shop. Tell the others three reasons why. Tell them what is wrong with their places to shop. Also, tell the others which is the worst of these (and why): shopping mall, market or charity shop.

Role B – Shopping Malls

You think a shopping mall is the best place to shop. Tell the others three reasons why. Tell them what is wrong with their places to shop. Also, tell the others which is the worst of these (and why): online, market or charity shop.

Role C – Markets

You think a market is the best place to shop. Tell the others three reasons why. Tell them what is wrong with their places to shop. Also, tell the others which is the worst of these (and why): shopping mall, online or charity shop.

Role D – Charity Shops

You think a charity shop is the best place to shop. Tell the others three reasons why. Tell them what is wrong with their places to shop. Also, tell the others which is the worst of these (and why): shopping mall, market or online.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'shopping' and 'addiction'.

shopping	addiction

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• advent• allure• turn• termed• medical• time	<ul style="list-style-type: none">• data• 122• five• prone• money• destroy
--	---

SHOPPING SURVEY

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

SHOPPING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'addiction'?
3. What do you think of online shopping?
4. How does online shopping compare to shopping in malls?
5. What are the dangers of online shopping?
6. How do you feel when you shop online?
7. What do you buy for yourself as a treat?
8. Why do you think shopping is an addiction?
9. Is shopping more addictive for men or women?
10. Do you think shopping addiction is a mental illness?

Online shopping addiction is mental illness – 19th November, 2019
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SHOPPING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'shopping'?
13. What do you think about what you read?
14. How has the Internet changed the way we shop?
15. How serious is it that one in five people may have BSD?
16. How can doctors treat people who suffer from BSD?
17. Why might BSD lead to anxiety and depression?
18. How would you help a friend who had BSD?
19. Have you ever been in debt?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

The (1) _____ of the Internet has brought with it the convenience of shopping at our leisure in the comfort of our own home. However, for many, the (2) _____ of shopping for bargains and treats can turn into an addiction. Experts believe there is a danger that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany have (3) _____ it "Buying Shopping Disorder" (BSD). The researchers say this condition should be recognized (4) _____ the medical profession as an illness and should not (5) _____ be classed as one of various "impulse control" disorders. Psychotherapist Dr Astrid Müller said: "It really is time to...accumulate (6) _____ knowledge about BSD on the Internet."

Dr Müller and her colleagues conducted research (7) _____ data from earlier studies on compulsive shopping. Their research focused on 122 patients who sought treatment (8) _____ BSD. Dr Müller reported that about five per cent of the population may be suffering from BSD. She added that younger people are more (9) _____ to developing it and experienced greater levels of anxiety and depression. People with BSD (10) _____ exhibit negative behaviors. These include spending excessive amounts of money on things they don't need, (11) _____ and never using things they order, buying things for the sake of instant gratification, and ending up in (12) _____. BSD can destroy marriages, relationships and mental health.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|-------------|---------------|--------------|
| 1. | (a) event | (b) advent | (c) invent | (d) vent |
| 2. | (a) azure | (b) allure | (c) assure | (d) accurate |
| 3. | (a) aggregated | (b) cast | (c) pioneered | (d) termed |
| 4. | (a) on | (b) by | (c) of | (d) at |
| 5. | (a) justify | (b) mere | (c) easy | (d) simply |
| 6. | (a) approx | (b) sum | (c) further | (d) brainy |
| 7. | (a) on | (b) in | (c) at | (d) to |
| 8. | (a) on | (b) at | (c) for | (d) in |
| 9. | (a) prose | (b) prove | (c) probe | (d) prone |
| 10. | (a) readily | (b) so | (c) although | (d) fair |
| 11. | (a) hoarding | (b) heeding | (c) herding | (d) hooding |
| 12. | (a) debt | (b) arrear | (c) credit | (d) interest |

SPELLING

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

Paragraph 1

1. the nnonciecee of shopping
2. the ealurl of shopping
3. griasbna and treats
4. the medical ooirsepnfs
5. various mpliuse control disorders
6. time to alcamucuet further knowledge

Paragraph 2

7. movipcusle shopping
8. levels of yneixta and depression
9. hetbiix negative behaviors
10. spending csexiseve amounts of money
11. ohndgria and never using things
12. for the sake of instant roitfataingic

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () it and experienced greater levels of anxiety and depression. People with BSD readily exhibit negative
- () behaviors. These include spending excessive amounts of money on things they don't need, hoarding and never
- () said: "It really is time to...accumulate further knowledge about BSD on the Internet."
- () Disorder" (BSD). The researchers say this condition should be recognized by the medical
- () Dr Müller and her colleagues conducted research on data from earlier studies on compulsive
- () up in debt. BSD can destroy marriages, relationships and mental health.
- () shopping. Their research focused on 122 patients who sought treatment for BSD. Dr Müller reported that about five per cent
- () illness. Researchers from the Hannover Medical School in Germany have termed it "Buying Shopping
- () into an addiction. Experts believe there is a danger that online shopping can develop into a mental
- () profession as an illness and should not simply be classed as one of various "impulse control" disorders. Psychotherapist Dr Astrid Müller
- () using things they order, buying things for the sake of instant gratification, and ending
- () of our own home. However, for many, the allure of shopping for bargains and treats can turn
- () of the population may be suffering from BSD. She added that younger people are more prone to developing
- (**1**) The advent of the Internet has brought with it the convenience of shopping at our leisure in the comfort

PUT THE WORDS IN THE RIGHT ORDER

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

1. our leisure . of shopping convenience at The
2. of The shopping bargains for treats . and allure
3. into can illness . mental develop shopping a Online
4. the by medical profession an as Recognized illness .
5. really time to accumulate It is knowledge . further
6. 122 focused who sought treatment . on patients Research
7. exhibit negative readily with People behaviors . BSD
8. excessive Spending amounts of on money things .
9. never they Hoarding things order . using and
10. for things the of instant Buying gratification . sake

CIRCLE THE CORRECT WORD (20 PAIRS)

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

The *advent / invent* of the Internet has brought with it the convenience of shopping at our *leisurely / leisure* in the comfort of our own home. However, for many, the *allure / assure* of shopping for bargains and treats can turn into an addiction. Experts believe there is a *safety / danger* that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany have *termed / teamed* it "Buying Shopping Disorder" (BSD). The researchers say this *conditioned / condition* should be recognized by the medical *profession / professing* as an illness and should not simply be *classed / clapped* as one of *various / variety* "impulse control" disorders. Psychotherapist Dr Astrid Müller said: "It really is time to...accumulate *amass / further* knowledge about BSD on the Internet."

Dr Müller and her colleagues *conducted / conducive* research on data from earlier studies on compulsive shopping. Their research focused *in / on* 122 patients who *thought / sought* treatment for BSD. Dr Müller reported that about five per cent of the population may *do / be* suffering from BSD. She added that younger people are more *prone / prose* to developing it and experienced greater levels of *anxious / anxiety* and depression. People with BSD readily exhibit negative behaviors. These include *spending / purchasing* excessive amounts of money on things they don't need, hoarding and never using things they *disorder / order*, buying things for the *sake / take* of instant gratification, and ending up *in / on* debt. BSD can destroy marriages, relationships and mental health.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

Th_ _d v_n t _f th_ I n t_r n_t h_s b r__ g h t w_t h
t th c_n v_n__ n c_ _f s h_p p_n g _t __ r l__ s_r
n th c_m f_r t _f __ r _w n h_m_. H_w_v_r, f_r
m_n y, th_ l_l_r_ _f s h_p p_n g f_r b_r g__ n s _n
d t r__ t s c_n t_r n _n t_ _n _d d_c t__ n. E x p_r t
s b_l__ v_ t h_r__ s _ d_n g_r t h_t _n l_n_ s h_p p_n
g c_n d_v_l_p _n t_ _ m_n t_l _l l_n_s s. R_s__ r c
h_r s f_r m th_ H_n n_v_r M_d_c_l S c h__ l _n G_r
m_n y h_v_ t_r m_d _t "B_y_n g S h_p p_n g D_s_r
d_r" (B S D). Th_ r_s__ r c h_r s s_y t h_s c_n
d_t__ n s h__ l d b_ r_c_g n_z_d b y th_ m_d_c_l
p_r_f_s s__ n _s _n _l l_n_s s _n d s h__ l d n_t s_m
p_l y b_ c_l_s s_d _s _n _f v_r__s "_m p_l_s_ c_n t
r_l" d_s_r d_r s. P_s_y c_h_t h_r_p_s t D_r A_s_t_r_d
M_ü_l_l_r s__ d: "I t r__ l_l y _s t_m_ t_...c
c_m_l_t_ f_r t h_r k_n_w_l_d_g_ _b__ t B S D _n th_ I
n t_r n_t."

D_r M_ü_l_l_r _n d h_r c_l_l__ g__ s c_n d_c t_d
r_s__ r c h _n d_t_ f_r m __ r l__ r s t_d__ s _n c_m
p_l_s_v_ s h_p p_n g. Th__ r r_s__ r c h f_c_s_d _n
1 2 2 p_t__ n t s w h_ s__ g h t t r__ t m_n t f_r B
S D. D_r M_ü_l_l_r r_p_r t_d t h_t _b__ t f_v_ p_r
c_n t _f th_ p_p_l_t__ n m_y b_ s_f f_r_n g f_r m
B S D. S h_ _d d_d t h_t y__ n g_r p__ p_l_ _r_ m_r_
p_r_n_ t_ d_v_l_p_n g _t _n d _x_p_r__ n c_d g_r__ t_r
l_v_l_s _f _n x__ t y _n d d_p_r_s s__ n. P__ p_l_ w_t
h B S D r__ d_l y _x h_b_t n_g_t_v_ b_h_v__ r s. T
h_s_ _n c_l_d_ s_p_n d_n g _x_c_s_s_v_ _m__ n t s _f
m_n y _n th_n g s t h_y d_n 't n__ d, h__ r d_n g
_n d n_v_r _s_n g t h_n g s t h_y _r d_r, b_y_n g t
h_n g s f_r th_ s_k_ _f _n s t_n t g_r_t_f_c_t__ n,
_n d _n d_n g _p _n d_b_t. B S D c_n d_s t_r_y
m_r_r__ g_s, r_l_t__ n s h_p s _n d m_n t_l h__ l t h.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

the advent of the internet has brought with it the convenience of shopping at our leisure in the comfort of our own home however for many the allure of shopping for bargains and treats can turn into an addiction experts believe there is a danger that online shopping can develop into a mental illness researchers from the hannover medical school in germany have termed it buying shopping disorder bsd the researchers say this condition should be recognized by the medical profession as an illness and should not simply be classed as one of various impulse control disorders psychotherapist dr astrid mller said it really is time to accumulate further knowledge about bsd on the internet

dr mller and her colleagues conducted research on data from earlier studies on compulsive shopping their research focused on 122 patients who sought treatment for bsd dr mller reported that about five per cent of the population may be suffering from bsd she added that younger people are more prone to developing it and experienced greater levels of anxiety and depression people with bsd readily exhibit negative behaviors these include spending excessive amounts of money on things they dont need hoarding and never using things they order buying things for the sake of instant gratification and ending up in debt bsd can destroy marriages relationships and mental health

PUT A SLASH (/) WHERE THE SPACES ARE

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

The advent of the Internet has brought with it the convenience of shopping at our leisure in the comfort of our own home. However, for many, the allure of shopping for bargains and treats can turn into an addiction. Experts believe there is a danger that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany have termed it "Buying Shopping Disorder" (BSD). The researchers say this condition should be recognized by the medical profession as an illness and should not simply be classed as one of various "impulse control" disorders. Psychotherapist Dr Astrid Müller said: "It really is time to... accumulate further knowledge about BSD on the Internet." Dr Müller and her colleagues conducted research on data from earlier studies on compulsive shopping. Their research focused on 122 patients who sought treatment for BSD. Dr Müller reported that about five percent of the population may be suffering from BSD. She added that younger people are more prone to developing it and experienced greater levels of anxiety and depression. People with BSD readily exhibit negative behaviors. These include spending excessive amounts of money on things they don't need, hoarding and never using things they order, buying things for the sake of instant gratification, and ending up in debt. BSD can destroy marriages, relationships and mental health.

HOMWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SHOPPING: Make a poster about shopping. Show your work to your classmates in the next lesson. Did you all have similar things?

4. ONLINE SHOPPING ADDICTION: Write a magazine article about limiting website time to curb online shopping addiction. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on online shopping. Ask him/her three questions about it. Give him/her three of your ideas on how we can stay away from being addicted to online shopping. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. f 4. a 5. b 6. g 7. d
8. i 9. j 10. m 11. l 12. k 13. n 14. h

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. The convenience of shopping
2. An addiction
3. Germany
4. The medical profession
5. Further knowledge about BSD
6. 122
7. Five per cent
8. Younger people
9. Gratification
10. Marriages and relationships

WORDS IN THE RIGHT ORDER (p.20)

1. The convenience of shopping at our leisure.
2. The allure of shopping for bargains and treats.
3. Online shopping can develop into a mental illness.
4. Recognized by the medical profession as an illness.
5. It really is time to accumulate further knowledge.
6. Research focused on 122 patients who sought treatment.
7. People with BSD readily exhibit negative behaviors.
8. Spending excessive amounts of money on things.
9. Hoarding and never using things they order.
10. Buying things for the sake of instant gratification.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)