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**Feeling hungry can make us feel "hangry" – 18th July, 2022**

## Level 4

The rarely-used word "hanger" was first used in 1918. The word is a combination of the words "hungry" and "angry". It means to be bad tempered because of hunger. It's making a comeback because of research that says "hanger" is a real feeling. "Hangriness" could be a real medical condition. Scientists looked at how hunger affects our daily feelings. A professor said there was a strong link between hunger and feelings of anger or low pleasure.

The researchers analysed surveys from 64 volunteers. Participants used a smartphone app to log their feelings five times a day for 21 days. Researchers got real-time information on feelings at the time of hunger. The professor said there was a strong link between hunger and emotions. He said: "Feeling hungry is associated with greater anger...and lower levels of pleasure." He added that if people know they are hangry, they could control their anger.

## Level 5

The word "hanger" was first used in 1918. It's rarely used today, but it may be making a comeback and become used more frequently. The word is a portmanteau (combination) of the words "hungry" and "angry". It means to be bad tempered as a result of hunger. Its increased use is because of research that says "hanger" is a real feeling. Researchers say "hangriness" could be a genuine medical condition. Scientists looked at how hunger affects our daily emotions. A professor said the research showed a strong link between hunger and feelings of anger or low pleasure.

The researchers analysed data from 64 volunteers. Participants completed surveys on a smartphone app five times a day for 21 days. Researchers received real-time information on feelings at the time of hunger. The professor said there was a "meaningful" link between hunger and emotions. He said: "The experience of being hangry is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry is associated with greater anger...and lower levels of pleasure." He said if people knew they were hangry, they could control their anger.

## Level 6

A word first coined in 1918, but rarely used today, may become a more frequently used part of the English lexicon. That word is "hangry," which is a portmanteau of the words "hungry" and "angry". It means to be bad tempered or irritable as a result of hunger. The word is making a comeback because of research that suggests "hanger" is a diagnosable feeling. Researchers believe "hangriness" could be a genuine medical phenomenon. Scientists from the UK's Anglia Ruskin University examined how hunger affects emotions during our daily lives. Lead author Professor Viren Swami said the research indicated a strong link between hunger and feelings of anger, irritability, or low pleasure.

The researchers analysed data from 64 volunteers aged between 18 and 60. The participants had to complete surveys on a smartphone app five times a day for 21 days. The app helped people to give researchers real-time information on their feelings when they were hungry. Dr Swami explained this provided a "meaningful" link between hunger and emotions. He said: "The results of the...study suggest that the experience of being hangry is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry is associated with greater anger, irritability and lower levels of pleasure." He suggested that if people knew they were hangry, they could control their anger better.