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Level 3 – 3rd August 2023

Half the world to develop mental health disorder

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<https://breakingnewsenglish.com2308/230803-mental-health-disorders.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com2308/230803-mental-health-disorders.html>

A new study has found that more and more people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that half of us will have at least one mental health disorder by the time we are 75. Professor John McGrath, lead author of the study, said the most common issues were mood disorders, such as depression or anxiety. He added that "the risk of certain mental disorders differed by sex". The three most common mental health disorders among women were depression, phobias that make daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias.

The researchers looked at data from 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their lifestyle and mental well-being. The researchers analyzed the questionnaires to find out when mental health problems first started in people. They also assessed the risk of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug abuse and ADHD. An important finding of the study was that for many people, mental health disorders first appeared in childhood or in teenage years. The study concluded that young people needed more help in the "critical parts of their lives". They need services that find and treat their mental health problems.

Sources: <https://newatlas.com/health-well-being/half-population-predicted-to-develop-mental-health-disorder-by-75/>
<https://neurosciencenews.com/mental-health-population-23724/>
<https://www.abc.net.au/news/2023-08-01/half-population-mental-health-disorders-queensland-study/102668734>

WARM-UPS

1. MENTAL HEALTH: Students walk around the class and talk to other students about mental health. 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?

study / mental health / problems / disorders / mood / depression / anxiety / phobias / researchers / data / well-being / risk / ADHD / childhood / teenage years / services

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

3. HELP: Students A **strongly** believe all children should receive mental health help; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. PHOBIAS: How serious are these phobias? How can we help people with these phobias? Complete this table with your partner(s). Change partners often and share what you wrote.

Fear of...	How Serious?	How We Can Help People
social situations		
being injured		
public speaking		
having no money		
crowds		
the dark		

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

6. TREATMENT: Rank these with your partner. Put the best treatments for mental health disorders at the top. Change partners often and share your rankings.

- Talking
- Medicine
- Lifestyle change
- No social media
- Exercise
- Move to the countryside
- Counselling
- Meditation

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------|--|
| 1. study | a. Not less than. |
| 2. at least | b. Happening, found, or done often. |
| 3. disorder | c. The most important. |
| 4. lead | d. An illness or condition that stops normal physical or mental functions. |
| 5. common | e. A book or article on a particular topic of research. |
| 6. phobia | f. Use something that is bad for you too much. |
| 7. abuse | g. An extreme or illogical fear of or strong dislike of something. |

Paragraph 2

- | | |
|---------------|--|
| 8. data | h. Arrived at a judgement or opinion by reasoning. |
| 9. well-being | i. Facts and statistics collected together for reference or analysis. |
| 10. analyzed | j. A feeling of worry, nervousness, or unease about something with an uncertain outcome. |
| 11. assessed | k. Give medical care or attention to; try to heal or cure. |
| 12. anxiety | l. Looked at something carefully and in detail, typically in order to explain. |
| 13. concluded | m. Evaluated or estimated the nature, ability, or quality of. |
| 14. treat | n. The state of being comfortable, healthy, or happy. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

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

1. The article says record numbers of people have mental health problems. **T / F**
2. We will all have a mental health disorder when we are 75 years old. **T / F**
3. The most common mental health disorders are related to mood. **T / F**
4. Both men and women commonly suffered from depression. **T / F**
5. Researchers looked at people's mental health in 29 countries. **T / F**
6. Researchers said some people had 13 mental health problems. **T / F**
7. Very few teenagers had mental health problems. **T / F**
8. The article says young people need mental health services. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|------------------|
| 1. study | a. widespread |
| 2. disorder | b. good health |
| 3. common | c. misuse |
| 4. sex | d. heal |
| 5. abuse | e. illness |
| 6. data | f. evaluated |
| 7. well-being | g. investigation |
| 8. assessed | h. important |
| 9. critical | i. gender |
| 10. treat | j. information |

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

- | | |
|--|---------------------------|
| 1. more and | a. were mood disorders |
| 2. half of us will have at | b. attacks |
| 3. by the | c. mental health problems |
| 4. the most common issues | d. time we are 75 |
| 5. post-traumatic | e. of their lives |
| 6. They also assessed | f. or in teenage years |
| 7. panic | g. more people |
| 8. first appeared in childhood | h. stress disorder |
| 9. in the critical parts | i. the risk |
| 10. services that find and treat their | j. least one |

GAP FILL

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

A new (1) _____ has found that more and more people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that (2) _____ of us will have at least one mental health disorder by the (3) _____ we are 75. Professor John McGrath, lead author of the study, said the most common (4) _____ were mood disorders, such as depression or (5) _____. He added that "the risk of certain mental disorders differed by sex". The three most common mental health disorders (6) _____ women were depression, phobias that make daily life more difficult and PTSD (post-traumatic (7) _____ disorder). Men suffered most from alcohol abuse, depression, and (8) _____.

stress
half
among
study
phobias
issues
time
anxiety

The researchers looked at (9) _____ from 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their lifestyle and mental (10) _____. The researchers (11) _____ the questionnaires to find out when mental health problems first started in people. They also (12) _____ the risk of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug (13) _____ and ADHD. An important finding of the study was that for many people, mental health disorders first appeared in childhood or in (14) _____ years. The study concluded that young people needed more help in the "critical parts of their (15) _____". They need services that find and (16) _____ their mental health problems.

assessed
well-being
abuse
lives
data
treat
analyzed
teenage

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

- 1) Harvard Medical School found that half of us will have _____
 - a. at least one
 - b. at last one
 - c. at lest one
 - d. at lost one
- 2) lead author of the study said the most common issues _____
 - a. were brood disorders
 - b. were food disorders
 - c. were dude disorders
 - d. were mood disorders
- 3) He added that the risk of certain mental disorders _____
 - a. different by sex
 - b. differed by sex
 - c. differ by sex
 - d. difference by sex
- 4) phobias that make daily life more difficult and PTSD - post-_____
 - a. traumatic stressed disorder
 - b. traumatic dress disorder
 - c. traumatic stress disorder
 - d. traumatic stresses disorder
- 5) Men suffered most from alcohol abuse, _____
 - a. depressive, and phobias
 - b. depression, and faux beer
 - c. depression, and faux bear
 - d. depression, and phobias
- 6) The researchers looked at data from 32 mental health surveys _____
 - a. from the WHO
 - b. from the WHY
 - c. from the WHOM
 - d. from the HOW
- 7) 156,000 people in 29 countries answered questions about their lifestyle _____
 - a. and menthol well-being
 - b. and men tall well-being
 - c. and mentally well-being
 - d. and mental well-being
- 8) find out when mental health problems first started in people. They also _____
 - a. assessed the risk
 - b. assessed the brisk
 - c. assessed the risqué
 - d. assessed the frisk
- 9) mental disorders first appeared in childhood or _____
 - a. in teenagers years
 - b. in teenage year
 - c. in teenage years
 - d. in teenaged year
- 10) The study concluded that young people needed more help in _____
 - a. the critical pats
 - b. the critical parts
 - c. the critical partners
 - d. the critical parties

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

A new study has found that (1) _____ people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that (2) _____ will have at least one mental health disorder by the time we are 75. Professor John McGrath, lead author of the study, said the most common issues were mood disorders, (3) _____ or anxiety. He added that "the (4) _____ mental disorders differed by sex". The three most common mental health disorders among women were depression, phobias that (5) _____ more difficult and PTSD (post-traumatic stress disorder). Men (6) _____ alcohol abuse, depression, and phobias.

The researchers looked (7) _____ 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their (8) _____ well-being. The researchers analyzed the questionnaires to find out when mental health problems first started in people. They also (9) _____ of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug abuse and ADHD. An (10) _____ the study was that for many people, mental health disorders first appeared in childhood or (11) _____. The study concluded that young people needed more help in the "critical parts of their lives". They need services that (12) _____ their mental health problems.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

1. What medical school helped to conduct the research in this article?
2. How many mental health disorders will people have by the age of 75?
3. What does the article say are the most common disorders?
4. What do women suffer from besides depression and phobias?
5. What do men suffer from besides alcohol abuse and phobias?
6. How many people were part of this research?
7. What kinds of attacks did the researchers look at?
8. When do mental disorders first appear in people?
9. What does the article say young people need more of?
10. What might services find and treat in children?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

- 1) What medical school helped to conduct the research in this article?
 - a) London
 - b) Harvard
 - c) Paris
 - d) Tokyo
- 2) How many mental health disorders will people have by the age of 75?
 - a) dozens
 - b) many
 - c) one or two
 - d) at least one
- 3) What does the article say are the most common disorders?
 - a) mood disorders
 - b) anxiety disorders
 - c) phobias
 - d) depressive disorders
- 4) What do women suffer from besides depression and phobias?
 - a) PSTD
 - b) PTDS
 - c) PTSD
 - d) TPSD
- 5) What do men suffer from besides alcohol abuse and phobias?
 - a) panic attacks
 - b) depression
 - c) drug abuses
 - d) ADHD
- 6) How many people were part of this research?
 - a) exactly 156,000
 - b) fewer than 156,000
 - c) over 156,000
 - d) around 156,000
- 7) What kinds of attacks did the researchers look at?
 - a) deadly attacks
 - b) serious attacks
 - c) heart attacks
 - d) panic attacks
- 8) When do mental disorders first appear in people?
 - a) in childhood
 - b) at the age of four
 - c) during teenage years
 - d) in the early 20s
- 9) What does the article say young people need more of?
 - a) help
 - b) peace
 - c) sleep
 - d) free time
- 10) What might services find and treat in children?
 - a) headaches
 - b) mental health problems
 - c) illnesses
 - d) growing pains

ROLE PLAY

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

Role A – Medicine

You think medicine is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): no social media, exercise or counselling.

Role B – No Social Media

You think no social media is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): medicine, exercise or counselling.

Role C – Exercise

You think exercise is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): no social media, medicine or counselling.

Role D – Counselling

You think counselling is the best treatment for mental health disorders. Tell the others three reasons why. Tell them why their treatments aren't as good. Also, tell the others which is the least useful of these (and why): no social media, exercise or medicine.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

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

mental	health
---------------	---------------

- 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">• experiencing• half• lead• such• added• daily	<ul style="list-style-type: none">• data• 29• 13• important• teenage• treat
---	--

MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

Write five GOOD questions about mental health 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.

MENTAL HEALTH 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 'mental'?
3. What do you know about mental health problems?
4. How dangerous are mental health disorders?
5. How can people with mental issues be helped?
6. What do you think of half the world having a mental health disorder?
7. How stressful is your life?
8. How can we help people with depression?
9. What do you know about phobias?
10. Is life becoming more stressful?

Half the world to develop mental health disorder – 3rd August 2023
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MENTAL HEALTH 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 'health'?
13. What do you think about what you read?
14. What mental health issues do teenagers have?
15. Is it easier to treat mental or physical health?
16. Have you ever had a panic attack?
17. How important is talking to someone about your mental health?
18. Will life be easier in the future?
19. What services are available to help people in your country?
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/2308/230803-mental-health-disorders.html>

A new study has found that more and (1) _____ people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that half of (2) _____ will have at least one mental health disorder by the (3) _____ we are 75. Professor John McGrath, lead author of the study, said the most common issues were (4) _____ disorders, such as depression or anxiety. He added that "the risk of certain mental disorders differed (5) _____ sex". The three most common mental health disorders among women were depression, phobias that make daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most (6) _____ alcohol abuse, depression, and phobias.

The researchers looked at (7) _____ from 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their lifestyle and mental (8) _____. The researchers analyzed the questionnaires to find out when mental health problems first started in people. They also (9) _____ the risk of people experiencing 13 mental disorders. These included panic (10) _____, anxiety, drug abuse and ADHD. An important finding of the study was that for many people, mental health disorders (11) _____ appeared in childhood or in teenage years. The study concluded that young people needed more help in the "critical parts of their lives". They need services that find and (12) _____ their mental health problems.

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

- | | | | | |
|-----|---------------|--------------|----------------|----------------|
| 1. | (a) many | (b) much | (c) more | (d) most |
| 2. | (a) us | (b) them | (c) they | (d) we |
| 3. | (a) time | (b) age | (c) years | (d) old |
| 4. | (a) mood | (b) brood | (c) good | (d) hood |
| 5. | (a) of | (b) by | (c) at | (d) in |
| 6. | (a) in | (b) at | (c) for | (d) from |
| 7. | (a) statistic | (b) figure | (c) data | (d) base |
| 8. | (a) well | (b) goodness | (c) nicety | (d) well-being |
| 9. | (a) assessed | (b) recessed | (c) obsessed | (d) depressed |
| 10. | (a) hits | (b) attacks | (c) criticisms | (d) invasions |
| 11. | (a) second | (b) first | (c) thirdly | (d) fourth |
| 12. | (a) threat | (b) tweet | (c) treat | (d) treaty |

SPELLING

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

Paragraph 1

1. people are gcienerxpi mental health problems
2. the most common esussi
3. depression or etnixya
4. the risk of rcaenit mental disorders
5. post-cautrtami stress disorder
6. alcohol eusab

Paragraph 2

7. data from 32 mental health vrussey
8. questions about their stellyfe and mental well-being
9. They also sessaed the risk
10. disorders first appeared in cddliohho
11. the lictacir parts of their lives
12. terat their mental health problems

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

Number these lines in the correct order.

- () questionnaires to find out when mental health problems first started in people. They also assessed the risk
- () The researchers looked at data from 32 mental health surveys from the WHO. Over 156,000 people in
- () of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug
- () problems. Research from the University of Queensland and Harvard Medical School found that half
- () childhood or in teenage years. The study concluded that young people needed more
- () author of the study, said the most common issues were mood disorders, such as depression
- () life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias.
- () of us will have at least one mental health disorder by the time we are 75. Professor John McGrath, lead
- (**1**) A new study has found that more and more people are experiencing mental health
- () common mental health disorders among women were depression, phobias that make daily
- () or anxiety. He added that "the risk of certain mental disorders differed by sex". The three most
- () 29 countries answered questions about their lifestyle and mental well-being. The researchers analyzed the
- () help in the "critical parts of their lives". They need services that find and treat their mental health problems.
- () abuse and ADHD. An important finding of the study was that for many people, mental health disorders first appeared in

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

1. mental experiencing More health people problems . are
2. least us Half of at one . have will
3. disorders . common mood issues most were The
4. sex . of risk differed mental The by disorders
5. daily difficult . Phobias that more life make
6. at health mental data looked Researchers from surveys .
7. out health Find first mental started . when problems
8. people risk disorders . of experiencing Assessed the mental
9. needed People in help parts . critical the more
10. health and find Services problems . treat mental that

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

A new study has found that more and *many / more* people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School *founded / found* that half of *us / them* will have at least one mental health disorder by the *time / age* we are 75. Professor John McGrath, lead author of the study, said the most *common / commonly* issues were mood disorders, such *like / as* depression or anxiety. He added that "the risk of certain mental disorders *different / differed* by sex". The three most common mental health disorders *among / between* women were depression, phobias that make daily *live / life* more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, *depressed / depression*, and phobias.

The researchers looked at data *from / for* 32 mental health surveys from the WHO. Over 156,000 people *in / at* 29 countries answered questions about their lifestyle and *mentally / mental* well-being. The researchers analyzed the questionnaires to find *out / up* when mental health problems first started *in / on* people. They also assessed the risk of people experiencing 13 mental disorders. These included *panics / panic* attacks, anxiety, drug abuse and ADHD. An *importance / important* finding of the study was that for many people, mental health disorders *firstly / first* appeared in childhood or in teenage years. The study concluded that young people needed more *help / helpful* in the "critical parts of their lives". They need services that find and *threat / treat* their mental health problems.

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

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

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

_ n_w st_dy h_s f__nd th_t m_r_ _nd m_r_ p__pl_ _r_ _xp_r__nc_ng m_nt_l h__lth pr_bl_ms. R_s__rch fr_m th_ _n_v_rs_ty _f Q__nsl_nd _nd H_rv_rd M_d_c_l Sch__l f__nd th_t h_lf _f _s w_ll h_v_ _t l__st _n_ m_nt_l h__lth d_s_rdr by th_ t_m_ w_ _r_ 75. Pr_f_ss_r J_hn McGr_th, l__d __th_r _f th_ st_dy, s__d th_ m_st c_mm_n _ss__s w_r_ m__d d_s_rdrs, s_ch _s d_pr_ss__n _r _nx__ty. H_ _dd_d th_t "th_r_sk _f crt__n m_nt_l d_s_rdrs d_ff_r_d by s_x". Th_ thr__ m_st c_mm_n m_nt_l h__lth d_s_rdrs _m_ng w_m_n w_r_ d_pr_ss__n, ph_b__s th_t m_k_ d__ly l_f_ m_r_ d_ff_c_lt _nd PTSD (p_st-tr__m_t_c str_ss d_s_rdr). M_n s_ff_r_d m_st fr_m _lc_h_l _b_s_, d_pr_ss__n, _nd ph_b__s.

Th_ r_s__rch_rs l__k_d _t d_t_ fr_m 32 m_nt_l h__lth s_rv_ys fr_m th_ WH_. _v_r 156,000 p__pl_ _n 29 c__ntr__s _nsw_r_d q__st__ns _b__t th__r l_fstyl_ _nd m_nt_l w_llb__ng. Th_ r_s__rch_rs _n_lyz_d th_ q__st__n__r_s t_ f__nd __t wh_n m_nt_l h__lth pr_bl_ms frst st_rtd _n p__pl_. Th_y _ls_ _ss_ss_d th_ r_sk _f p__pl_ _xp_r__nc_ng 13 m_nt_l d_s_rdrs. Th_s_ _ncl_d_d p_n_c _tt_cks, _nx__ty, dr_g _b_s_ _nd _DHD. _n _mp_rtn_t f_ndng _f th_ st_dy w_s th_t fr m_ny p__pl_, m_nt_l h__lth d_s_rdrs frst _pp_r_d _n ch_ldh__d _r _n t__ng_ y__rs. Th_ st_dy c_ncl_d_d th_t y__ng p__pl_ n__d_d m_r_ h_lp _n th_ "cr_t_c_l p_rts _f th__r l_v_s". Th_y n__d s_rv_c_s th_t f_nd _nd tr__t th__r m_nt_l h__lth pr_bl_ms.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2308/230803-mental-health-disorders.html>

a new study has found that more and more people are experiencing mental health problems research from the university of queensland and harvard medical school found that half of us will have at least one mental health disorder by the time we are 75 professor john mcgrath lead author of the study said the most common issues were mood disorders such as depression or anxiety he added that the risk of certain mental disorders differed by sex the three most common mental health disorders among women were depression phobias that make daily life more difficult and ptsd posttraumatic stress disorder men suffered most from alcohol abuse depression and phobias

the researchers looked at data from 32 mental health surveys from the who over 156000 people in 29 countries answered questions about their lifestyle and mental well-being the researchers analyzed the questionnaires to find out when mental health problems first started in people they also assessed the risk of people experiencing 13 mental disorders these included panic attacks anxiety drug abuse and adhd an important finding of the study was that for many people mental health disorders first appeared in childhood or in teenage years the study concluded that young people needed more help in the critical parts of their lives they need services that find and treat their mental health problems

PUT A SLASH (/) WHERE THE SPACES ARE

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A new study has found that more and more people are experiencing mental health problems. Research from the University of Queensland and Harvard Medical School found that half of us will have at least one mental health disorder by the time we are 75. Professor John McGrath, lead author of the study, said the most common issues were mood disorders, such as depression or anxiety. He added that "the risk of certain mental disorders differed by sex". The three most common mental health disorders among women were depression, phobias that made daily life more difficult and PTSD (post-traumatic stress disorder). Men suffered most from alcohol abuse, depression, and phobias. The researchers looked at data from 32 mental health surveys from the WHO. Over 156,000 people in 29 countries answered questions about their lifestyle and mental well-being. The researchers analyzed the questionnaires to find out when mental health problems first started in people. They also assessed the risk of people experiencing 13 mental disorders. These included panic attacks, anxiety, drug abuse and ADHD. An important finding of the study was that for many people, mental health disorders first appeared in childhood or in teenage years. The study concluded that young people needed more help in the "critical parts of their lives". They need services that find and treat their mental health problems.

HOMework

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. MENTAL HEALTH: Make a poster about mental health. Show your work to your classmates in the next lesson. Did you all have similar things?

4. COUNSELLOR: Write a magazine article about all children having a mental health counsellor. 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 mental health. Ask him/her three questions about it. Give him/her three of your ideas on how we can protect our mental health. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 T 6 F 7 F 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Harvard
2. At least one
3. Mood disorders
4. PTSD
5. Depression
6. Over 156,000
7. Panic attacks
8. In childhood
9. Help
10. Mental health problems

WORDS IN THE RIGHT ORDER (p.19)

1. More people are experiencing mental health problems.
2. Half of us will have at least one.
3. The most common issues were mood disorders.
4. The risk of mental disorders differed by sex.
5. Phobias that make daily life more difficult.
6. Researchers looked at data from mental health surveys.
7. Find out when mental health problems first started.
8. Assessed the risk of people experiencing mental disorders.
9. People needed more help in the critical parts.
10. Services that find and treat mental health problems.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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