



Mobile Phone Addiction

Reading Test

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Student

Time: *Approximately 1hour*

Two types of lesson

Lesson#1: [Easy] ***** [B2/C1]

1. Predict the content of the text & write down the key terms & ideas.
2. Read the text. Check words & meanings with a dictionary.
3. Answer the questions.
4. Check your answers (pass mark is 70%).

Lesson #2: [Hard] ***** [C1]

1. Read text – no dictionary.
2. Answer the questions.
3. Check your answers (pass mark is 70%).

Teacher

Two types of lesson

Lesson#1: [easy] ***** [B2/C1]

1. Distribute **text 1 (without reference words underlined)** a week before the test. Students read, check vocabulary & meanings.
2. Test day. Distribute **text 2 (with reference words underlined)** & the **questions** (no dictionary or notes).
3. Set 1 hour to read the text & answer the questions.
4. Take in & correct or go through answers in class (pass mark is 70%).
5. Extra activity. Students write the *summary (add 30 minutes to the test).

Lesson #2: [hard] ***** [C1]

1. Test day. Distribute **text 2 (with reference words underlined)** & the **questions**.
2. Set 1 hour to read the text & answer the questions.
3. Take in & correct or go through answers in class (pass mark is 70%).
4. Extra activity. Students write the *summary (add 30 minutes to the test).

*Summary writing: <https://www.academic-englishuk.com/summary>

Mobile Phone Addiction (Text 1)

By A. Watson (2020)

According to Statista (2020), more than 3 billion people today use smartphones across the globe. The use of smartphones has seen exponential growth [redacted] in 2020, and that number is expected to continue to rise in the coming years. The countries with the highest [redacted] China, India and the USA; these nations have already crossed the 100 million mark. In the last 5 years, close to 1.4 billion smartphones were sold each year. Similarly, there has also been a surge in [redacted] to 43 % in 2015; one of the key reasons behind this surge is due to the increase smartphones (Parasuraman et [redacted] in the last 5 years has had some potentially damaging consequences, such as an overdependence or addiction to their use. With the advancement of multifunctional smartphones [redacted] in the information and communication landscape can be seen (Panova & Carbonell, 2018). The fact that smartphones [redacted] time management, information finding, social identity maintenance and coping strategies has arguably increased dependence on them.

Several studies have focused on smartphone addiction. Thompson (2017) states that smartphone addiction, also colloquially called nomophobia, [redacted] of their life through their device, using it to socialise, work, access entertainment and any of the other functions [redacted], and subsequent addiction, has led to some concern regarding what the consequences might be. In order to be categorised as an addiction, usage of smartphones needs to [redacted]. Panova & Carbonell (2018) point out that an addiction can be defined by aspects such as: severe functional impairment, severe physical [redacted] relapse, conflict, and stability of dysfunctional behaviour. It is important to question if any of [redacted] to overuse of smartphones.

One symptom that could point to an addiction is potential physical consequences: overuse could [redacted] the form of blurred vision, pain in the back of the neck, or in the wrist (Panova & Carbonell, 2018). The withdrawal aspect of the addiction is highlighted in a study by Csibi et al. (2019), which indicates [redacted] if they are not using it, and suggested that users feel restless and anxious when they have been separated from [redacted] users experience interpersonal and intrapersonal problems due to the use of smartphones, and loss of control among the users when they have been kept away from smartphones. A study from Noë et [redacted] [redacted] addictive smartphone behaviour has been observed after abstinence. The above studies ascertain the obvious correlation between Panova & Carbonell's (2018) definition [redacted] displayed by a proportion of smartphones users. Consequently, smartphone addiction must be classified as a genuine addiction.

Research has been carried out in the last decade [redacted] addiction. According to a report by the UK Office of Communications, children aged 8 to 11 years are likely to use [redacted] aged 10 to 12 years are spending in excess of 18 hours per week on their smartphones (Csibi et al., 2019). However, Lemola et al. (2015) suggest that the demographic most likely to suffer [redacted] aged between 14 and 18 years. To evaluate the adverse impact of smartphone usage, new scales have been developed s [redacted] BASS) and the Smartphone Application-Based Addiction Scale (SABAS). Shoukat (2019) has identified stressful behaviour when an individual

becomes addicted to smartphones, as the individual [redacted] in anxiety and depression, due to a lack of sleep. Thompson (2017) states the use of smartphones can be prescribed [redacted] that are required for an individual to be considered 'tech-savvy'. Thompson claims many young people find this label desirable, as they equate it with high [redacted].

It is important not to ignore the many benefits smartphones offer to users: they are now integral to many of [redacted] and exercise. The wide range of applications that these smartphones offer has resulted in a global surge of smartphone usage. With higher workload and less time to socialise, the use of the [redacted] users can stay connected with others virtually. Despite these benefits, smartphones are often criticised for [redacted] their users (Panova & Carbonell, 2018). Smartphones have become a fundamental part of daily life for [redacted] to change; however, there is a danger that they are becoming increasingly addictive. The rise of applications [redacted] and socialising means that an increasing percentage of users' lives are taking place through their devices. This increase in smartphone use will lead to a rise [redacted] encompass are clearly visible.

References

- Csibi, S., Griffiths, M., Demetrovics, Z. & Szabo, A., 2019. Analysis of Problematic Smartphone Use Across Different Age Groups within the 'Co [redacted] *Journal of Mental Health and Addiction*, 1(1), pp. 1-16, doi: 10.1007/s11469-019-00095-0.
- Lemola, S. et al., 2015. Adolescents' electronic media use at night, sleep disturbance, and depressive symptoms in the smartphone age. *Journal of youth and adolescence*, 44(2), pp. 405-418, doi: 10.1007/s10964-014-0176-x.
- Noë, B. et al., 2019. Id [redacted] on Through User-App Interaction. *Computers in human behavior*, 99(1), pp. 56-65, doi: 10.1016/j.chb.2019.04.023.
- Panova, T. & Carbonell, X., 2018. Is [redacted] *Journal of behavioral addictions*, 7(2), pp. 252-259, doi: 10.1556/2006.7.2018.49.
- Shoukat, S., 2019. Cell phone addiction and psychological and physiological health in adolescents. *EXCLI journal*, 18(1), p. 47.
- [redacted] worldwide from 2016 to 2021 (in billions). [Online] Available at: <https://www.statista.com/statistics/330695/number-of-smartphone-users-worldwide/> [Accessed 11 April 2020].
- Subramani Parasuraman, A., Yee, S., Chuon, B. & Ren, L., 2017. Smartphone usage and increased risk of mobile phone addiction: A concurrent study. *International journal of pharmaceutical investigation*, 7(3), pp. 125, doi: 10.4103/jphi.JPHI_56_17.
- Thompson, M., 2017. Smartphone [redacted] way of life?. *Journal of Ideology*, 38(1), p. 3.

Comprehension Questions

1. Headings: Choose a subheading for each paragraph – one title is not needed.

1		A	Potential Causes
2		B	Cause and effect
3		C	
4		D	The rise in smartphone use
5		E	Future Implications
		F	

___ / 5

2. Outline: What is the controversy?

___ / 1

3. Open answer questions

Paragraph 1		
i.	What [redacted] the highest number of smartphone users?	1. 2. 3.
Paragraph 2		
ii.	What does the usage of smartphones need to be categorised as in order to be an addiction?	
Paragraph 3		
iii.	Why does the author claim smartphone [redacted] genuine addiction?	
Paragraph 4		
iv.	What has been developed to evaluate the impact of smartphone usage?	
Paragraph 5		
v.	Why does [redacted] smartphone addiction could rise?	

___ / 5

4. True / False / Not Given – one question per paragraph

		T / F / NG
Paragraph 1		
i.	There were 1 billion smartphone users in 2010	
Paragraph 2		
ii.	Research likens [redacted] to gambling.	
Paragraph 3		
iii.	There is research to suggest smartphone addicts can relapse in their addictive behaviour.	
Paragraph 4		
iv.	Children ages [redacted] suffer from smartphone addiction.	
Paragraph 5		
v.	There will be more smartphone addicts in 2030 than there is now.	

___ / 5

5. Multiple Choice [choose only 1 answer for each question]

i. What was the increase in internet users from 2000 to 2015?

a	29%
b	[redacted]
c	50%
d	12.5%

ii. Smartphone addiction is also called...

a	Textaphobia
b	[redacted]
c	Nomophinia
d	[redacted]

iii. Which researchers looked at withdrawal aspects of smartphone addiction?

a	Noë et al.
b	Panova and Campbell
c	[redacted]
d	All of the above

iv. Which age group are most likely to suffer from smartphone addiction?

a	14-18 year olds
b	[redacted]
c	8-11 year olds
d	18+ year olds

v. Which of the below is not mentioned as an aspect of life smartphones have become integral to?

a	Work
b	[redacted]
c	Entertainment
d	Sport

___ / 5

6. Reference Words

Explain what these reference words connect to: (underlined in the text)

Paragraph	Word	Connection
1	<u>This</u>	<i>Answer: Surge in internet users</i>
1	Them	
2	It	
3	This	
4	This	
5	Their	

___ / 5

7. Author's stance?

Does the author think smartphone addiction will continue to rise?	
Yes	No [choose one]
Why?	

___ / 2

8. Vocabulary

Search for the word in the paragraph that means:

Paragraph	Definition	Word
1	An increase becoming more and more rapid.	<i>Answer: exponential</i>
1	The process of entering; diffusing through; _____.	
1	Investing one's own conscious effort, to solve personal problems.	
2	Coming after something in time; following.	
2	The state or fact of being hindered, especially in a _____.	
3	Relating to relationships or communication between people.	
3	Taking place or existing within the mind.	
4	A _____ population.	
4	Identified as a reason or cause.	
5	Necessary _____ essential or fundamental.	
5	Surround and have or hold within.	

___ / 10

Overall Total: ___ / 38

Comprehension Questions **ANSWERS**

1. Headings: Choose a subheading for each paragraph – one title is not needed.

1	D	A	Potential Causes
2	C	B	Cause and effect
3	F	C	Defining Addiction
4	A	D	The rise in smartphone use
5	E	E	Future Implications
		F	Symptoms

___ / 5

2. Outline: What is the controversy?

Whether smartphones are becoming an addiction.

___ / 1

3. Open answer questions

Paragraph 1		
i.	What three countries have the highest number of smartphone users?	1.China 2.India 3. USA

ALL ANSWERS ARE INCLUDED IN PAID VERSION...