

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A), False (B) or Not Mentioned (C).

Today's teens have built up an impressive amount of daily screen time. Figures put it at between six to eight hours a day for 11-15 year-olds, and that's not including time spent on a computer for homework. In fact, even the average UK adult spends more time looking at a screen than they do sleeping, according to one analysis. This trend is now exposing some worrying results and, staying hot on the heels of social media's popularity, many researchers are interested in the impact it is having on many aspects of our health, including sleep, the importance of which is currently gaining unprecedented attention. Ever since the meteoric rise of social media, research has been interested in its impact on society examining the relationships between technology and mental health looking at both the good and bad effects. What is unclear, however, is the exact causal direction: do mental problems lead to increased social media use or does social media use increase depression? It could be working both ways, making it even more problematic as there is a potential for a vicious circle. The more depressed a person is the more social media they might then use, which worsens their mental health further. In other words, an increase in social media could be associated with an increase in the likelihood of depression, anxiety and sleep deprivation. And a lack of sleep can both worsen mental health and be the result of mental health issues.



(Words: 243)

STATEMENTS		A	B	C
		TRUE	FALSE	NOT MENTIONED
1.	The author believes that teens should not spend their time in front of a computer screen.			
2.	Teenagers spend approximately four hours doing their homework every day.			
3.	A study has shown that people in the UK spend more time sleeping than looking at a screen.			
4.	According to the text, spending too much time in front of a computer screen may have a negative impact on people's health.			
5.	The importance of sleep has attracted many researchers' interest nowadays.			
6.	Researchers have found that social media popularity has stopped rising these days.			
7.	Social media have made it easier for people to make new friends.			
8.	The relationship between social media use and depression is not absolutely clear.			
9.	A good night's sleep can help people overcome depression without taking any medication.			
10.	Social media use can cause lack of sleep and mental health problems.			

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word from the box below (A-J). Use each word only once.

A.	amount	B.	potential	C.	increased	D.	mental	E.	impressive
F.	impact	G.	aspects	H.	currently	I.	worse	J.	associated

11.	That was a(n) performance from such a young tennis player; she was really amazing!
12.	I had a certain of difficulty finding the house.
13.	The conditions they are living in are than we thought.
14.	The new environmental campaign has made quite a(n) on young people.
15.	He holds the position of technical manager.
16.	This country has enormous for economic development given its fossil energy sources.
17.	These symptoms are usually with depression.
18.	People who smoke have a(n) risk of a lung disease.
19.	Stress can affect both your physical and health.
20.	Which of your job do you most enjoy and why? Is there something you would like to change?