

# Online shopping addiction is mental illness

B1-B2

## 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.

## COMPREHENSION QUESTIONS

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?

**LISTEN:**

## GAP FILL

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."

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.

*treats  
termed  
accumulate  
advent  
addiction  
disorders  
comfort  
profession*

*anxiety  
sought  
excessive  
sake  
colleagues  
debt  
prone  
hoarding*

**CHECK YOUR ANSWERS! :)**

**By Olga Romanovych**