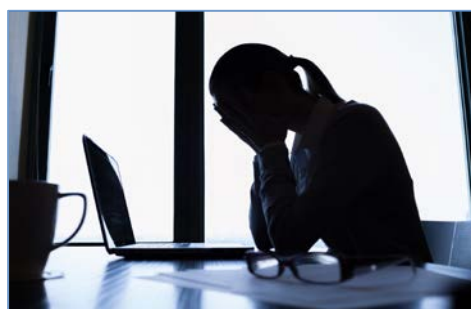


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Vocabulary: depression 忧郁, 抑郁

Are you a social media **addict**? Are you always checking your smartphone to see how many 'likes' you've received for your latest post? Maybe you feel **comforted** by the notification sound that someone has sent you a message?



Don't worry, you're not alone. We check our phones an average of 150 times a day, and around 30% of the total time spent online is **dedicated** to social media. Some experts now fear this habit could be damaging our **mental health**.

This is something particularly **afflicting** young adults, according to a study from the University of Pittsburgh. It found the more they used social media, the more likely they are to be depressed. In tests, those people who checked social media frequently were 2.7 times more likely to be depressed compared to those who spent most of their time generally surfing the internet, who had just 1.7 times the risk. The study found that **exposure** to "highly **idealised** representations of peers on social media **elicits** feelings of **envy** and the distorted belief that others lead happier, more successful lives."

Some of us certainly feel sad when we're ignored on social media sites, or when we see someone else having a better time than us. But depression is a more serious **condition** and clinical psychologist, Abigail San, recently told the BBC that, "It's a real issue, and it's been getting significantly worse over the last 5-6 years. You can get so **hooked** that it takes you away from your real relationships." However, Abigail does admit that social media is more likely to **exacerbate pre-existing** issues than directly cause them.

Other research by Glasgow University found that teenagers are affected by the 24-hour demands of their social media accounts. It found that those with higher levels of **emotional investment** in social media, and who use it at night, were more likely to feel depressed and **anxious**.

Despite these warning signs, why do some of us continue to keep clicking? Well, I suppose we all want to be liked and we don't want to miss out on a conversation that's taking place online. But we need to know when to switch off our **virtual online world** and connect with the real world instead.

词汇表

addict	有瘾的人
comforted	得到安慰的
dedicated	专用（于）
mental health	心理健康
afflicting	使...受苦的、苦恼的
exposure	接触
idealised	理想化的
elicit	诱出，引出
envy	羡慕，嫉妒
condition	疾病
hooked	上瘾的，入迷的
exacerbate	使恶化
pre-existing	先已存在的，既往（病史）
emotional investment	情感投入
anxious	焦虑的
virtual online world	虚拟的网络世界

测验与练习

1. 阅读课文并回答问题。

1. Is this true or false? *Young people spend on average 150 days a year looking at social media.*
2. What phrase did the study use to mean that we think other people are leading happier lives when in reality, they are not?
3. According to research by Glasgow University, using social media at what time of day makes teenagers even more depressed?
4. How often do teenagers feel the need to be look at social media?
5. What word used in the article means 'people of the same age as you or same social position'?

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I'm a bit of a coffee _____; I have to have three cups every morning!

adder	addicted	addict	addiction
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2. I _____ her piano playing skills. I have had three years of lessons and still can't play a tune.

afflict	envy	idealise	elicit
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3. The closure of the factory just _____ the problem of youth unemployment in the area.

exposed	comforted	elicited	exacerbated
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4. She looked a bit _____ as she entered the room to take her English exam.

anxious	anxiously	anxiously	anxiously
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5. He has an _____ view of the perfect woman, but to be honest, he's not going to ever meet her!

afflicted	idealised	anxious	virtual
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答案

1. 阅读课文并回答问题。

1. Is this true or false? *Young people spend on average 150 days a year looking at social media.*

False. The report said "we check our phones an average of 150 times a day."

2. What phrase did the study use to mean that we think other people are leading happier lives when in reality, they are not?

The distorted belief.

3. According to research by Glasgow University, using social media at what time of day makes teenagers even more depressed?

Using it at night.

4. How often do teenagers feel the need to look at social media?

24 hours a day.

5. What word used in the article means 'people of the same age as you or same social position'?

Peers.

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I'm a bit of a coffee **addict**, I have to have three cups every morning!

2. I **envy** her piano playing skills. I have had three years of lessons and still can't play a tune.

3. The closure of the factory just **exacerbated** the problem of youth unemployment in the area.

4. She looked a bit **anxious** as she entered the room to take her English exam.

5. He has an **idealised** view of the perfect woman, but to be honest, he's not going to ever meet her!