



Mobile Phone Addiction

Summary Writing

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Student

Two types of lesson

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

1. Try to predict the content of the text. Write down key terms & ideas.
2. Read the text & check words & meanings with a dictionary.
3. Identify the key points & support & complete the **outline**.
4. Write the summary – only one paragraph (200-250 words).
5. Check key points with the **completed outline & model answer** (try to achieve 4 key points and 4 support points).
6. Answer critical thinking questions & check answers.

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

1. Read text – no dictionary.
2. Identify key points and support.
3. Write the summary – only one paragraph (200-250 words).
4. Check key points with the **completed outline & model answer** (try to achieve 4 key points and 4 supporting points).
5. Answer critical thinking questions & check answers.

Teacher

Two types of lesson

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

1. Distribute text a week /day before the test. Students read, check vocabulary & meanings.
2. Test day – distribute a **new copy of text** and **summary question**.
3. Set 1 hour to read text, take notes and write a one-paragraph summary of 200-250 words.
4. Feedback¹: take in and mark [use correction code*].
5. Feedback²: distribute **completed outline & model answer**.
6. Summary Marking: Should contain at least 4 main ideas with support – see Summary Key Points pg.21.
7. Extra: Answer critical thinking questions / group discussion (30 minutes).

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

1. Set 1 hour to read the **text** and write a one-paragraph summary of 200-250 words.
3. Feedback¹: take in and mark [use correction code*].
4. Feedback²: distribute **completed outline & model answer**.
5. Summary Marking: Should contain at least 4 main ideas with support – see Summary Key Points p.21.
6. Extra: Answer critical thinking questions / group discussion (30 minutes).

Correction code*: www.academic-englishuk/error-correction

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.

Outline: Summary note-taking – take notes on the key points of the article.

1. Main idea:

Support:

2. Main idea:

Support:

3. Main idea:

Support:

4. Main idea:

Support:

5. Main idea:

Support:

Summary Key Points ANSWERS

A good summary should have the 5 main ideas and 2 points of support for each main idea.

1. Main idea: The rise in smartphone use & their consequences.
Support: <ul style="list-style-type: none">• Increase in number of smartphone users since 2016 (Statistica, 2020).• [REDACTED] (ibid).• Internet use has increased due to smart phone increase (Parasuraman et al 2017).• Consequences = [REDACTED] use.
2. Main idea: Definition of smartphone addiction.
Support: <ul style="list-style-type: none">• Thompson (2017) = occurs when user lives multiple facets of their life.• Panova and Carbonell (2018) = addiction in [REDACTED], severe physical consequences, tolerance, withdrawal, loss of control, relapse, conflict, and stability of dysfunctional behaviour”.• Author [REDACTED].
3. Main idea: Physical symptoms pointing to addiction.
Support: <ul style="list-style-type: none">• Mild physical consequences – [REDACTED] (Panova & Carbonell, 2018).• Withdrawal symptoms = dominate [REDACTED] when separated from phone (Csibi et al 2019).• Users experience [REDACTED] (ibid).
4. Main idea: Factors leading to smartphone addiction.
Support: <ul style="list-style-type: none">• Lemola et al (2015) = adolescents aged 14-18 are more likely to suffer from smartphone addiction.• Scales to evaluate [REDACTED] Scale & Smartphone Application-Based Addiction Scale.• When addicted = anxiety, [REDACTED] Shoukat, 2019).
5. Main idea: Implications.
Support: <ul style="list-style-type: none">• Benefits = integral to life: work, entertainment & exercise.• Rise in applications = [REDACTED] – now life is spent on smartphone.• Increase in [REDACTED] addiction.

Summary

Task: Write a 200-250 word summary on the key features of the text.

Word count: _____

Smartphone Addiction - Model Summary

Task: Write a 200 - 250-word summary on the key features of the text

The number of smartphone users has increased significantly in the last four years (Statistica, 2020), and [REDACTED], India and the USA. At the same time, internet use has also seen a rise (Parasuraman et al., 2017), and this is due to the increase in [REDACTED] advances in mobile [REDACTED]-tasking devices (Panova & Carbonell, 2018) with individuals using them for all aspects of their lives. It [REDACTED] Thompson (2017), [REDACTED] phone addiction. The effects of which can be mild such as blurred vision and neck pain (Panova and [REDACTED] more serious [REDACTED] separated from one's phone (Csibi et al., 2019). Although smartphone addiction can occur at any age, studies [REDACTED] (Lemola et al., 2015) that are more likely to become addicted. In order to evaluate the detrimental impact of smartphone usage, [REDACTED] been established: [REDACTED] and Smartphone Application-Based Addiction Scale (SABAS) and the results show that individuals who are over-dependent [REDACTED] and anxious (Shoukat, 2019). Despite this, the author reminds us of the benefits [REDACTED] now part of our lives, and this situation is unlikely to change. However, she also warns that as [REDACTED] so a rise in addiction will follow.

250 words

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

[2 points]

ii) Is this a credible article? Yes /no – why?

[2 points]

iii) Highlight four ideas in the text you would use for an essay on 'Are smartphones addictive?'

[4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence

[2 points]

Critical Thinking Questions

i) What's the stance of the author? What is the evidence for this?

- The author believes that there [redacted] can be addictive.
- Users spending all aspects of life on smartphone.
- Smartphone [redacted] facets of their life through their device, using it to socialise, work, access entertainment (Thompson, 2017).
- Smartphones dominate the [redacted] it, and suggests that users feel restless & anxious when separated from their phones (Csibi et al, 2019).
- Panova & [redacted] correlates to the symptoms of smartphone addiction. [2 points]

ii) Is this a credible article? Yes /no – why?

- Yes, good source choice with eight credible sources used.
- But who is the author? Not [redacted]. Probably a good idea to use the primary sources. [2 points]

iii) Highlight four ideas in the text you would use for 'Are smartphones addictive?'

- P1: Rise in number of smartphones (Statists,2020).
 P1: [redacted] (Panova & Carbonell, 2018).
 P2: Smartphone addiction = users live multiple facets of life through device (Thompson, 2017).
 P3: Symptoms of addiction = [redacted] (Panova & Carbonell, 2018).
 P3: Withdrawal: smartphone dominates thinking, users feel anxious & restless (Csibi et al., 2019).
 P4: Demographic most likely to [redacted] (Lemola et al, 2015).
 P4: Scales developed to evaluate impact of smartphone use = BASS & SABAS (Shoukat, 2019).
 P4: Research: [redacted] (ibid).
 P5: Applications catering to all aspects of life = increasing time on device.
 P6: Increase in [redacted] [4 points]

iv) Highlight two areas in the text that you question, disagree with or lack evidence

- P1: Why are China, India and the USA the biggest smartphone users? *[Is this to do with population?]*
 P1: As we are clearly in a technological age, does it really matter if we are dependent on our smartphone? *[What's the alternative?]*
 P2: Can we use our [redacted] addicted to it?
 P3: If symptoms of overuse are blurred vision or neck pain, then could this apply to computers too?
 P3: In the point about [redacted] being used, is this about the phone or about the task that the person needs or wants to do?
 P3: Are people [redacted] or are they feeling stressed about falling behind on tasks, jobs, school work etc..?
 P4: Why are adolescents aged between 14-18 more likely to suffer from smartphone addiction? *[Is this the same across all cultures, gender, socio-economic background?]*
 P4: How reliable [redacted]? How many studies have been done?
 P4: When Shoukat (2019) says over-dependency can result in depression, is this clinical depression? *[What treatments are available?]*
 P5: Is the global surge in [redacted] applications available? *[Or is it the other way around?]*
 P5: Will the [redacted] to a rise in addiction? *[Did other technological advances also cause addiction?]* [Any 2 of these – obviously subjective so accept any credible answer].