

Stop that doomscrolling!



Question Types

Vocabulary / underlining

1. Doom means “death, destruction, or any very bad situation that cannot be avoided”. Scroll means “moving down through text on a screen”. Putting these words together is ‘doomscrolling’, a word that is as ominous as it sounds.

Underline the word in the above passage that has the same meaning as ‘menacing’.

Language usage / short response

2. *Merriam-Webster* describes doomscrolling as “to spend excessive time online scrolling through news or other content that makes one feel sad, anxious, angry, etc”.

Which part of the definition of doomscrolling pertains to the action’s emotional impact?

Vocabulary / multiple choice

3. Which of the following means the same as “to take a heavy toll on”?

- A. to charge a lot of money on
- B. to have a serious, bad effect on
- C. to weigh heavily on
- D. to take a huge profit from

Specific factual / blackening circles

4. Why does the article suggest readers put their phones in another side of the room or in another room? Blacken the circle corresponding to the correct answer.

- A. Because it can reduce distractions
- B. Because the battery could burst into flames when charging
- C. Because it can stop us from checking the news all the time
- D. Because it can help us to unfollow negative news sources

A B C D

O O O O

Mini Mock

Read the article and answer the questions:

1. Are the following statements True (T), False (F) or Not Given (NG)?

- (i) The word 'doom' has a negative meaning. _____
- (ii) 'Doomscrolling' is a word that has been popularly-used for decades. _____
- (iii) Ahmet Satici thought doomscrolling was related to self-preservation. _____
- (iv) Doomscrolling has been described as a vicious cycle. _____
- (v) The social media serve to expose people to an unprecedented amount of information. _____

2. When did *Merriam-Webster* recognise 'doomscrolling' as an official word?

3. Why did Susan Albers describe doomscrolling as a 'mindless habit'?

4. Why is it beneficial to read positive news?

5. Complete the sentences by filling the gaps. Use ONE WORD only from the article, in the form that is grammatically correct in the context of the sentence.

- (i) *Oxford English Dictionary* called doomscrolling the action of constantly reading _____ news.
- (ii) Doomscrolling is a kind of behaviour popularised by the _____.
- (iii) Media platforms are configured to offer _____ newsfeeds of outbreaks.
- (iv) Together with losing self-control, doomscrolling can become _____ behaviour.