

No 20 Gap Fill

Put these words into the spaces in the paragraph below.

affect

aged

positive

those

suggested

social

study

health

A new (1) _____ says Internet access is good for our health. A report from the Oxford Internet Institute in the UK (2) _____ that being connected to the worldwide web has a (3) _____ effect on our well-being. Researchers looked at data on people's Internet use and mental (4) _____ from 168 countries. The data was gathered between the years 2006 and 2021. It included information on two million people (5) _____ 15 to 99. The research team looked at eight factors that (6) _____ people's well-being. These included life satisfaction, positive experiences and happiness with (7) _____ life. The team found that people with Internet access were eight per cent happier than (8) _____ without web access.

Put these words into the spaces in the paragraph below.

friends

debate

vastly

nature

banned

surprising

lives

harmful

The research included some (9) _____ conclusions. One was the suggestion that Internet access had a similar, positive effect to walking in (10) _____. It helps people to learn new things, practice hobbies, watch movies, and make new (11) _____. However, the research did not look at how social media impacted people's (12) _____. Many recent studies show that social media is having a negative effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to the recent (13) _____ on whether or not social media use is (14) _____, or whether or not smartphones should be (15) _____ at schools." He added that: "Different channels and uses of the Internet have (16) _____ different effects on well-being."