

facebook

Email

Password

Forgot your password?

Facebook helps you connect and share with the people in your life.

# Unit 4: Facebook Depression

Facebook Login

Sign in for  
Depression

Email:

Password:

Keep me logged in

Login or Sign up for

Forgot your password?

## A Warm-up

1. Do you know this expression related to social media? *Facebook stalking, cyber bullying*
2. How many times do you check Facebook in a day?
3. Do you usually make comments on your friends' posts?
4. Do you ever feel envious about some of your friends' posts?
5. What do you think the term "Facebook depression" means?

## B Vocabulary

### 1. Match the words from the Academic Word List with their definitions.

- a) alter (v)      \_\_\_ strange; unusual  
 b) ambiguous (adj)      \_\_\_ conditions that affect a situation  
 c) manipulate (v)      \_\_\_ to control someone in a clever way so they do what you want them to  
 d) odd (adj)      \_\_\_ change  
 e) potential (n)      \_\_\_ having more than one possible meaning  
 f) psychological (adj)      \_\_\_ to compare two things to show how they are different  
 g) contrast (v)      \_\_\_ possibility  
 h) circumstances (n)      \_\_\_ relating to the human mind and feelings

### 2. Learn the different uses of these phrasal verbs.

1. Match the meaning of **fall out** with its use in the example sentences:

- a) to become loose and separate  
 b) to have an argument

\_\_\_ My friend and I fell out because we both liked the same girl.

\_\_\_ My uncle is bald. His hair started to fall out while he was still in his 20's.

2. Match the meaning of **make up** with its use in the example sentences:

- a) to put on cosmetics  
 b) to become friendly again  
 c) to invent or imagine  
 d) to compensate

\_\_\_ My dad used to make up stories for my sister and I.

\_\_\_ She said that she can't go to the party until she makes up her face.

\_\_\_ I'm sorry I lost your book. I'll make it up to you.

\_\_\_ We had a big fight, but we made up shortly afterwards.

### 3. Personalization

- Have you ever fallen out with a friend?
- Has someone ever tried to manipulate you?
- Have you experienced anything odd recently?
- Do you think there is potential for Japan to go to war in the near future?
- How can you contrast your life now with your life five years ago?
- Do you know anyone who has altered their appearance recently?

## C While Reading

### Complete the following exercises while reading the article on the next page.

- Fill in the blanks with the words from Vocabulary exercise 1.
- Find the phrasal verb *fall out* in the text. What is its meaning in this article? \_\_\_\_\_
- Find the phrasal verb *make up* in the text. What is its meaning in this article? \_\_\_\_\_

# Facebook Depression: real or not?



The longer you are on Facebook, the worse you feel, according to some researchers.

You may have heard this before. Some studies suggest using Facebook too much can lead to depression. The reason is a \_\_\_\_\_ phenomenon called “*social comparison*.” This happens when we compare our lives with other people’s lives.

Research on social comparison has found that *upward social comparisons* (for example, comparing yourself to someone who is more popular or has more money than you) give people depression, but *downward comparisons* (comparing yourself to someone less popular) make people feel better about themselves. When you look at your friends’ photos from their vacation or an exciting party they went to, this might be an upward social comparison.

Another \_\_\_\_\_ habit many Facebook users have is that they play “a numbers game”. They collect friends (even people they don’t like) and count how many people “like” their posts and photos. Some people get depressed if they think not enough friends have liked or commented on one of their Facebook posts.

Perhaps you still don’t believe social media can really \_\_\_\_\_ users’ feelings. Well, Facebook has done its own studies and claimed that it does have the power to change people’s moods. The company did experiments on users’ emotions. They would \_\_\_\_\_ the types of news and status updates that users received from their friends. Facebook discovered that users tended to post positive or negative

comments depending on whether they were shown happy or sad news in their feeds.

Knowing that Facebook has the \_\_\_\_\_ to make us depressed might worry some users, but the research seems to be a bit \_\_\_\_\_. Other studies suggest that using Facebook to chat with friends or to make future plans can actually make people feel better about themselves. So, maybe it’s not the length of time we spend on Facebook, but the purposes we use it for that determine whether we will get Facebook depression.

Here are some tips to avoid Facebook depression:

- 1) If someone’s posts are upsetting you, “unfollow” that person’s updates.
- 2) It’s usually a good idea to remove your ex boy/girlfriend from your friends list.
- 3) If you fall out with a friend, don’t visit their Facebook page until you make up.
- 4) Most importantly, never compare or \_\_\_\_\_ your life with someone else’s posts. Remember that people usually only share the positive moments of their lives. A Facebook friend who causes you envy may actually be dealing with some very unpleasant \_\_\_\_\_ in their life.

Not all researchers believe that Facebook depression exists, but if you always feel bad rather than good after your Facebook visits, you might need to change your social media habits.



## Notes

|            |        |
|------------|--------|
| depression | feeds  |
| phenomenon | “like” |
| posts      |        |

## D Check Your Understanding

Circle true (T) or false (F) for the following statements about the article.

1. Some researchers have linked Facebook to jealousy. T / F
2. Comparing yourself to someone more popular is called a downward social comparison. T / F
3. Facebook tried to change people's moods by controlling the information they saw about their friends. T / F
4. Most Facebook users tend to share the bad points of their lives. T / F
5. All researchers agree that Facebook causes depression. T / F

## E What Do You Think?

Do you ever do any of these things? Circle your answers and then ask a classmate for their answers.

### Do you ever...?

|  |            |                |                 |           |
|--|------------|----------------|-----------------|-----------|
| ... "Facebook stalk" other people?   | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... check Facebook just to see who has liked one of your posts?            | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... count how many people have sent you birthday messages on social media? | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... look at your ex's social media profile?                                | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... look at other people's photo albums without commenting on them?        | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... feel envious over a friend's social media posts?                       | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... hesitate to delete a social media friend who you don't really like?    | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... compare your life to what you see on social media?                     | Yes, often | Yes, sometimes | Yes, but rarely | No, never |
| ... feel lonely after using social media?                                  | Yes, often | Yes, sometimes | Yes, but rarely | No, never |

### Further discussion.

1. Do you believe that Facebook depression is real? Why or why not?
2. Have you ever felt sad or jealous after reading a friend's social media post?
3. What do you usually do to cheer up if you feel sad or depressed?

## F Conversation



I posted a photo of my cat on Instagram yesterday and it already has 52 likes! It's probably the best photo I've ever taken. If you are online later, please like it for me!

I don't understand people who get satisfaction with the number of likes and comments they get in social media. If you were a professional photographer, maybe they would be worthwhile, but you are just wasting your time. Facebook and Instagram likes mean nothing! Get a life!



If I post something online and people genuinely enjoy it, of course I feel good about that. Why shouldn't I? I think you'd be pretty impressed with some of my photos if you checked them out.

No thanks. I only use social media to keep in touch with my family; I don't do any Facebook stalking. If you spent less time on social media and more time in the real world, you would be a lot happier!



- 1) Circle the word *if* in the conversation. How many times can you find it?
- 2) Fill in the blanks below.
  - a. If you \_\_\_\_\_ online later, please like it for me!
  - b. If you \_\_\_\_\_ a professional photographer, maybe they \_\_\_\_\_ be worthwhile.
- 3) Work with a partner. Can you understand the grammar rule?

## G Language Focus

### Conditionals

#### “If” Conditional 1 (“if” + present tense verb + “will/can/might”)

This grammar is used to talk about real or possible situations.

##### Examples:

- If I save my money, I can go to Thailand.*  
*I might ride an elephant if I go to Thailand.*  
*If I go to Thailand, I will stay for about two weeks.*

#### “If” Conditional 2 (“if” + past tense verb + “would/could/might”)

This grammar is used to talk about imaginary situations.

##### Examples:

- If I went to Iraq, I would be in danger.*  
*I might be killed if I went to Iraq.*  
*But if I went to Iraq, I wouldn't walk around by myself.*

### 1. Complete the sentences with the correct form (1st conditional or 2nd conditional)

1. I'm sick. If I \_\_\_\_\_ (not be) sick, I \_\_\_\_\_ (go) to the party.
2. We're late! If the bus \_\_\_\_\_ (not come) soon, we \_\_\_\_\_ (get) a taxi.
3. I might go to Canada this winter. If I \_\_\_\_\_ (go) to Canada I \_\_\_\_\_ (try) snowboarding.
4. I can't go to Canada this winter. If I \_\_\_\_\_ (go) to Canada I \_\_\_\_\_ (try) snowboarding.
5. If I \_\_\_\_\_ (be) you, I \_\_\_\_\_ (get) a new job.
6. It's a short drive to the restaurant. If we \_\_\_\_\_ (hurry) we \_\_\_\_\_ (make) it in time for the lunch special.
7. I \_\_\_\_\_ (buy) you a house if I \_\_\_\_\_ (have) enough money.
8. Our teacher \_\_\_\_\_ (get angry) if he \_\_\_\_\_ (find out) we cheated on the test.

### 2. Finish the questions with the correct forms of the verbs, then ask your partner the questions.

#### **What would you do if...**

- |  |                 |
|--|-----------------|
| 1. ...you _____ the lottery?                           | <i>be</i>       |
| 2. ...you _____ the Prime Minister?                    | <i>discover</i> |
| 3. ...you _____ one day to live?                       | <i>have</i>     |
| 4. ...you _____ late for school and an important test? | <i>win</i>      |
| 5. ...you _____ gold in your garden?                   | <i>lose</i>     |
| 6. ...you _____ your wallet?                           | <i>meet</i>     |

## Online Project