FEEDBACK TUTORIAL LETTER

2ND SEMESTER 2019

ENGLISH FOR ACADEMIC PURPOSES
(EAP 511S)
SUPPLEMENTARY TEST - MEMORANDUM
SECTION A: READING COMPREHENSION

20

Read the article below and answer the following questions.

Is smartphone addiction really an addiction?
Tayana Panova and Xavier Carbonell

A In light of the rise in research on technological addictions and smartphone addiction in particular, the aim of this paper was to review the relevant literature on the topic of smartphone addiction and determine whether this disorder exists or if it does not adequately satisfy the criteria for addiction. We reviewed quantitative and qualitative studies on smartphone addiction and analyzed their methods and conclusions to make a determination on the suitability of the diagnosis “addiction” to excessive and problematic smartphone use. Although the majority of research in the field declares that smartphones are addictive or takes the existence of smartphone addiction as granted, we did not find sufficient support from the addiction perspective to confirm the existence of smartphone addiction at this time. The behaviours observed in the research could be better labelled as problematic or maladaptive smartphone use as their consequences do not meet the severity levels of those caused by addiction.

Introduction

B The recent development of the multifunctional smartphone and its subsequent global popularity has changed the communication and information landscape; remolded the interests, values, and desires of many users; and triggered concerns around the world about overuse and addiction. In the past few years, there has been a surge in literature on behavioural addictions to studying (Atroszko, Andreassen, Griffiths, & Pallesen, 2015), tanning (Nolan & Feldman, 2009),
cosmetic surgery (Suissa, 2008), Argentinean tango (Targhetta, Nalpas, & Perney, 2013), Harry Potter (Rudski, Segal, & Kallen, 2009), and various other potential topics.

C Mobile phones and smartphones are both mobile, personal devices that indicate social identity and status, but the main differentiating feature between them is that a smartphone has permanent access to the Internet and consequently all of the Internet’s appealing and problematic content. Smartphones provide numerous gratifications, such as sociability, entertainment, information finding, time management, coping strategies, and social identity maintenance (Bian & Leung, 2015). The smartphone has become an essential part of daily life and research has shown that some people become so attached to their device that they experience separation anxiety when it is not with them (Cheever, Rosen, Carrier, & Chavez, 2014; King et al., 2013).

D The smartphone’s popularity and users’ deep connection with it have therefore awoken concerns about its addiction potential. The first behaviour to be categorized by the American Psychiatric Association (APA, 2013) as a non-substance-related addictive disorder is gambling. The APA recommends further research on Internet gaming disorder. However, research on smartphone and mobile phone addiction have notably increased in recent years (Aljoma, Mohammad, Alburn, Bakheet, & Abduljabbar, 2016) and there seems to be a rising tendency to label popular technological behaviours as addictive.

E In order for substance and behavioural addictions to be comparable, they must share the core symptoms of the disorder and have many similarities in phenomenology and adverse consequences. According to Goodman (1990), addiction defines a condition whereby a problematic behaviour is characterized by (a) recurrent failure to control the behaviour and (b) continuation of the behaviour despite significant negative consequences. The well-accepted symptoms of addiction proposed by Griffiths are mood modification, tolerance, salience, withdrawal symptoms, conflict, and relapse (Griffiths, 1995, 2005). However, the descriptions of these criteria can cover a broad spectrum of severity, which can be more or less significant.

F In the discussion on technological addictions, it is important to distinguish between addictions to the Internet and addictions on the Internet (Király et al., 2014). When a pathological gambler uses the Internet to play poker, it is more accurately an addiction on the Internet, secondary to his first problem (gambling). Thus, to use the smartphone for gambling or to engage
in other addictive behaviours should not be confused with a smartphone addiction (Lopez-Fernandez et al., 2017).

**G** Related to the above is the issue of the relationship between “smartphone addiction” and “Internet addiction.” The smartphone is used to access the Internet; therefore, if there is an addictive problem, it is with the Internet and not with the smartphone. This same reasoning has been used to distinguish between an Internet addiction and addictions to specific activities carried out on the network, with one of the most prevalent behaviours online being social networking (Jeong et al., 2016; Muñoz-Miralles et al., 2013; Pontes, Szabo, & Griffiths, 2015; Salehan & Negahban, 2013). Since many people access their social networks on their device, it can lead to the impression of device addiction; however, the rationale of distinguishing the platform from the behaviour needs to be observed. We argue that common behaviours conducted on the smartphone, such as specific Internet uses, social networking, and gaming, should be cautiously explored in the context of their own motivations, gratifications, and sociocultural context and not as components of a smartphone addiction.

**Questions**

1. What was the aim of this study?

   (3) To review the relevant literature on the topic of smartphone addiction and determine whether this disorder exists or if it does not adequately satisfy the criteria for addiction.

2. a) How, according to the researchers can the observed behaviours be labelled better?

   (2) The behaviours could be labelled as problematic or maladaptive smartphone use.

   b) Explain why it could be labelled better?

   (1) Their consequences do not meet the severity levels of those caused by addiction.

3. Indicate whether the following statements are TRUE or FALSE

   (3)

   a) People become so attached to their device that they experience separation anxiety False

   b) The well-accepted symptoms of addiction proposed by Griffiths are mood modification, tolerance, salience, withdrawal symptoms, conflict, and fatigue. False
c) Thus, to use the smartphone for gambling or to engage in other addictive behaviours should not be confused with a smartphone addiction. True

4. Name any two behavioural addictions that have produced literature in recent years.
   
   Studying, tanning, cosmetic surgery, Argentinean tango, Harry Potter

5. Explain the main distinction between a mobile phone and a smartphone.
   
   The main differentiating feature between them is that a smartphone has permanent access to the Internet √

6. What is the most prevalent online behaviour that might be mistaken for device addiction?
   
   Social networking

7. What is the function of the following cohesive devices? Provide a one-word answer (e.g. addition).
   
   a) Although (Par A) - Contrast  
b) Consequently (Par C) - Result  
c) However (Par D) - Contrast

8. To what do the following pronouns refer?
   
   a) We (Par A) - Researchers  
b) It (Par C) - Smartphone  
c) His (Par F) – A pathological gambler

SECTION B: LANGUAGE USE

   (10)

   Note: Remember your spelling should be correct
1. Root words
   (2)
   a) Identify the root word of behaviour (par. E) - behave
   b) Add a prefix to the identified root word to change its meaning - misbehave

2. Classify the following words into their types (simple, complex or compound):
   (2)
   a) above (par. G) - simple
   b) smartphone (par. G) - compound

3. Derivational and inflectional morphemes
   (2)
   a) Add a derivational affix to increase (n) to change it to an adverb. increasingly
   b) Add an inflectional suffix to the noun to show past tense. increased

4. Morphemes
   (2)
   a) Break down the word development (par. B) into morphemes – develop-ment
   b) Identify the single free morpheme contained in development (par. B) - develop

5. Write the following forms of the adjective distinguished
   (2)
   a) comparative – more distinguished
   b) superlative – most distinguished

SECTION C: EDITING
Edit the following passage by correcting the spelling and grammatical errors. DO NOT rewrite the paragraph, write ONLY the error and the correction thereof in the following format:

<table>
<thead>
<tr>
<th>Error</th>
<th>Correction</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In summary, the smartphones defining feature – potable, quick, convenient, and private – may facilitate the access to certain problematic behaviours and the corresponding rewards received from them that make the behaviours more frequent, but addiction is more than a matter of
impulse-control and excessive behaviour. Therefore, although the media may turn to terminology such as “addiction” because it seems like the closest metaphor for the technology-related behavioural problems, we are observing in society today, we believe it is the responsibility of academics to use more accurate language and diagnostic terms and at the current moment the research does not support the claim that addiction is a correct term for the problem associated with smartphone use.

**Answer**

In summary, the smartphone’s defining features – portable, quick, convenient, and private – may facilitate the access to certain problematic behaviours and the corresponding rewards received from them that make the behaviours more frequent, but addiction is more than a matter of impulse-control and excessive behavior. Therefore, although the media may turn to terminology such as “addiction” because it seems like the closest metaphor for the technology-related behavioural problems, we are observing in society today, we believe it is the responsibility of academics to use more accurate language and diagnostic terms and at the current moment the research does not support the claim that addiction is a correct term for the problems associated with smartphone use.

**SECTION D: REFERENCING**

[10]

A) Choose the correct usage of in-text citation by writing down the correct letter for numbers 1-4. (5)

1. When the citation is part of the signal phrase and outside the parentheses.
   a) (Goodman, 2005)
   b) Goodman and Griffiths (2005)
   c) Goodman & Griffiths (2005)
   d) (Griffiths, 2005)

2. “I try cutting my smartphone usage time, but I fail”__________________________.
   a) (Kim and Chung, 2014, p.234)
3. The authors concluded that “social network addiction is a better concept to describe Annette’s case than the cell phone addiction” ____________________.
   a) (Kormendi et al., 2016, p. 350)
   b) Kormendi et al. (2016, p. 350).
   c) (Kormendi et al. (2016)
   d) Kormendi et al, (2016, p.350)

4. Spontaneous remission may occur not because the disorder occurs and then spontaneously disappears but because there is no real disorder in the first place______________________________.
   b) (Stall and Biernacki, 1986; Walters, 2000)
   c) (Walters, 2000; Biernacki & Stall, 1986)
   d) (Stall & Biernacki, 1986; Walters, 2000)

5. Select the correct reference entry represented by the following by writing down the correct letter:
   a) A reference entry of a journal article
   b) A reference entry of a newspaper article
   c) A reference entry of a book
   d) A reference entry of a web item

**B**

 Compile a reference entry using the following information:

  5

Authors: Marlatt G and Gordon J
Year: 1985
Title: Relapse prevention
State: New York (NY)
END OF MEMORANDUM