



British hospital to treat Internet-addicted teens 英國醫院設門診治療青少年網癮

British teenagers who cannot tear themselves away from the Internet, computer games or their mobile phone can get help from a new addiction service, a spokeswoman announced.

A private London hospital has launched Britain's first dedicated technology addiction service for what it dubbed "screenagers," after parents complained their children were **flying into a rage** when told to turn off their computer.

Help will be offered through intensive in-patient, day care or group therapy to children as young as 12, although it is aimed at 15 to 17 year olds, amid increasing concern about the amount of time they spend in front of a screen.

"I've been contacted by parents who see their children going into a rage when they're told to turn off their computer," Richard Graham, lead consultant at Capio Nightingale Hospital, told the *London Evening Standard*.

"Some end up having to call the police."

He said children played some computer games for the social contact, adding: "It gives them a sense of connection so they end up playing all the time."

Teens will be encouraged to switch off technology and **interact** with people face-to-face rather than online, a hos-

pital spokeswoman said, and also helped with any problems caused by their habits, including cyber-bullying.

She cited research showing that adults who spent too much time online suffered physically and mentally, while young people became agitated and had difficulty concentrating, and ultimately could become depressed.

"Mental health services need to adapt quickly to the changing worlds that young people inhabit, and understand just how seriously their lives can be **impaired** by unregulated time online, on-screen or in-game," Graham said.

In a statement, he said he hoped the service "will address the **underlying** causes of this addiction to transform screenagers back into teenagers." (AFP)

英國某醫院女發言人表示，該院的新服務將協助治療有網路、電腦遊戲或手機上癮問題的青少年。

不少父母抱怨叫孩子關掉電腦時，孩子會大發雷霆，因此倫敦某私人醫院開設了英國第一個「螢幕世代」上癮門診。

有鑒於社會上愈來愈多人憂心青少年上網成癮的問題，該門診將透過密集住院治療、日間照護或團體治療的方式，給予十五到十七歲的青少年協助，不過小至十二歲的兒童也在服務之列。

卡皮奧南丁格爾醫院首席顧問理查·葛蘭姆向《倫敦標準晚

報》表示：「有父母向我反應，他們叫孩子關掉電腦時，孩子竟情緒失控。」

「有些甚至鬧到要報警處理。」

他表示，孩子是為了人際溝通接觸電腦遊戲，還說「因為能從中建立人脈，才令他們沉迷到不可自拔」。

該醫院女發言人表示，該門診治療會鼓勵青少年關上電腦，多與人面對面溝通，並協助解決包括網路霸凌在內所有因網路上癮而衍生的問題。

她表示研究結果顯示，成年人沉迷上網會影響身心，而青少年則容易出現情緒焦慮、注意力不集中的情形，甚至導致憂鬱傾向。

葛蘭姆說：「心理衛生服務必須快速因應青少年瞬息萬變的世界，並意識到沉迷上網或電腦遊戲會對青少年的生活產生嚴重負面影響。」

葛蘭姆在一項聲明中表示，他希望這項服務「可以從根本解決網路上癮的問題，讓這些螢幕世代回歸一般青少年的生活」。

(法新社 / 翻譯：林倩如)

The home page of sex.com is displayed on a computer screen in Washington, DC, on March 18, 2010.

PHOTO: BLOOMBERG

三月十八日在華盛頓特區，某電腦螢幕上秀出sex.com網頁。

照片：彭博社

TODAY'S WORDS 今日單字

1. **interact** /,ɪntə'rækt/ v.

互動 (hu4 dong4)

例：It's obvious from the way Kelly interacts with kids that she'll be a great teacher.

(從凱莉和孩子互動的方式可以明顯看出她是個很棒的老師。)

2. **impair** /ɪm'peɪr/ v.

損傷 (sun3 shang1)

例：His sight was impaired following an accident at work.

(工作意外造成他視力受損。)

3. **underlying** /,ʌndə'laɪɪŋ/ adj.

根本的 (gen1 gen3 de5) · 潛在的 (qian2 zai4 de5)

例：We have to solve the underlying causes of high unemployment.

(我們得從根本解決高失業率的問題。)

LANGUAGE POINT 重要片語

fly into a rage 勃然大怒

If somebody **flies into a rage**, they suddenly become very angry. According to the article, some teenagers **fly into a rage** when their parents tell them to turn off the computer.

Example: "Leo **flew into rage** every time somebody mentioned his ex-wife."

「fly into a rage」意指勃然大怒。上文中指出，部分青少年被父母要求關掉電腦時會大發雷霆。

例如：「只要一提到前妻，李奧就會抓狂。」