

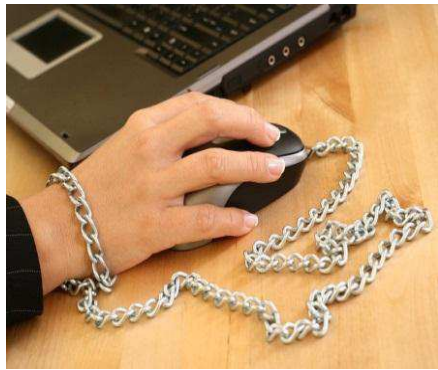
THE EFFECTS OF EXCESSIVE USE OF COMPUTER ON MENTAL HEALTH

1) Which statement is incorrect in relation with the use of computer? Circle the correct option.

- A) Eyes should be at a distance of at least 50-60 cm from the screen.
- B) In front of computer we must sit leaned forward.
- C) We must use mouse gently.
- D) While working on computer we should have frequent breaks and provide relaxation for eyes.



Read the statements below and write “T” for the statements related to mental effects of Internet addiction and write “F” for the irrelevant statements.



- 2)A person can hide her/his identity while using the Internet.
- 3)A person can pretend to be a different and fake one from who she/he really is.
- 4)A person is not responsible for what she/he does or writes on Internet.
- 5) Normally she/he is not alone and introvert.

6) Users who use computer keyboards intensively should usekeyboards.

7) The plugged end of the cable of the installed computer should be.....

8) Which of the following is not feature of seat-use

- A) There should be a back support
- B) Height should be adjustable
- C) It should be ergonomic
- D) It shouldn't spin around itself

9) Write “T” for the correct sitting position and “F” for the wrong sitting position.



Answer Key

- 1- B) In front of a computer we must sit leaned forward
- 2- T
- 3- T
- 4- T
- 5- F
- 6- Ergonomic
- 7- Grounded
- 8- T) It shouldn't spin around itself
- 9- T F