
PROVA DE INGLÊS

Read the following passage and choose the option which best completes each question, according to the text:

Online networking 'harms health'

People's health could be harmed by social networking sites because they reduce levels of face-to-face contact, an expert claims. Dr Aric Sigman says websites such as *Facebook* set out to enrich social lives, but end up keeping people apart. Dr Sigman makes his warning in *Biologist*, the journal of the Institute of Biology.

A lack of "real", social networking, involving personal interaction, may have biological effects, he suggests. It could alter the way genes work, disturb immune responses, hormone levels, and the function of arteries, as well as influence mental performance.

Dr Sigman maintains that social networking sites have played a significant role in making people become more isolated. He says there is research showing that the number of hours people spend interacting face-to-face has fallen dramatically since 1987, as the use of electronic media has increased.

Dr Sigman also argues that using electronic media undermines people's social skills and their ability to read body language. "One of the most evident changes in the daily habits of British citizens is a reduction in the number of minutes per day that they interact with another human being," he said. "In less than two decades, the number of people saying there is no-one with whom they discuss important matters nearly tripled."

Dr Sigman says he is "worried about where this is all leading". He added: "It's not that I'm old fashioned in terms of new technology, but the purpose of any new technology should be to provide a tool that enhances our lives."

(Adapted from: http://news.bbc.co.uk/2/hi/uk_news/7898510)

QUESTION 54

According to Dr Sigman, people's health could be damaged by social networking sites because they

- a) enrich most people's social and private lives.
- b) diminish levels of face-to-face contact among people.
- c) end up connecting people all over the world.
- d) increase the time of interaction with other human beings.

QUESTION 55

The word **may** in "...may have biological effects...." (paragraph 2) indicates

- a) permission.
- b) certainty.
- c) ability.
- d) possibility.

QUESTION 56

The word **it** in “It could alter...” (paragraph 2) refers to

- a) a biological effect.
- b) personal interaction.
- c) a lack of real contact.
- d) mental performance.

QUESTION 57

The words **as well as** in “as well as influence mental performance.” (paragraph 2) conveys an idea of

- a) addition.
- b) conclusion.
- c) reason.
- d) contrast.

QUESTION 58

Since 1987, the number of hours people spend interacting face-to-face has been

- a) decreasing.
- b) developing.
- c) stabilizing.
- d) expanding.

QUESTION 59

A lot of people have been complaining that

- a) their ability to read body language has been increasing too quickly.
- b) the daily habits of British citizens are not changing as fast as they should.
- c) it is difficult to find someone with whom they could discuss important matters.
- d) the amount of time they interact with another human being hasn't altered.

QUESTION 60

According to Dr Sigman, the purpose of any new technology should be to

- a) create more networks among scientists.
- b) discuss important academic matters.
- c) undermine people's social abilities.
- d) provide a means to improve our lives.