

Learning English podcasts... from the
Hellenic American Union©

Level: Lower Intermediate

Lesson: 3

Title: "Compulsive Shopping"

Summary:

Vanessa is interviewing Dr Koram about the surprising results of a report about male shoppers.

In this broadcast, Vanessa is the middle of a live show interviewing Dr Laura Koram about her research. Listen to their conversation and answer the question that follows about the main idea.

Dialogue:

Vanessa: Good afternoon. Do you find yourself buying things you don't need? Well, I'm joined in the studio by Dr Laura Koram, a researcher with the Carolina institute of psychology, and publisher of a new report about compulsive shopping. Dr Koram, thank you for being here.



Dr Koram: My pleasure.

Vanessa: So Dr Koram, **what's the deal?**



Dr Koram: Well, 1 in 20 American adults buy things they may not even want or never need or use....



Vanessa: No real surprise there. Though honestly, I'm surprised the number's so low.

Dr Koram: umm...quite..., but **what may raise an eyebrow or two is our finding that men are just as likely as women to suffer from "compulsive buying"**.



Vanessa: **You're kidding?** Now that is a surprise. That means the days of dragging my bored husband around a shopping mall are over.

Dr Koram: um, yes, indeed. Our research has revealed that men are now just as avid and compulsive shoppers as...Um...women.



Vanessa: **I gotta level with you doc,** I always thought of compulsive buying as very much a "woman's disease".

Dr Koram: Well yes, but our research shows that the number of men who indulge in unnecessary 'shopping therapy' has dramatically increased in the last ten years.



Vanessa: So what's changed? **Where did all these male shopaholics come from?**

Dr. Koram: I think that in the past male obsessive shoppers were more reluctant than women to recognize that they have a problem and then come forward and admit it. Generally, in psychiatry, men seek care less often than women...**It's not 'manly' to seek help.**



Vanessa: So what do you do? I mean, if you suspect your boyfriend of being a non stop shopper?



Dr Koram: It's always important to encourage people who have these types of disorders to seek treatment. Many find themselves in debt and filled with shame and can even experience suicidal tendencies as they attempt to hide their addiction.



Vanessa: Well, doc, thanks for letting us girls know about the dark side of male shopping.

Dr Koram: You're welcome.



Now answer the following question . . .

What does the doctor's research show?

That men are just as likely to be addicted to shopping as women.

Now listen again to the dialogue in parts. After each part there will be 3 to 4 questions on some details . . .

Part 1

Vanessa: Good afternoon. Do you find yourself buying things you don't need?
Well, I'm joined in the studio by Dr Laura Koram, a researcher with

the Carolina institute of psychology, and publisher of a new report about compulsive shopping. Dr Koram, thank you for being here.

Dr Koram: My pleasure.

Vanessa: So Dr Koram, **what's the deal?**

Dr Koram: Well, 1 in 20 American adults buy things they may not even want or never need or use....

Vanessa: No real surprise there. Though honestly, I'm surprised the number's so low.

Dr Koram: umm...quite..., but **what may raise an eyebrow is our finding that men are just as likely as women to suffer from compulsive buying.**

Vanessa: **You're kidding?** Now that is a surprise. That means the days of dragging my bored husband around a shopping mall are over.

Dr Koram: um, yes, indeed. Our research has revealed that men are now just as avid and compulsive shoppers as...Um...women.

Now answer some questions . . .

1. Vanessa asks, **"What's the deal?"** What does she mean?

She means what you can tell me about this subject.

2. The doctor says, **"What may raise an eyebrow is our finding that men are just as likely as women to suffer from "compulsive buying"**. What does she mean?

She means that you may be surprised to hear that men are just as likely as women to suffer from compulsive buying.

3. Vanessa asks, **"You're kidding?"** What does she mean?

She means she finds it difficult to believe the doctor.

Now listen to part 2 . . .

Part 2

Vanessa: **I gotta level with you** doc, I always thought of compulsive buying as very much a "woman's disease".

Dr Koram: Well yes, but our research shows that the number of men who take part in 'shopping therapy' has increased dramatically in the last ten years.

Vanessa: So what's changed? I mean, **where did all these male shopaholics come from?**

Dr. Koram: I think that in the past male obsessive shoppers were more reluctant than women to recognize that they have a problem and then come forward and admit it. Generally, in psychiatry, men seek care less often than women...**It's not 'manly' to seek help.**

Vanessa: So what do you do? I mean, if you suspect your boyfriend of being a non stop shopper?

Dr Koram: It's always important to encourage people who have these types of disorders to seek treatment. Many find themselves in debt and filled with shame and can even experience suicidal tendencies as they attempt to hide their addiction.

Vanessa: Well, doc, thanks for letting us girls know about the dark side of male shopping.

Dr Koram: you're welcome.

Now answer some questions . . .

1. Vanessa says, **"I gotta level with you."** What does she mean?

She means she has to admit something she may not be proud of.

2. Vanessa asks, **"Where did all these male shopaholics come from?"** What does she mean?

She means why there are so many more men who shop compulsively nowadays.

3. The doctor says, **"It's not 'manly' to seek help"**. What does she mean?

She means that you are not considered a man if you ask for help.

Please visit our site at www.hau.gr to find the transcripts, explanations and activities.

GLOSSARY

Attempt (verb): to try to do something, especially something difficult.
e.g. This is my second attempt at the exam.

Avid (adjective): very enthusiastic about something.
e.g. He's an avid reader.

Come forward (verb): to offer to do something or to give some information in response to a request for help.
e.g. A witness came forward to say he had seen the murder.

Compulsive (adjective): a type of behaviour used to describe people when they cannot stop doing something wrong, harmful, or unnecessary
e.g. He is a compulsive gambler.

Debt (noun): a sum of money that you owe someone
e.g. He managed to pay off his debts in two years.

Disorder (noun): a problem or illness which affects someone's mind or body
e.g. A nerve disorder can cause paralysis of the leg

Drag (verb): to make someone go somewhere they do not want to go
e.g. the days of dragging my bored husband around a shopping mall are over.

Encourage (verb): to give someone confidence, for example by letting them know that what they are doing is good
e.g. My parents have always encouraged me in everything I've wanted to do.

Indulge (verb): to allow yourself to have or do something that you know you will enjoy
e.g. I love champagne but I don't often indulge myself.

Reluctant (adjective): not very willing to do something and therefore slow to do it
e.g. She persuaded her reluctant husband to take a trip to Florida with her.

Research (verb): to investigate something in order to find out facts about it
e.g. She spent two years in South Africa researching and filming her documentary

Reveal (verb): to make people aware of something
*e.g. He would not reveal **where** he had hidden her chocolate eggs.*

Shame (noun): uncomfortable feeling that you get when you do something wrong or embarrassing
e.g. The children hung their heads in shame.

Suicidal (adjective): behaviour that is likely to result in death:

e.g. Pete was so depressed after his girlfriend left him that I actually thought he was suicidal.

Tendency (noun): worrying or unpleasant habit or action that keeps occurring.
e.g. She had a tendency to eat chocolate late at night.

ACTIVITIES

Activity 1

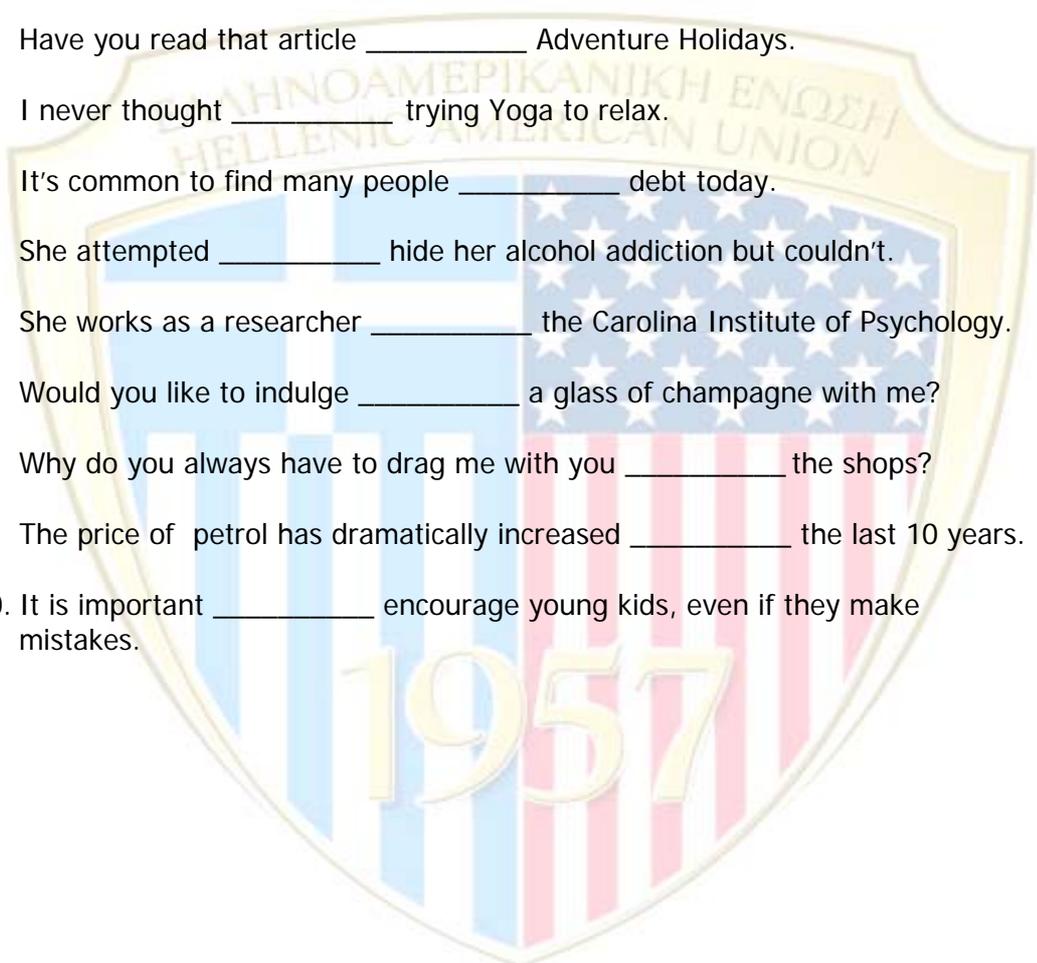
Practice using the words in the glossary. Choose the most appropriate word to complete the sentences.

1. He loves his work so much that you can't _____ him away from the office	A. revealed
2. When things go wrong my mother is supportive: she always _____ me and tells me not to give up.	B. encourages
3. Many students today have learning _____ like dyslexia.	C. reluctant
4. He is spoilt and has a _____ to be rude.	D. attempted
5. A major cause of stress is known to be _____	E. debt
6. Sue can read about 5 books a week, she is such an _____ reader	F. disorders
7. The second study _____ similar results.	G. tendency
8. There is nothing wrong in _____ in a little wine now and then.	H. avid
9. Johnny was _____ to do his homework, but he did it eventually.	I. indulging
10. John Smith _____ to swim across the English Channel but finally gave up.	J. drag

Activity 2

Complete the sentences using **from, about, to, of, in, around**.

1. The study has shown that many children suffer _____ eating disorders
2. Have you read that article _____ Adventure Holidays.
3. I never thought _____ trying Yoga to relax.
4. It's common to find many people _____ debt today.
5. She attempted _____ hide her alcohol addiction but couldn't.
6. She works as a researcher _____ the Carolina Institute of Psychology.
7. Would you like to indulge _____ a glass of champagne with me?
8. Why do you always have to drag me with you _____ the shops?
9. The price of petrol has dramatically increased _____ the last 10 years.
10. It is important _____ encourage young kids, even if they make mistakes.



KEY TO ACTIVITIES

Activity 1: 1. j. 2. b. 3. f. 4. g. 5. e. 6. h. 7. a. 8. i. 9. c. 10. d.

Activity 2: 1. from 2. about 3. of / about 4. in 5. to 6. for 7. in 8. around 9. in 10. to

