

# SMARTPHONE WITHDRAWAL



**I**f you feel naked without your phone, you're not alone. A recent study showed that people really do suffer "iPhone separation anxiety" if their phones aren't within reach—and that can hurt their performance on simple mental tasks.

Researchers at the University of Missouri asked 40 people in their 20s to solve a word-search puzzle with their iPhones on them, even though they couldn't use them. The participants were then given a second puzzle, this time with their phones taken from them but within earshot. A few minutes into the test, the researchers dialed their numbers. The result: When they couldn't answer the calls, most participants showed symptoms of anxiety—and didn't do well on the puzzle.

The study suggests that we can develop a deep psychological attachment to our phones. Says lead researcher Russell Clayton: "iPhones are capable of becoming an extension of ourselves."

**NUMBERS  
IN THE  
NEWS**

**80**

million

Number of bacteria that can be transferred during a 10-second kiss

**161-2**

Score of a recent high school girls' basketball game in Southern California. The winning coach was suspended for two games for unsportsmanlike conduct for running up the score.

## Smartphone Withdrawal

1. Which is the best summary of the central idea of the text?

- A. Studies have been done that show some people have a deep attachment to their phones.
- B. Some people get stressed out by their phones.
- C. People who don't have a phone do not perform as well on mental tasks as people who do have a phone.
- D. Leading researchers endorse iPhones for optimal mental health.

2. Read the sentence from the text:

**"If you feel naked without your phone, you're not alone."**

Which statement best describes what the phrase "feel naked without your phone" adds to the meaning of the text?

- A. It suggests that many people consider their phones as accessories to their outfits.
- B. It describes how lots of people feel uncomfortable without their phone.
- C. It establishes that if you don't have a phone, you are not as cool as people who do.
- D. It reinforces the idea that lots of people won't leave home without their phones.