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**Online shopping addiction is a mental illness – 19th November, 2019**

## Level 4

The Internet makes shopping at home convenient. However, shopping can be addictive. Experts say online shopping addiction is a mental illness. Researchers from the Hannover Medical School called the illness "Buying Shopping Disorder" (BSD). They say the doctors should recognize it as an illness, not just as one of various "impulse control" disorders. Dr Astrid Müller said: "It really is time to...accumulate further knowledge about BSD on the Internet."

Dr Müller conducted research on 122 patients who had treatment for BSD. She said five per cent of people might suffer from it. Younger people are more likely to develop it, and be more anxious and depressed. People with BSD act unnaturally. They buy expensive things they don't need, keep and never use things they buy, buy things for instant gratification, and end up in debt. BSD can destroy marriages, relationships and mental health.

## Level 5

The Internet has brought the convenience of shopping at our leisure in the comfort of our home. For many, the attractions of shopping can turn into an addiction. Experts believe that online shopping can develop into a mental illness. Researchers from the Hannover Medical School have termed the illness "Buying Shopping Disorder" (BSD). Researchers say the medical profession should recognize it as an illness, not just as one of various "impulse control" disorders. Dr Astrid Müller said: "It really is time to...accumulate further knowledge about BSD on the Internet."

Dr Müller and her team conducted research on earlier studies on shopping involving 122 patients who sought treatment for BSD. Dr Müller said five per cent of people might suffer from BSD. She added that younger people are more likely to develop it. They also have greater levels of anxiety and depression. People with BSD exhibit negative behaviors. These include buying expensive things they don't need, keeping and never using things they order, buying things for instant gratification, and ending up in debt. BSD can destroy marriages, relationships and mental health.

## Level 6

The advent of the Internet has brought with it the convenience of shopping at our leisure in the comfort of our own home. However, for many, the allure of shopping for bargains and treats can turn into an addiction. Experts believe there is a danger that online shopping can develop into a mental illness. Researchers from the Hannover Medical School in Germany have termed it "Buying Shopping Disorder" (BSD). The researchers say this condition should be recognized by the medical profession as an illness and should not simply be classed as one of various "impulse control" disorders. Psychotherapist Dr Astrid Müller said: "It really is time to...accumulate further knowledge about BSD on the Internet."

Dr Müller and her colleagues conducted research on data from earlier studies on compulsive shopping. Their research focused on 122 patients who sought treatment for BSD. Dr Müller reported that about five per cent of the population may be suffering from BSD. She added that younger people are more prone to developing it and experienced greater levels of anxiety and depression. People with BSD readily exhibit negative behaviors. These include spending excessive amounts of money on things they don't need, hoarding and never using things they order, buying things for the sake of instant gratification, and ending up in debt. BSD can destroy marriages, relationships and mental health.