

One in three people could detest fidgets

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One third of us could have a mental health condition of which we are unaware. It is a phenomenon called misokinesia. This is the distress caused by watching people who fidget. All of us know one or two people who cannot stop fidgeting. Most

fidgets are children. Fidgeting involves making small movements repetitively, especially with the hands and feet. Most fidgets fidget because of nervousness or impatience. Misokinesia sufferers can have an "intense hatred" of people tapping their fingers, clicking a pen, twiddling their hair, or jiggling their thighs. Misokinesia is similar to a condition called misophonía. This is a profound dislike of other people's noises, such as heavy breathing, throat clearing or loud eating.

The study is from the Natural Sciences and Engineering Research Council of Canada. Researchers interviewed 21 people belonging to a misokinesia support group. After talking to the group's members, the researchers concluded that misokinesia can be so distressing as to be "life limiting". Sufferers can experience extreme feelings of rage, torture and disgust. One patient confessed: "If I see someone tapping their fingers on a desk, my immediate thought is to chop their fingers off with a knife." Dr Jane Gregory, a clinical psychologist, told the BBC that "violent images might pop into the head" of misokinesia sufferers. She said people are triggered by the tiniest of things, without knowing why.

Sources: bbc.com / yahoo.com / plos.org

Writing

People who fidget should seek medical help. Discuss.

Chat

Talk about these words from the article.

mental health / phenomenon / distress / fidget / nervousness / impatience / noises / study / support group / extreme feelings / rage / torture / disgust / fingers / trigger

True / False

- 1) Thirty per cent of us have a condition that makes us dislike fidgets. T / F
- 2) Misokinesia is a condition that causes distress at looking at fidgets. T / F
- 3) The article says the majority of people who are fidgets are children. T / F
- 4) Misokinesia causes people to dislike people who clear their throat. T / F
- 5) Researchers interviewed over 200 people in a support group. T / F
- 6) The researchers said misokinesia can reduce our longevity. T / F
- 7) One sufferer wanted to chop the fingers off a finger-tapping person. T / F
- 8) A psychologist said people don't know why they are triggered. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|----------------|
| 1. condition | a. set off |
| 2. distress | b. deep-rooted |
| 3. repetitively | c. sever |
| 4. intense | d. anguish |
| 5. profound | e. extreme |
| 6. concluded | f. restricting |
| 7. limiting | g. illness |
| 8. confessed | h. deduced |
| 9. chop off | i. admitted |
| 10. triggered | j. non-stop |

Discussion – Student A

- a) What do you think about what you read?
- b) How big a problem is fidgeting?
- c) How big a problem is detesting fidgets?
- d) Have you ever had extreme feelings of rage or disgust?
- e) Have violent images ever popped into your head?
- f) What things trigger you?
- g) How can we help people who fidget, and those who detest fidgets?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|--------------------------------------|---------------------------------|
| 1. have a mental health | a. because of nervousness |
| 2. making small movements | b. by the tiniest of things |
| 3. fidgets fidget | c. clearing |
| 4. heavy | d. is to chop their fingers off |
| 5. throat | e. as to be life limiting |
| 6. belonging to a misokinesia | f. condition |
| 7. misokinesia can be so distressing | g. psychologist |
| 8. my immediate thought | h. breathing |
| 9. a clinical | i. repetitively |
| 10. people are triggered | j. support group |

Discussion – Student B

- Why do people fidget?
- How many fidgets do you know?
- What do you think of the condition misokinesia?
- What things cause you distress?
- What things do you detest?
- What do you do when you are nervous or impatient?
- Do people who constantly tap wind you up?
- What do you think of people who constantly make noises?

Spelling

- of which they are waunrae
- It is a emnohenpon called misokinesia
- making small movements pteiteverly
- itlddiwng their hair
- jiggling their hithqs
- a rofoupnd dislike of other people's noises
- misokinesia can be so isrdsseitng
- sufferers can experience rteexme feelings
- rage, torture and isqudst
- a clinical oycpsgolihst
- pop into the head of misokinesia fseuerfrs
- rtggried by the tiniest of things

Answers – Synonym Match

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

Role Play

Role A – Clicking A Pen

You think clicking a pen is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): shifting seat position, swaying or twiddling hair.

Role B – Shifting Seat Position

You think shifting seat position is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): clicking a pen, swaying or twiddling hair.

Role C – Swaying

You think swaying is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): shifting seat position, clicking a pen or twiddling hair.

Role D – Twiddling Hair

You think twiddling hair is the most annoying habit. Tell the others three reasons why. Tell them why their habits aren't so bad. Also, tell the others which is the least annoying of these (and why): shifting seat position, swaying or clicking a pen.

Speaking – Fidgeting

Rank these with your partner. Put the most annoying examples of fidgeting at the top. Change partners often and share your rankings.

- | | |
|-------------------|--------------------------|
| • Clicking a pen | • Tapping feet |
| • Tapping fingers | • Shifting seat position |
| • Twiddling hair | • Swaying ones body |
| • Jiggling thighs | • Doodling |

Answers – True False

1	F	2	T	3	T	4	F	5	F	6	F	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.