
BBC LEARNING ENGLISH

Authentic Real English 地道英语

Cyberchondriac 上网自诊狂

**Feifei**

大家好，欢迎收听 BBC 英语教学的《地道英语》。我是冯菲菲。

Sian

...and me, Sian. Hello! Hey Feifei what are you doing on your phone? We've got a programme to record.

Feifei

我头特别疼，这不，网上说了，可能是头部受伤了，也可能是由于头部有肿块，还有可能是.....

Sian

Or maybe you've just got a headache! Give me that phone... you're just scaring yourself!

Feifei

诶，你等等，这儿还说如果我有以下这些症状的话，应该马上去医院。Maybe I do have a fever... I am feeling quite hot.

Sian

That's because it's boiling in here – I'm hot too... and I'm starting to get a headache. I know exactly what's wrong with you – you have a case of cyberchondria!

Feifei

Cyberchondria? 你看，我就说嘛我肯定得了什么病。不过 cyberchondria 是什么？It sounds serious.

Sian

A cyberchondriac is someone who looks up medical advice on the internet for every symptom they have and then gets really anxious because they think they have a serious illness! Just like you're doing.

Feifei

哦，原来 cyberchondriac 和 hypochondriac 有相似之处，cyberchondriac 用来指一个通过上网查询病症后想象自己患了各种病、自诊的人。

Sian

Exactly, this term is a combination of 'cyber' – relating to computers – and hypochondriac.

Let's hear some examples.

Examples

There are so many medical websites online nowadays, it's no wonder more and more people are self-diagnosing and becoming cyberchondriacs.

Ana: I was convinced that I had this really rare disease that I read about online. Turns out that I just wasn't drinking enough water!

Joe: Ha! You're such a cyberchondriac!

Feifei

Right, let's get on with the programme – although I haven't brought my glasses today so I'm afraid I can't read the script very well.

Sian

What? You've forgotten your glasses? Well no wonder you've got a headache.

Feifei

Oh yeah, that could be it. Phew, I was convinced something terrible was wrong with me. Right, let's get on with the programme.

Sian

Hang on there's a link here to the 'ten most dangerous tropical diseases' I'll just have a quick look...

Feifei

But you haven't even been to a tropical country lately. Put the phone down!

Sian

Oh ok! Goodbye.

Feifei

Bye.