

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 misophonia. 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.

What are the most annoying things other people do? Why?

	<b>Annoyances</b>	<b>Why</b>
At the dinner table		
In a store		
On a train		
In the street		
In a restaurant		
In a library		

**Paragraph 1**

1 condition	a.	Doing the same thing again and again.
2 phenomenon	b.	A very strong feeling of being worried, sad, or in pain.
3 distress	c.	Something that happens, especially something unusual or interesting.
4 fidget	d.	Very deep or strong, or very important.
5 repetitively	e.	Something wrong with your body or mind that makes you sick or unwell.
6 twiddling	f.	To keep moving your hands, feet, or body because you feel nervous or bored.
7 profound	g.	Turning or moving something with your fingers, or tapping your fingers often because you are bored, stressed or thinking.

**Paragraph 2**

8 rage	h.	Talked about something reluctantly, usually because one feels ashamed or embarrassed.
9 torture	i.	A person who studies how people think and feel.
10 disgust	j.	Related to doctors or hospitals.
11 confessed	k.	Very bad pain or suffering, either in the body or the mind.
12 clinical	l.	To make someone feel a strong emotion or start a reaction.
13 psychologist	m.	A very strong feeling of anger.
14 triggered	n.	A strong feeling that something is very unpleasant or wrong.