

Internet Addiction In Students Prevalence And Risk Factors

With the internet, smartphones, and video games easily available to increasing portions of society, researchers are becoming concerned with the potential side effects and consequences of their prevalence in people's daily lives. Many individuals are losing control of their internet use, using it and other devices excessively to the point that they negatively affect their wellbeing as these individuals withdraw from social life and use their devices to escape from the pressure of the real world. As such, it is imperative to seek new methods and strategies for identifying and treating individuals with digital addictions. Multifaceted Approach to Digital Addiction and Its Treatment is an essential research publication that explores the definition and different types of digital addiction, including internet addiction, smartphone addiction, and online gaming addiction, and examines overall treatment approaches while covering sample cases by practitioners working with digital addiction. This book highlights topics such as neuroscience, pharmacology, and psychodynamics. It is ideal for psychologists, therapists, psychiatrists, counselors, health professionals, students, educators, researchers, and practitioners.

Current knowledge about effective internet addiction treatment is limited. This book explores how 20 international internet addiction therapy experts experience the presenting problem of internet addiction in psychotherapy.

This book offers the latest research and new perspectives on Interactive Collaborative Learning and Engineering Pedagogy. We are currently witnessing a significant transformation in education, and in order to face today's real-world challenges, higher education has to find innovative ways to quickly respond to these new needs. Addressing these aspects was the chief aim of the 21st International Conference on Interactive Collaborative Learning (ICL2018), which was held on Kos Island, Greece from September 25 to 28, 2018. Since being founded in 1998, the conference has been devoted to new approaches in learning, with a special focus on collaborative learning. Today the ICL conferences offer a forum for exchanging information on relevant trends and research results, as well as sharing practical experiences in learning and engineering pedagogy. This book includes papers in the fields of: * Collaborative Learning * Computer Aided Language Learning (CALL) * Educational Virtual Environments * Engineering Pedagogy Education * Game based Learning * K-12 and Pre-College Programs * Mobile Learning Environments: Applications It will benefit a broad readership, including policymakers, educators, researchers in pedagogy and learning theory, school teachers, the learning industry, further education lecturers, etc.

While the Internet is a relatively new technology, that has impacted the world, and provided many benefits, it has also had negative ramifications. Individuals unable to control their use are jeopardizing school, employment and relationships. The concept of "Internet Addiction" is used to explain uncontrollable, damaging use of technology. It is characterized as an impulse control disorder, comparable to pathological gambling, because of overlapping diagnostic criteria and symptomatology. Based on these studies, the IAT was constructed to capture the problematic behavior associated with compulsive use of technology, including online porn, internet gambling and compulsive use of online games and social media. The Internet Addiction Test emerged as the first validated measure of Internet and technology addiction. The assessments can be administered in a variety of mental health settings, including private practice clinics, schools, hospitals and residential programs. They can be used when there is suspicion of Internet addiction, as part of a broad intake assessment, or for use in a wellness curriculum to help participants evaluate their own Internet behavior. The IAT can also be a valuable pre-employment screening device, to detect internet addiction among job candidates, to improve productivity and reduce corporate liability. Based on 20 self-report items, the IAT assesses for the presence of addiction to the Internet, electronic entertainment, social media, and general use of electronic devices, and also measures the severity of addiction, in terms of mild, moderate or severe. Furthermore, because Internet addiction may be driven by different reasons and manifest in different ways, requiring different types of treatment, the IAT produces scores related to the following areas: EscapeCompulsionNeglecting dutiesAnticipationLack of ControlSocial Avoidance

Great Dangers, Great Promise
Health and Educational Effects

Neuroscientific Approaches and Therapeutical Implications Including Smartphone Addiction
DSM-5 and Beyond
Applied Cyberpsychology

The Challenges of the Digital Transformation in Education
Internet use-related addiction problems (e.g., Internet addiction, problem mobile phone use, problem gaming, and social networking) have been defined according to the same core element: the addictive symptomatology presented by individuals who excessively and problematically behave using the

technology. Online activity is the most important factor in their lives, causing them the loss of control by stress and difficulties in managing at least one aspect of their daily life, affecting users' wellbeing and health. In 2018, Gaming Disorder was included as a mental disease in the 11th Revision of the International Classification of Diseases by the World Health Organization. In 2013, the American Psychiatric Association requested additional research on Internet Gaming Disorder. The papers contained in this e-Book provide unique and original perspectives on the concept, development, and early detection of the prevention of these health problems. They are diverse in the nature of the problems they deal with, methodologies, populations, cultures, and contain insights and a clear indication of the impact of individual, social, and environmental factors on

Internet use-related addiction problems. The e-Book illustrates recent progress in the evolution of research, with great emphasis on gaming and smartphone problems, signaling areas in which research would be useful, even cross-culturally. Introduction: Even Internet addiction is not recognized as a disorder in DSM 5 or ICD 11 there are lot of studies focusing it. International prevalence rates for Internet addiction range globally from 1.5% to 8.2%.Objectives: to establish prevalence of internet addiction among students of Tuzla university.Methods: Internet survey. Total number of 762 University students fulfilled three parts consisted survey: general data questionnaire, Young's Internet Addiction Test, Zung Self-Rating Depression ScaleResults: Survey analysis has shown that 18.8 % of female and 20.7% of male students are internet addicts. The highest percentage (25%) is reported among Faculty of economy studentsConclusion: High percentage of students at Tuzla University has problems with Internet addiction.

INTERNET ADDICTION AMONG TUZLA UNIVERSITY STUDENTS

This Special Issue presents some of the main emerging research on technological topics of health and education approaches to Internet use-related problems, before and during the beginning of coronavirus disease 2019 (COVID-19). The objective is to provide an overview to facilitate a comprehensive and practical approach to these new trends to promote research, interventions, education, and prevention. It contains 40 papers, four reviews and thirty-five empirical papers and an editorial introducing everything in a rapid review format. Overall, the empirical ones are of a relational type, associating specific behavioral addictive problems with individual factors, and a few with contextual factors, generally in adult populations. Many have adapted scales to measure these problems, and a few cover experiments and mixed methods studies. The reviews tend to be the concepts and mechanisms of these problems, intervention options, and prevention. In summary, it seems that these are a global culture trend impacting health and educational domains. Internet use-related addiction problems have emerged in almost all societies, and strategies to cope with them are under development. These conditions, in these contemporary challenges, especially during the pandemic situation that has highlighted the global health problems that we have, and how to holistically tackle them.

Internet and Technology Addiction: Breakthroughs in Research and Practice

Behavioral Addictions: DSM-5® and Beyond

The Naked Truth About Internet Culture

Proceedings of the 21st International Conference on Interactive Collaborative Learning (ICL2018) - Volume 1

Internet and Mobile Phone Addiction

The Psychology of Social Networking Vol. 2

Sponsored by the Adolescent Mental Health Initiative of the Annenberg Public Policy Center (APPC) of the University of Pennsylvania and the Annenberg Foundation Trust at Sunnyslands Trust, Treating and Preventing Adolescent Mental Health Disorders, Second Edition, provides a major update since the first edition in 2005. It addresses the current state of knowledge about the major mental health disorders that emerge during adolescence, including updated DSM-5 diagnostic criteria. Here, six commissions established by the APPC and the Sunnyslands Trust pool their expertise on adolescent anxiety, schizophrenia, substance use disorders, depression and bipolar disorders, eating disorders, and suicidal behavior in sections that thoroughly define each disorder, outline and assess available treatments, discuss prevention strategies, and suggest a research agenda based on what we know and don't yet know about these various conditions. Two additional behavioral disorders—gambling and internet addiction—are covered in this second edition. As a meaningful counterpoint to its primary focus on mental illness, the volume also incorporates the latest research from a seventh commission—on positive youth development—which addresses how we can fully prepare young people to be happy and successful throughout their lives. Concluding chapters discuss overarching issues regarding the behavioral and mental health of adolescents; overcoming the stigma of mental illness, the research, policy, and practice context for the delivery of evidence-based treatments, and the development of a more robust agenda to advance adolescent health. Integrating the work of eminent scholars in both psychology and psychiatry, this work will be an essential volume for academics and practicing clinicians and will serve as a wake-up call to mental health professionals and policy makers alike about the state of our nation's response to the needs of adolescents with mental disorders.

Addiction is a powerful and destructive condition impacting large portions of the population around the world, and because of ubiquitous technology, social networking and internet addiction have become a concern in recent years. With all ages affected by the fear of missing out, which forces them to stay continually connected in order to stay up-to-date on what others are doing, new research is needed to prevent and treat anxieties caused by internet use. Internet and Technology Addiction: Breakthroughs in Research and Practice is an authoritative resource for the latest research on the social and psychological implications of internet and social networking addiction, in addition to ways to manage and treat this unique form of addiction. Highlighting a range of pertinent topics such as digital addiction, social isolation, and technology servitude, this publication is an ideal reference source for psychologists, cyberpsychologists, cybersociologists, counselors, therapists, public administrators, academicians, and researchers interested in psychology and technology use.

The book is part of a series on Current Topics in Behavioral Neurosciences, which has as its focus anxiety and its treatment. We have brought together a distinguished cadre of authors with the aim of covering a broad array of topics related to anxiety disorders, ranging from clinical diagnosis, epidemiology, preclinical neuroscience, and animal models to established and innovative therapeutic approaches. The book aims at bridging these disciplines to provide an update of literature relevant to understanding anxiety, its consequences, and its management. Following is a brief overview of the chapters and their content, meant to serve as a guide to navigating the book. The 7rst section covers clinical aspects of anxiety disorders. Joe Bienenven and colleagues provide an incisive overview of diagnostic considerations in the anxiety disorders in which they emphasize the strengths and shortcomings of our current nosologic systems. This is followed by a review and update of the epidemiology of anxiety disorders by Ron Kessler and colleagues, which provides an authoritative survey of anxiety disorder incidence, prevalence, and risk factors. This is comp- mented by a comprehensive review of the literature on disorders that co-occur with anxiety disorders by Kathleen Merikangas and Sonja Alisemgeest Swanson. Their review highlights the tremendous comorbidity that occurs not only within the anxiety disorders, but also with other mental and physical health conditions.

The digital world is omnipresent. The rise of the Internet, smartphones, video games, and dating apps have provided people with more information, entertainment, and communication than ever before. While technology continues to develop at breakneck speed, its results are not always positive. Addiction to the tech world has resulted in serious mental health problems, overuse injuries, privacy challenges, and worry on the part of parents and other adults about its long-term effects. With the aid of media literacy questions and terms, this collection of thought-provoking and educational New York Times articles helps readers take a critical look at the tech phenomenon.

How to Recognize the Signs of Internet Addiction—and a Winning Strategy for Recovery

14th International Conference on Information Technology

A Handbook and Guide to Evaluation and Treatment

Handbook of Psychological Assessment in Primary Care Settings

Prevalence and Correlates of Internet Addiction in Undergraduate Students as Assessed by Two Different Measures

"Behavioral Addictions is a timely landmark achievement and a must read for anyone interested in addictive and compulsive behavior and its treatment. Rosenberg and Feder have brought us leading addiction experts, who clearly present the growing evidence for including behavioral addictions in the DSM-5 and how best to treat them. While gambling is the first to be included in the DSM-5 chapter on substance related disorders, other behavioral addictions are likely to follow as evidence grows. This is the most important new textbook in addiction psychiatry in recent years." –Richard Frances MD, Founding President, American Academy of Addiction Psychiatry
DSM-V broke new ground in May of 2013, designating a new disorder called "behavioral addiction." Clinicians immediately wanted to know: how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What, if anything, does this mean in terms of effective treatment? Behavioral Addictions is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence-based treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM-V designation of behavioral addiction Defines the criteria for how to be considered an addiction designation Discusses the evidence for behaviors meeting addiction criteria Identifies what is now, likely will be, and is not a behavioral addiction per evidence Discusses behaviors formerly considered impulse control disorders Presents evidence-based treatment for each behavioral addiction

Addiction is a powerful and destructive condition impacting large portions of the population around the world. While typically associated with substances, such as drugs and alcohol, technology and internet addiction have become a concern in recent years as technology use has become ubiquitous. Psychological, Social, and Cultural Aspects of Internet Addiction is a critical scholarly resource that sheds light on the relationship between these variables and internet addiction. Featuring chapters on a broad range of topics such as human-computer interaction, academic performance, and online behavior, this book is geared towards psychologists, counselors, graduate-level students, and researchers studying psychology and technology use.

Aims: To examine the prevalence of Internet Addiction and factors associated with its severity. Participants & Procedures: Seventy-two university students completed online measures which included the Internet Addiction Test (IAT), the Brief Symptom Inventory (BSI), the Interpersonal Support Evaluation List (ISEL), the Emotion Regulation Questionnaire (ERQ), the Drug Abuse Screening Test (DAST-10), and the Perceived Stress Scale (PSS). Bivariate correlations and multiple regression analysis were used to analyze the data. Results: Significant correlations were found between IA and female gender (r = .22), depression (r = .27), anxiety (r = .24), hours of use per day (r = .44), and hours of use per week (r = .48). The regression equation containing these variables accounted for 34% of the variance in IA, F (4, 67) = 8.78, p

This book presents a new, evidence-based cognitive behavioral intervention for the prevention and treatment of Internet addiction in adolescents. It provides a comprehensive overview of the current state of research regarding phenomenology, diagnostics, epidemiology, etiology, and treatment and prevention of Internet addiction as a new behavioral addiction. The book is divided into two sections. The first part of the book explores various bio-psycho-social factors that contribute to the development and maintenance of symptoms in young individuals. Chapters in the second part of the book discuss the PROTECT intervention to reduce Internet addiction in adolescents. PROTECT aims to modify risk factors and maintenance factors, specifically, boredom and motivational problems, procrastination and performance anxiety, social anxiety and maladaptive emotion regulation. The PROTECT intervention is a low-intensity approach which uses comprehensive case examples in order to increase cognitive dissonance and treatment motivation. In addition, PROTECT contains cognitive behavioral intervention techniques such as psychoeducation, behavior activation, cognitive restructuring, problem solving and emotion regulation. Topics featured in this book include: Adolescence and development-specific features of Internet addiction. An overview of modifiable risk factors and maintenance factors of Internet addiction. Environmental factors that affect the development of Internet addiction. Online and offline video gaming addiction. Social network addiction. Strategies that work in prevention and treatment. Internet Addiction in Adolescents is a must-have resource for researchers, professors, clinicians and related professionals as well as graduate students in clinical child, school, and developmental psychology, educational policy and politics, and social work as well as related disciplines.

Technological Addictions

Internet Addiction

Mental Health: A Journey from illness to wellness

Behavioral Addictions

New Perspectives on Miscommunication

Internet Addiction in Psychotherapy

Behavioral Addictions: DSM-5® and Beyond provides a scientific and clinical overview of addictive behaviors which are incorporated alongside substance abuse disorders in the latest edition of the DSM.

This book describe the Psychology of Social Networking. In order to 'be online', an individual has to create an online presence. This online self is presented in different ways, with diverse goals and aims in order to engage in different social media activities and to achieve desired outcomes. The authors propose a wide overview of the psychology of social networking and the several implications of new media in our lives.

This text explores the major ways in which miscommunication can be experienced in our daily life.

Internet Addiction: A Handbook and Guide to Evaluation and Treatment" This book provides cutting-edge coverage by expanding the field to include specific problems such as online gaming, cybersex addiction, and gambling addiction. Its extensive attention to dealing with adolescents is essential, given the rapid rise in media and technology use by both Net Generation young adults and iGeneration teenagers. I am thrilled to have this invaluable, comprehensive, well-written resource for my own work and recommend it to people who need to understand this unique form of addiction." —Dr. Larry Rosen, Past Chair and Professor of Psychology at California State University, Dominguez Hills, author of Rewired: Understanding the iGeneration and the Way They Learn and Me, MySpace, and I: Parenting the Net Generation
"Our clients come to us when online pornography, video gaming, social networking, gambling, and surfing create untenable disruptions in their lives. If we do not understand what we are seeing and how to address it, we will not be able to provide the help they need. This book provides the practical information clinicians can use to assess and treat this growing problem." —Hilarie Cash, PhD, coauthor of Video Games and Your Kids: How Parents Stay in Control, and cofounder of reSTART: Internet Addiction Recovery Program
"Internet Addiction: A Handbook and Guide to Evaluation and Treatment provides an integrated and current overview of the different types of Internet addiction-gaming addiction, gambling addiction, and cybersex addiction. The authors deserve ample praise in providing such a comprehensive and up-to-date guide for internet addiction." —Ran Tao, MD, Professor and Director, and Xuejin Huang, MD, Associate Professor, Treatment Center for Internet Addiction, General Hospital of Beijing Military Region, China
The first empirically informed reference for defining, assessing, diagnosing, and treating problematic Internet use Comprehensive and timely, Internet Addiction explores Validated assessment tools to differentiate normal from compulsive patterns of computer and online usage
The most additive or problematic online activities Epidemiology and subtypes of Internet addiction such as online pornography, Internet gambling, and online gaming
Current theories on the risk factors associated with the development of an addictive disorder related to Internet usage
Evidence-based treatment strategies for helping clients of various ages, taking into account main presenting problems and individual situations and circumstances
International in scope and empirically based, the cultural and global impact of this subject is discussed, introducing practitioners to the latest clinical implications, assessment methods, and treatment approaches in working with clients suffering from this emerging addictive disorder.

Internet Addiction in Adolescents

Prevalence and Risk Factors Of Internet Addiction Among U.S. Undergraduate And Graduate Students

Treatment, Education and Research

Internet Addiction Test

INTERNET ADDICTION AMONG TUZLA UNIVERSITY STUDENTS

Prevalence and Factors Associated with Internet Addiction Among Medical Students in Universiti Putra Malaysia

The second edition Handbook of Psychological Assessment in Primary Care Settings offers an overview of the application of psychological screening and assessment instruments in primary care settings. This indispensable reference addresses current psychological assessment needs and practices in primary care settings to inform psychologists, behavioral health clinicians, and primary care providers the clinical benefits that can result from utilizing psychological assessment and other behavioral health care services in primary care settings.

Addiction takes many forms and has the potential to impact individuals of all ages, socio-economic statuses, and ethnic backgrounds. Digital addiction has become one of the latest topics of interest among researchers and mental health professionals as individuals become more engrossed in and reliant on digital devices. Psychological and Social Implications Surrounding Internet and Gaming Addiction focuses on the dark side of technology and the ways in which individuals are falling victim to compulsive internet use as well as gaming and gambling addictions. Highlighting socio-cultural, psycho-social, and techno-cultural perspectives on problematic technology use, this critical publication is essential to the research and practical needs of therapists, public administrators, psychologists, students, and researchers interested in compulsive disorders, human behavior, dependency, and other key mental health issues.

A pivotal addition to the current mental health research available, this book focuses on topics including, but not limited to, Internet addiction, gaming addiction disorder, gambling, gamification, hypermedia seduction theory, MMORPGs, psychotherapy, and related public policy issues. The second edition of this successful book provides further and in-depth insight into theoretical models dealing with Internet addiction, as well as includes new therapeutic approaches. The editors also broach the emerging topic of smartphone addiction. This book combines a scholarly introduction with state-of-the-art research in the characterization of Internet addiction. It is intended for a broad audience including scientists, students and practitioners. The first part of the book contains an introduction to Internet addiction and their pathogenesis. The second part of the book is dedicated to an in-depth review of neuroscientific findings which cover studies using a variety of biological techniques including brain imaging and molecular genetics. The third part of the book focuses on therapeutic interventions for Internet addiction. The fourth part of the present book is an extension to the first edition and deals with a new emerging potential disorder related to Internet addiction - smartphone addiction. Moreover, in this second edition of the book new content has been added. Among others, the reader will find an overview of theoretical models dealing with Internet addiction, results from twin studies in the context of Internet addiction and additional insights into therapeutic approaches to Internet addiction.

Child and Adolescent Online Risk Exposure: An Ecological Perspective focuses on online risks and outcomes for children and adolescents using an ecological perspective (i.e., the intersection of individuals in relevant contexts) for a better understanding of risks associated with the youth online experience. The book examines the specific consequences of online risks for youth and demonstrates how to develop effective and sensitive interventions and policies. Sections discuss why online risks are important, individual and contextual factors, different types of risk, online risks among special populations, such as LGBT youth, physically or intellectually disabled youth, and ethnic and religious minorities, and intervention efforts. Includes theoretical considerations and the prevalence of online risks Covers policy recommendations for reducing online risks Explores the concept of digital citizenship Examines online risks, including addictive internet use, sexting, cyberbullying, stalking and personal data misuse

Treating and Preventing Adolescent Mental Health Disorders

Identity and Relationships in Online Communities

The Handbook of the Psychology of Communication Technology

Multifaceted Approach to Digital Addiction and Its Treatment

The Emperor's Virtual Clothes

Caught in the Net

This volume presents a collection of peer-reviewed, scientific articles from the 14th International Conference on Information Technology - New Generations, held at the University of Nevada at Las Vegas on April 10–12, at Tuscani Suites Hotel in Las Vegas. The Book of Chapters addresses critical areas of information technology including web technology, communications, computing architectures, software engineering, security, and data mining.
A skeptic by nature, a writer and teacher more at home with ballpoint pens than computer programs, Dinty W. Moore wanted to find out for himself if the much-touted Internet and the electronic culture it has spawned is really going to be the Next Big Thing, or whether it's the emperor's new clothes. This is not a how-to guide, a giddy net-head's online magical mystery tour, or a binaries-in-the-sky futurist treatise. Instead, this book tells it like it is about the Internet. Anyone who's asked, "Who's there?" What am I missing?" and What is it all about? will find Moore's good-natured skepticism a welcome break from the explosion of wide-eyed techno-hype raging all around us. "Moore is far and away the best pure writer of the 'Wired School.' He's like the Stage Manager poking his head in around the set of 'Our Town.' Funny that it took the arrival of this commensensical outsider to finally put a real human face on the digital world."—San Jose Mercury-News.

"I don't even help [my children] with their homework in the evening because I'm in the chat rooms, and I don't help them to bed because I don't realize how late it is. I also don't help them get ready for school in the morning like I used to do because I'm checking my e-mail. And I just can't stop myself."—Raymond, an Internet addict. Internet addiction is real. Like alcoholism, drug addiction, or compulsive gambling, it has devastating effects on the lives of addicts and their families: divorce, job loss, falling productivity at work, failure in school, and, in extreme cases, criminal behavior. The problem has already reached epidemic proportions in the United States, and the number of "netaholics" continues to grow rapidly as more households and businesses go on-line. Yet, until now, no one from the mental health community has come forward with a specific description of internet addiction and its effects or a strategy for treatment and recovery. In Caught in the Net, Kimberly Young shares the results of her three-year study of internet abuse. Often using the words of the Internet addicts themselves, she presents the stories of dozens of lives that were shattered by an overwhelming compulsion to surf the Net, play MUD games, or chat with distant and invisible neighbors in the timeless limbo of cyberspace. Why is the Internet so seductive? What are the warning signs of Internet addiction? Is recovery possible? Dr. Young answers these questions and many more. She provides a questionnaire to help Net users determine whether they are addicts, and offers concrete steps to help problem users regulate internet usage and devise a more balanced place for it in their daily lives. For Internet addicts as well as their parents, spouses, friends, and employers, Caught in the Net offers guidance on where and how to seek help from counselors, therapists, and other professionals who take this affliction seriously. For mental health professionals, this book provides insights into the nature and causes of internet addiction and encourages counselors and therapists to expand their addiction recovery programs to address the specific problems of internet addicts. "Think that computer addiction is a joke? Think again. This groundbreaking book is the first to explore on-line addiction in a serious way and to consider the effects on individuals and their families. Caught in the Net is an important book for anyone who spends mornings and evenings connected to the Net."—Clifford Stoll, author of The Cuckoo's Egg and Silicon Snake Oil. "An excellent account of the dangers of the burgeoning Internet industry. Dr. Young carefully outlines the traps into which people can fall and offers pragmatic self-help suggestions. Caught in the Net is valuable for both consumers and the professionals who deal with them."—Maressa Hecht Orzack, PhD, Founder and Coordinator,

Computer Addiction Services, McLean Hospital Lecturer, Harvard University Medical School "I don't mean to spend all my time this way, but I can't stop. It's the only place my opinion matters and I feel important."—bobage38.automachanic.internet.addict "I feel guilty about it, but when I tried to break free, I simply didn't have the strength....I'm a long-time smoker, but I've found the craving to go on the Internet first thing every morning is stronger than my urge to light a cigarette."—marylouage40.motherof4.internet.addict "When you're talking about the Internet, you're talking about power. It's the most powerful information tool I have ever known. When I explore the on-line world, I feel like that robot in the movie Short Circuit. I need more input! More input!"—daveage28.militarytelecommunicationsexpert.internet.addict "I feel the rush every time my mind gets connected to this intensely powerful information whirlpool. When I enter cyberspace, I become one with my mind. It's like Mr. Spock doing the Vulcan mind

meld."—joshage29.computerprogrammer.internet.addict Itt.edu and visit her website at: www.netaddiction.com

Objectives:study the relationship between cyberaddiction and sleep disorders and determine the correlated factors.Background:The relationship between addiction and sleep disorders has been extensively studied. Indeed, these two pathologies are often co-morbid and develop in bidirectional links. Sleep disorders have been reported in people with internet addiction, while they paradoxically rarely express a complaint of insomnia.Materials and Methods:It is a descriptive correlational, quantitative and transversal study. This study concerned students from the faculty of medicine of Monastir in Tunisia enrolled in the first or second cycle, during the academic year 2018-2019. To access the prevalence of internet addiction, The Youngu2019s Diagnostic Questionnaire for Internet Addiction (YDQ) was applied and to assess sleep quality, we used the Pittsburgh Sleep Quality Index (PSQI).Results and Conclusions:The sample consisted of 100 medical students (mean age 22 u00b01.0398). The prevalence of cyberaddiction and sleep disorders in our study was 30% and 52%, respectively. The factors positively correlated with sleep disorders in cyberaddiction were somatic personal antecedents (p = 0.049), existence of traumatic life events (p = 0.028), and coffee consumption (p = 0.05). The sport practice was been negatively correlated with sleep disorders in cyberaddiction. The current study highlighted the frequency of cyberaddiction and sleep disorders among students, as well as a significant association between these two disorders.

Practical Applications of Cyberpsychological Theory and Research

Psychological and Social Implications Surrounding Internet and Gaming Addiction

Psychological, Social, and Cultural Aspects of Internet Addiction

Mental Health in the Digital Age

An Ecological Perspective

Tech Addiction

The controls used on emotional arousal and cognitive processes are difficult in several societies, because of the presence of beliefs in several more issues and forces, which influence the bidirectional to and fro journey of effects between mental health and mental illness. Human beings in general accept only experiential methods of verifications and approval of reality, when they come in contact with their own mental and physical conditions. However, many may still be influenced by suggestions and produce experiences as per suggestions, which may not respond to scientific methods of verifications and corrections. Mental health and diseases, mainly in the domain of emotional health may therefore be affected by beliefs and psychological effects produced from cognitive processes and cognitive molding of emotions. Interventions in the cognitive and emotional domains do often work and changes may be brought out at the psychological and biological levels

This book explains the rationale for changes in the DSM-5® related to incorporating behavioral addictions alongside substance use disorders; it also illuminates the significance of including the construct of behavioral addictions in this widely used psychiatric diagnostic manual. The chapters herein describe eight behaviors often considered addictions, including gambling disorder, internet gaming disorder, internet addiction, food addiction, hypersexuality, shopping addiction, exercise addiction, and tanning addiction. Also examined are prevalence rates in epidemiological samples, risk factors, and promising treatment approaches. The result is an easy-to-use resource and guide for clinicians, students, and researchers

The Handbook of the Psychology of Communication Technology offers an unparalleled source for seminal and cutting-edge research on the psychological aspects of communicating with and via emergent media technologies, with leading scholars providing insights that advance our knowledge on human-technology interactions. • A uniquely focused review of extensive research on technology and digital media from a psychological perspective • Authoritative chapters by leading scholars studying psychological aspects of communication technologies • Covers all forms of media from Smartphones to Robotics, from Social Media to Virtual Reality • Explores the psychology behind our use and abuse of modern communication technologies • New theories and empirical findings about ways in which our lives are transformed by digital media

The Internet and related technologies have reconfigured every aspect of life, including mental health. Although the negative and positive effects of digital technology on mental health have been debated, all too often this has been done with much passion and few or no supporting data. In Mental Health in the Digital Age, Elias Abujaoude and Vladan Starcevic have edited a book that brings together distinguished experts from around the world to review the evidence relating to this area. The first part of the book addresses threats resulting from the growing reliance on, and misuse of, digital technology; it also looks at how some problematic behaviors and forms of psychopathology have been shaped by this technology. This section reviews problematic Internet and video game use, effects of violent video games on the levels of aggression and of online searches for health-related information on the levels of health anxiety, use of digital technology to harm other people, and promotion of suicide on the Internet. The second part of Mental Health in the Digital Age examines the ways in which digital technology has boosted efforts to help people with mental health problems. These include the use of computers, the Internet, and mobile phones to educate and provide information necessary for psychiatric treatment and to produce programs for psychological therapy, as well as use of electronic mental health records to improve care. Mental Health in the Digital Age is a unique and timely book because it examines comprehensively an intersection between digital technology and mental health and provides a state-of-the-art, evidence-based, and well-balanced look at the field. The book is a valuable resource and guide to an area often shrouded in controversy, as it is a work of critical thinking that separates the hype from the facts and offers data-driven conclusions. It is of interest particularly to mental health professionals, but also to general audience.

What We Know and What We Don't Know About Prevalence, Risk Factors and Health Effects

Internet and Smartphone Use-Related Addition Health Problems

RELATIONSHIP BETWEEN INTERNET ADDICTION AND SLEEP DISORDERS: ABOUT 100 MEDICAL STUDENTS

Information Technology - New Generations

Criteria, Evidence, and Treatment

"Technological Addictions is the first guide designed to provide insight and strategies to clinicians, patients, and families grappling with the collateral damage of technology's pervasiveness and pull. Mental health professionals are beginning to understand that video games, online pornography, internet gaming, internet gambling, and other technological pastimes can be every bit as addictive as substances such as alcohol, tobacco, and illicit drugs. Editor Petros Levounis is among the foremost experts on addiction and, together with coeditor James Sherer and a roster of prominent contributors, has created a groundbreaking book that emphasizes the lived reality of the people who struggle with these addictions every day. In 10 rigorous yet down-to-earth chapters, the book explores the psychological and cultural context of each technology and related behavior, from social media to cybersex, and examines thoroughly the difference between healthy engagement with technology and addiction. This discussion premised on the understanding that technology should not be rolled back or restricted but is an increasingly beneficial and even necessary part of modern life. Two chapters specifically focus on the way technology addictions impact particular populations, such as children and adolescents and older adults. Addition to technology does not discriminate; no preexisting psychological or physical conditions are required, and everyone is susceptible. Technological Addictions provides guidance found nowhere else, guidance that both clinicians and laypeople will find useful and compelling!"-

This book examines how you can identify, assess, and treat Internet addiction in the most effective manner. Internet use has become an integral part of our daily lives, but at what point does Internet use become problematic? What are the different kinds of Internet addiction? And how can professionals best help clients? Internet addiction refers to a range of behavioral problems, including social media addiction and Internet gaming disorder. This compact, evidence-based guide written by leading experts from the field helps disentangle the debates and controversies around Internet addiction and outlines the current assessment and treatment methods. The book presents a 12–15 session treatment plan for Internet and gaming addiction using the method and setting with the best evidence: group CBT. Printable tools in the appendix help clinicians implement therapy. This accessible book is essential reading for clinical psychologists, psychiatrists, psychotherapists, counselors, social workers, teachers, and social students. Cyberpsychology is an emerging area of psychological study that aims to understand and explain all facets of online behaviour. This book brings together overviews from a number of leading authorities in the field, to suggest how academic theory and research can be applied to a variety of online behaviours. Both positive and negative behaviours are considered, including topics as diverse as parenting the online child, age-related internet usage and cultural considerations in online interactions. Psychological research can no longer view online and offline worlds as different entities, but must consider online behaviours as equally distinct as offline activities. This is especially apparent when looking at online dating, the role that social networks play in organisations and online consumer behaviours, and in a consideration of the role that psychological research plays in underpinning the multi-billion pound gaming industry. Focusing on these personal applications of the Internet, insight is also offered into the role that theory and research plays in training military personnel as well as the use of psychometric testing to select and retain employees.

Neurobiological Biomarkers for Developing Novel Treatments of Substance and Non-Substance Addiction

Say Not to Say

Behavioral Neurobiology of Anxiety and Its Treatment

Breakthroughs in Research and Practice

Child and Adolescent Online Risk Exposure

The PROTECT Program for Evidence-Based Prevention and Treatment