

# INTERNET ADDICTION



# Internet Addiction And Problematic Internet Use A

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## **Internet Addiction And Problematic Internet Use A:**

**Internet Addiction** Kathryn Vercillo, 2020-02-24 The internet has transformed the world we live in but it also poses new risks to our psychological well being This book provides an introduction to the issue of internet addiction an increasingly common problem All day every day we are connected to the internet putting most people at some level of risk for internet addiction Problematic internet use can take many forms including overuse of social media and addictions to online shopping gaming or pornography Such behaviors can cause anxiety depression sleep deprivation loneliness and physical health problems People can lose their jobs and families and in a few extreme cases internet addiction has directly led to the death of the addicted individual or a child in their care This book explores what internet addiction is the many forms it can take and the serious consequences it can have It examines a number of controversies and issues such as balancing the internet s benefits against its addictive nature It also provides a variety of useful materials including case studies a timeline of critical events and a directory of resources

**Internet and Mobile Phone Addiction** Olatz Lopez-Fernandez, 2019-03-07 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

**Technological Addictions** Petros Levounis, M.D., M.A., James Sherer, M.D., 2021-07-08 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 Addiction 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

**Overcoming Internet Addiction For Dummies** David N. Greenfield, 2021-09-08 A guidebook to beating internet addiction and screen overuse and for living a fuller life There s no escaping it we live in a digital world We work play socialize and learn online and the Internet provides many amazing opportunities Unfortunately because of our basic biology we re all susceptible to overuse and addiction to screens Video games social media porn and even scrolling online taps into that pleasurable dopamine reward system So when is it time to log off or put the phone down and get help Overcoming Internet Addiction For Dummies gives you the information resources and the self assessment tools you need to discover how much is too much along with practical suggestions on what to do about it Learn how to take back control of your time and attention or help your kids or loved ones get control of theirs This comprehensive user friendly overview of Internet addiction is full of helpful and proven methods to help foster a healthy balanced and sustainable life with screens Discover the basic biology of addiction including why children and teens are especially susceptible Become aware of the cognitive psychological and physical effects excess Internet and screen use Learn how social media video gaming and Internet pornography could be getting in the way of real time living Find out why smartphones are not smart for you to use all the time Understand the science of how and why you can become addicted to your screens so you can unplug more easily and use your time for what matters most Empower yourself and your children to build a positive relationship with the Internet and digital technology This book can help you and your loved ones plug back into life and show you where you can find information resources support and treatment

Overcoming Internet Addiction is about taking back control of your time and attention and learning to manage your screen use so it doesn t manage you

*Internet Addiction in Children and Adolescents* Kimberly S. Young, Cristiano Nabuco De Abreu, 2017-06-28 This is the first book to thoroughly examine how early and easy access to the Internet and digital technologies impacts children and adolescents Experts in the field examine the research that shows the social cognitive developmental and academic problems that can result when children spend excessive time in front of screens As a whole the book provides an invaluable resource for those who need to assess treat and prevent Internet addiction in children and adolescents Internet Addiction in Children and Adolescents Provides tools that help predict a child s level of risk for media related problems Examines how to diagnose and differentiate Internet addiction from other psychiatric conditions Explores evidenced based treatment approaches and how to distinguish pathology from normal development Shows how to create

inpatient treatment programs and therapies to address media addiction Highlights the psychological social and family conditions for those most at risk Evaluates the effects of the excessive use of electronic games and the Internet on brain development Explores the physical risks that result from excessive media use and strategies for combating the problem Examines school based initiatives that employ policies and procedures designed to increase awareness of excessive media use and help educators identify students who misuse technology and strategies of intervention and communication with parents Identifies signs of problem Internet behavior such as aggressive behavior lying about screen use and a preference for screen time over social interactions Outlines the risk factors for developing internet addiction Provides strategies for treatment and prevention in family school and community settings Practitioners and researchers in psychology social work school counseling child and family therapy and nursing will appreciate this book s thorough review of internet addiction among children and adolescents The book also serves as an engaging supplement in courses on media psychology addiction counseling abnormal psychology school counseling social issues and more

*Internet and Smartphone Use-Related Addiction Health Problems* Olatz Lopez-Fernandez, 2021-08-31 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 about the concepts and measures 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 to offer solutions to these contemporary challenges especially during the pandemic situation that has highlighted the global health problems that we have and how to holistically tackle them

*Psychological, Social, and Cultural Aspects of Internet Addiction* Bozoglan, Bahadir, 2017-12-08 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 psycho social variables and internet addiction Featuring coverage 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

**Internet and Technology**

**Addiction: Breakthroughs in Research and Practice** Management Association, Information Resources,2019-06-07

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 Internet Addiction in Adolescents Katajun Lindenberg,Sophie Kindt,Carolyn Szász-Janocha,2020-06-02 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

**Internet Addiction** Daria J. Kuss,Halley M. Pontes,2018-11-21 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 counsellors social workers teachers as well as students *The Multiplicities of Internet Addiction* Nicola F. Johnson,2016-03-03 Overuse of the internet is often characterized as problematic disruptive or addictive with stories frequently claiming that online use interferes with relationships or that excessive time in front of computer screens is unhealthy The Multiplicities of Internet Addiction contests the claim that computers specifically Internet use are addictive arguing that use of the Internet is now a form of everyday leisure engaged in by many people in Western society Offering an analysis of the nature of addiction alongside a detailed empirical study of home computer use this book will be of interest not only to sociologists of culture and popular culture but also to scholars of media ICT and education

**Internet Addiction in Psychotherapy** D. Kuss,M. Griffiths,2014-12-12 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 **Internet Addiction** Christian Montag,Martin

Reuter,2015-02-14 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 last part of the book will focus on therapeutic interventions for Internet addiction **Multifaceted**

**Approach to Digital Addiction and Its Treatment** Bozoglan, Bahadir,2019-06-14 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 *Internet Addiction* Emaline Friedman,2020-12-30 This essential book

questions the psychological construct of Internet Addiction by contextualizing it within the digital technological era It proposes a critical psychology that investigates user subjectivity as a function of capitalism and imperialism arguing against punitive models of digital excesses and critiquing the political economy of the Internet affecting all users Friedman explores the limitations of individual centered remediations exemplified in the psychology of internet addiction Furthermore Friedman outlines the self creative actions of social media users and the data processing that exploits them to urge psychologists to politicize rather than pathologize the effects of excessive net use The book develops a notion of capitalist imperialism of the social web and studies this using the radical methods of philosopher Gilles Deleuze and psychoanalyst Flix Guattari By synthesizing perspectives on digital life from sociology economics digital media theory and technology studies for psychologists this book will be of interest to academics and students in these areas as well as psychologists and counselors interested in addressing Internet Addiction as a collective societal ill

### **Psychological and Social Implications**

**Surrounding Internet and Gaming Addiction** Bishop, Jonathan, 2015-08-03 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

**Internet Addiction** Kimberly S. Young, Cristiano Nabuco de Abreu, 2010-10-26 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 informative guide for Internet addiction Ran Tao MD Professor and Director and Xiuqin 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 addictive 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 *Behavioral Addictions* Halley M. Pontes, 2022-09-17 This book provides a holistic evidence based perspective on conceptual clinical assessment and treatment aspects of key non substance based addictive disorders related to gambling gaming social media smartphone internet love sex exercise work and shopping Each chapter focuses on a different addictive disorder and is structured in a user friendly way to enable the reader fast navigation yet the main aspects of the respective disorders are covered in the necessary depth All in all this book offers a timely self contained introduction to both key concepts and the latest scientific developments in behavioral addictions It addresses mental health practitioners researchers in psychology neuroscience and communication and undergraduate and postgraduate students alike Is There an Internet Addiction and what Distinguishes it from Problematic Internet Use Gerhard Gmel, 2017 **Threat Talk** Mary Manjikian, 2016-02-24 Threat Talk exposes how US and Chinese scientists and policy makers have understood and responded to the problem of internet addiction in their societies Is the internet good or bad for society American analysts like Lessig and Zittrain suggest that the internet is inherently liberating and positive for society while Morozov and Sageman warn that the internet poses risks to citizens and societies Using a comparative framework to illustrate how the two states differ in their assessments of the risks to citizens posed by the introduction of new technology Mary Manjikian compellingly argues that both risk and disease are ideas which are understood differently at different historic periods and in different cultures Her culturalist approach claims that the internet is neither inherently helpful nor inherently threatening Rather its role and the dangers it poses may be understood differently by different

societies Is the internet good or bad for society The answer it appears is it depends

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