

The Impact Of Internet Addiction On University Students

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Tech Addiction - The New York Times Editorial Staff 2019-12-15

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.

[Digital Detox: Why Taking a Break from Technology Can Improve Your Well-Being](#) -

Bernadette H. Schell 2022-03-22

Health professionals and the general public are becoming increasingly aware that addiction to the internet, social media, online games, and other forms of technology has become a real problem with significant negative impacts on physical, psychological, and social health. To combat this issue, some are now undertaking a "digital detox," and many options have emerged to help individuals unplug, whether for a weekend or for longer-term change. [Digital Detox: Why Taking a Break from Technology Can Improve Your Well-Being](#) explores both the dark side of technology's ever-present existence in today's world and what individuals can do to find better balance in their digital lives. Part I explores addiction to the internet and other

novel technologies. What effect does overindulgence in social media, gaming, online shopping, or even "doomscrolling" through internet news sites have on our self-esteem, relationships with others, and happiness? This section also explores how researchers study and quantify technology addiction. Part II focuses on the digital detox countermovement, examining how various programs, support groups, retreats, and even technology itself can help individuals conquer their digital addictions.

[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.

Internet Overuse and Its Impact on Deviant Behavior and Attitudes - Julian A. Dedeaux 2019

The Internet is the fastest growing technological advancement of the past twenty-five years. As the Internet has grown, so has the number of individuals who use it for daily tasks. The Internet provides conveniences in the everyday lives of individuals who use it; however, those who overuse online conveniences develop a dependency on the Internet, a dependency called Internet Addiction. The number of individuals that are addicted to the Internet today is unknown; however, the consequences of this new disorder are beginning to emerge. The purpose of this study was to explore what demographic factors influence the likelihood of someone becoming addicted to the Internet, and how this addiction impacts two behaviors and two attitudes found to be salient throughout the literature. The measured behaviors are acceptance of deviant behaviors online, fear-based xenophobia, problematic lay health behavior, and non-suicidal self-injuring behavior. Participants (n = 310) were recruited through convenience sampling to participate in an anonymous survey which measured perceptions and beliefs regarding the attitudes and incidents of the behavioral measurements as a result of Internet Overuse. Results indicated that Internet Overuse did impact individuals? levels of acceptance toward computer mediated deviant behaviors, fear-based xenophobia and their incidents of problematic lay health behavior. An unexpected finding was the majority of the sample population (n = 246, 82%) was addicted to the Internet. The results showed there was an association between levels of Internet Addiction and acceptance of online deviance, fear-based xenophobia, and problematic lay health behaviors. Thus, interventions are needed to address Internet Addiction. Future direction may include conducting a confirmatory study.

[The Shallows: What the Internet Is Doing to Our](#)

[Brains](#) - Nicholas Carr 2020-03-03

New York Times bestseller • Finalist for the Pulitzer Prize "This is a book to shake up the world." —Ann Patchett

Nicholas Carr's bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Behavioral Addictions - Kenneth Paul Rosenberg, MD 2014-02-17

"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, 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 behavior 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
Caught in the Net - Kimberly S. Young
1998-02-27

"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 put 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.automechanic.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.motheroffour.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 view her website at: www.netaddiction.com.

Internet Addiction - Kimberly S. Young

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 Neurobiology of Anxiety and Its Treatment - Murray B. Stein 2010-07-30

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 first section covers clinical aspects of anxiety disorders. Joe Bienvenu 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 complemented by a comprehensive review of the literature on disorders that co-occur with anxiety disorders by Kathleen Merikangas and Sonja Alsemgeest Swanson. Their review highlights the tremendous comorbidity that occurs not only within the anxiety disorders, but also with other mental and physical health conditions.

Cyberpsychiatry - Sudhir Bhawe 2021-05-31

Cyberpsychology (also known as Internet psychology, web psychology, or digital psychology) is a developing field that encompasses all psychological phenomena associated with or affected by emerging technology. Cyber comes from the word cyberspace, the study of the operation of control and communication; psychology is the study of the mind and behaviour. There are a number of books available in the field of cyberpsychology, but few study the psychiatric aspects, ie, dealing with mental health problems arising from the misuse of cyberspace, for example internet addiction, cyberbullying, cyberstalking, cyberchondria, and revenge porn. This book is a guide to the diagnosis and management of such mental health issues. Beginning with an overview of the structure and science of cyberspace, the next chapters discuss human development in the age of cyberspace and its impact on social structure and dynamics. The following sections explore the various mental health problems, explaining their background, causes, treatment and prevention. This book is an invaluable resource for anyone practising and training in mental health. Key points

Comprehensive guide to cyberpsychiatry for practising and trainee mental health professionals
Covers many different issues including cyberbullying, cyberstalking and internet addiction
In depth explanation of causes, treatment and prevention
Discusses impact of cyberspace on human social structure and dynamics

Textbook of Addiction Treatment - Nady el-Guebaly 2020-11-03

Addiction is increasingly being recognized as a major global public health issue, and an ever-growing number of medical specialties, psychological and social science training programs, and professional associations are including addiction as part of their training and continuing education curricula. The first edition of this book presented an overview of the spectrum of addiction-related problems across different cultures around the globe. Sharing the experience and wisdom of more than 260 leading experts in the field, and promoted by the International Society of Addiction Medicine, it compared and contrasted clinical practices in the field of addiction medicine on the basis of

neurobiological similarities as well as epidemiological and socio-cultural differences. Building on the success of this inaugural edition, and taking into account the formal and informal comments received as well as an assessment of current need, this textbook presents general updated information while retaining the most requested sections of the first edition as demonstrated by the number of chapter downloads. It also provides a basic text for those preparing for the ISAM annual certification exam. Written by some 220 international experts, it is a valuable reference resource for anyone interested in medicine, psychology, nursing, and social science.

The Wim Hof Method - Wim Hof 2020-10-20
INSTANT NEW YORK TIMES BESTSELLER
The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof
Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have

redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Internet Addiction: Little Known Secrets On How Internet Addiction Is Affecting Lives - Kurt Morris 2020-02-13

Internet addiction, also known as compulsive Internet use, is a behavioral addiction marked by a compulsive desire to perform one or more online activities, including gaming, social media, or browsing. Those who suffer from this behavioral disorder may be addicted to online shopping, gambling, social networking, or gaming, or a combination of multiple online activities. People become addicted to the internet for a number of different reasons. Most of the time, the urge to compulsive use the internet is the result of a desire to manage unpleasant feeling such as depression, anxiety, stress or loneliness. In this book you’ll discover:

- The effects of internet addiction • 12 dangerous signs of internet addiction • 5 types of internet addiction • How to stop internet addiction • And much more Find freedom today by grabbing a copy of this powerful book!

Internet Addiction in Children and Adolescents - Dr. Kimberly S. Young, PsyD 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.

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 - Kimberly S. Young
2010-10-07

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.

Technological Addictions - Petros Levounis, M.D., M.A. 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"--

Treating and Preventing Adolescent Mental Health Disorders - Dwight L. Evans 2005-07-14
Publisher description

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 Test (IAT) - Kimberly Young, Ph.D. 2016-12-01

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

Internet Addiction - Christian Montag
2017-03-27

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 therapeutical 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.

Social Media Use with Psychological Distress, Working Among College-going Youth - Choudhury Maria 2022-05-18

INTRODUCTION 1.1 OVERVIEW Internet addiction has emerged as a significant area of research since 1996. For the first time, Internet addiction was researched by Young in 1996 and the findings were presented at the American Psychological Association. The study was based on reviewing over 600 cases of internet users who exhibited clinical signs of addiction while being measured through an adapted version of the DSM-IV criteria for Pathological Gambling. Studies conducted way back attempted to define Internet addiction and evaluate the behavioral patterns that differentiated compulsive from normal internet usage. Many studies have researched the factors or causes related to the disorder. Many other recent studies have investigated the etiologic factors or causes associated with the disorder. Many of the studies

examined the computer mediated communication and its impact on the way people will adapt to interactive features of the internet. The studies initiated from the United States and then have spread into other countries like Russia, China, Taiwan, and the United Kingdom. Ivan Goldberg (1995) for the first time proposed internet addiction disorder as a mental disorder in a satirical hoax. It refers to an individual's inability to control the urge to deal with social media platforms, be online which results in uncontrolled internet use. It has many unfavorable consequences in life such as increased level of stress, reduced social interaction, and loss of interests in daily activities, education and occupation (Aboujaoude,

The Impact of Online Addiction on General Health, Well-Being and Associated Societal Costs - Georgios D. Floros 2021-05-31

Substance Abuse and Addiction: Breakthroughs in Research and Practice - Management Association, Information Resources 2019-01-04

Addiction is a powerful and destructive condition impacting large portions of the population around the world. Addiction takes many forms and has the potential to impact individuals of all ages, socio-economic statuses, and ethnic backgrounds. Substance Abuse and Addiction: Breakthroughs in Research and Practice is an authoritative resource that comprehensively examines the prevalence, assessment, causes, and impacts of substance abuse and addiction from cultural, legal, psychosocial, theoretical, and medical viewpoints. Highlighting a range of pertinent topics such as technological addictions, drug treatment, and addictive behaviors, this publication is an ideal reference source for psychologists, researchers, mental health professionals, clinicians, academicians, and graduate-level students seeking current research on the prevention, assessment, and rehabilitation of substance abuse and addiction. Psychology and the Internet - Jayne Gackebach 2011-10-10

The previous edition provided the first resource for examining how the Internet affects our definition of who we are and our communication and work patterns. It examined how normal

behavior differs from the pathological with respect to Internet use. Coverage includes how the internet is used in our social patterns: work, dating, meeting people of similar interests, how we use it to conduct business, how the Internet is used for learning, children and the Internet, what our internet use says about ourselves, and the philosophical ramifications of internet use on our definitions of reality and consciousness. Since its publication in 1998, a slew of other books on the topic have emerged, many speaking solely to internet addiction, learning on the web, or telehealth. There are few competitors that discuss the breadth of impact the internet has had on intrpersonal, interpersonal, and transpersonal psychology. Provides the first resource for looking at how the Internet affects our definition of who we are Examines the philosophical ramifications of Internet use and our definitions of self, reality, and work Explores how the Internet is used to meet new friends and love interests, as well as to conduct business Discusses what represents normal behavior with respect to Internet use

[Behavioral Addictions: DSM-5® and Beyond](#) - Dr Nancy Petry 2015-08-05

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 herien 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.

Clinical Handbook of Mindfulness - Fabrizio Didonna 2008-12-04

Over the last two decades, Eastern psychology has provided fertile ground for therapists, as a cornerstone, a component, or an adjunct of their work. In particular, research studies are identifying the Buddhist practice of mindfulness—a non-judgmental self-observation that promotes personal awareness—as a basis

for effective interventions for a variety of disorders. The Clinical Handbook of Mindfulness is a clearly written, theory-to-practice guide to this powerful therapeutic approach (and related concepts in meditation, acceptance, and compassion) and its potential for treating a range of frequently encountered psychological problems. Key features of the Handbook: A neurobiological review of how mindfulness works. Strategies for engaging patients in practicing mindfulness. Tools and techniques for assessing mindfulness. Interventions for high-profile conditions, including depression, anxiety, trauma Special chapters on using mindfulness in oncology and chronic pain. Interventions specific to children and elders, Unique applications to inpatient settings. Issues in professional training. Appendix of exercises. The Clinical Handbook of Mindfulness includes the contributions of some of the most important authors and researchers in the field of mindfulness-based interventions. It will have wide appeal among clinicians, researchers, and scholars in mental health, and its potential for application makes it an excellent reference for students and trainees.

Addiction in South and East Africa - Yamikani Ndasauka 2019-06-12

This book explores both the existence and prevalence of addiction in South and East Africa, departing from traditional assumptions about addiction in the region. The authors employ an interdisciplinary approach to understand the actual prevalence of addiction and the forms it takes in South and East Africa. The book also addresses the perceptions and conceptualisation of addiction in the region, in addition to discussing specific issues related to drug and alcohol abuse and addiction, social media addiction, and sex addiction.

Facets of Virtual Environments - Fritz Lehmann-Grube 2010-02-14

In recent years, the popularity of virtual worlds has increased significantly and they have consequently come under closer academic scrutiny. Papers about virtual worlds are typically published at conferences or in journals that specialize in something - tirely different, related to some secondary aspect of the research. Thus a paper d- cussing legal aspects of virtual worlds may be published in a law

journal, while a psychologist's analysis of situation awareness may appear at a psychology conference. The downside of this is that if you publish a virtual worlds paper at an unrelated conference in this manner you are likely to be one of only a handful of attendees working in the area. You will not, therefore, achieve the most important goal of - tending conferences: meeting and conversing with like-minded colleagues from the academic community of your field of study. Virtual worlds touch on many well-established themes in other areas of science. Researchers from all these fields will therefore be looking at this new, interesting, and growing field. However, to do effective research related to these complex constructs, researchers need to take into account many of the other facets from other fields that impact virtual worlds. Only by being familiar with and paying attention to all these different aspects can virtual worlds be properly understood.

Psychological, Social, and Cultural Aspects of Internet Addiction - Bozoglan, Bahadır
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.

Irresistible - Adam Alter 2018-03-06

"Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* "One of the most mesmerizing and important books I've read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our

businesses, our families, and our sanity."

—Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

Child and Adolescent Mental Health - Martin Henrik Maurer 2017-05-24

In the present volume, we collected state-of-the-art chapters on diagnosis, treatment, and social implications. The first section describes diagnostic processes. It describes a reevaluation of projective techniques, a new clinical tool in psychotraumatology, the foundations of the framing technique, and an overview on integrative approaches. The second section focuses on new developments in the field with special emphasis on culture-specific contexts. From parenting of adolescents in India to the influence of poverty on mental health issues in Mexico, as well as the use of marijuana and

Internet addiction, some of the most important fields are highlighted. The third section concentrates on therapy. It shows how to react to bullying and reviews the use of antidepressants in children and adolescents.

Impact of Internet Addiction on Human Behavior A Psychological Perspective -

Kalpana Sharma 2022-11-15

Computer Mediated Communication -

Crispin Thurlow 2004-01-23

This book offers students a task-based introduction to Computer-Mediated Communication and the impact of the internet on social interaction. Divided into four parts which require students to learn, (theory), critique, (current issues), explore, (methods), and reflect, (practice), the book aims to: Provide a foundation to the social and communicative nature of information and communication technologies Enable students to engage with the key theoretical issues associated with CMC Equip students with the necessary research and technical skills as a stimulus to independent enquiry. In spite of the rapidly increasing interest in Internet Studies and CMC and the introduction of many university courses in the area, no specialised, introductory textbook exists. This coursebook responds to the need for such a text. Aimed primarily at communication students, this book would also be useful as a sourcebook for students of media, sociology, psychology and English Language Studies. Companion website resources can be found at <http://crispinthurlow.net/cmc/>

The Wiley Handbook of Psychology, Technology, and Society - Larry D. Rosen 2015-03-16

Edited by three of the world's leading authorities on the psychology of technology, this new handbook provides a thoughtful and evidence-driven examination of contemporary technology's impact on society and human behavior. Includes contributions from an international array of experts in the field Features comprehensive coverage of hot button issues in the psychology of technology, such as social networking, Internet addiction and dependency, Internet credibility, multitasking, impression management, and audience reactions to media Reaches beyond the more established study of psychology and the Internet, to include

varied analysis of a range of technologies, including video games, smart phones, tablet computing, etc. Provides analysis of the latest research on generational differences, Internet literacy, cyberbullying, sexting, Internet and cell phone dependency, and online risky behavior

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. *Overcoming Internet Addiction For Dummies* - David N. Greenfield 2021-08-11

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.

Living and Learning with New Media - Mizuko Ito 2009-06-05

This report summarizes the results of an ambitious three-year ethnographic study, funded by the John D. and Catherine T. MacArthur Foundation, into how young people are living and learning with new media in varied settings—at home, in after school programs, and in online spaces. It offers a condensed version of a longer treatment provided in the book *Hanging Out, Messing Around, and Geeking Out* (MIT Press, 2009). The authors present empirical data on new media in the lives of American youth in order to reflect upon the relationship between new media and learning. In one of the largest qualitative and ethnographic studies of American youth culture, the authors view the relationship of youth and new media not simply in terms of technology trends but situated within the broader structural conditions of childhood and the negotiations with adults that frame the experience of youth in the United States. The book that this report summarizes was written as a collaborative effort by members of the Digital

Youth Project, a three-year research effort funded by the John D. and Catherine T. MacArthur Foundation and conducted at the University of California, Berkeley, and the University of Southern California. John D. and Catherine T. MacArthur Reports on Digital Media and Learning

Neuroscience in the 21st Century - Donald W. Pfaff 2016-10-21

Edited and authored by a wealth of international experts in neuroscience and related disciplines, this key new resource aims to offer medical students and graduate researchers around the world a comprehensive introduction and overview of modern neuroscience. Neuroscience research is certain to prove a vital element in combating mental illness in its various incarnations, a strategic battleground in the future of medicine, as the prevalence of mental disorders is becoming better understood each year. Hundreds of millions of people worldwide are affected by mental, behavioral, neurological and substance use disorders. The World Health Organization estimated in 2002 that 154 million people globally suffer from depression and 25 million people from schizophrenia; 91 million people are affected by alcohol use disorders and 15 million by drug use disorders. A more recent WHO report shows that 50 million people suffer from epilepsy and 24 million from Alzheimer's and other dementias. Because neuroscience takes the etiology of disease—the complex interplay between biological, psychological, and sociocultural factors—as its object of inquiry, it is increasingly valuable in understanding an array of medical conditions. A recent report by the United States' Surgeon General cites several such diseases: schizophrenia, bipolar disorder, early-onset depression, autism, attention deficit/hyperactivity disorder, anorexia nervosa, and panic disorder, among many others. Not only is this volume a boon to those wishing to understand the future of neuroscience, it also aims to encourage the initiation of neuroscience programs in developing countries, featuring as it does an appendix full of advice on how to develop such programs. With broad coverage of both basic science and clinical issues, comprising around 150 chapters from a diversity of international authors and including complementary video components, Neuroscience

in the 21st Century in its second edition serves as a comprehensive resource to students and researchers alike.

Youth Internet Habits and Mental Health, An Issue of Child and Adolescent Psychiatric Clinics of North America, E-Book - Kristopher Kaliebe 2018-03-16

This timely issue of Child and Adolescent Psychiatric Clinics, edited by Drs. Paul Weigle and Kristopher Kaliebe will focus on Internet Habits and Youth Mental Health. Topics discussed in the volume include, but are not limited to: Creation of a family media plan: how tech affects family dynamics and family therapy;

Interplay between media habits and development from preschool through adolescence; Interplay between Autism and media habits; Interplay between Depression and media habits including online expression of suicidality and cutting; Interplay between Behaviorally disordered youth and media habits, including violent VG, cyberbullying; Eating disorders, obesity and online engagement; Internet Gaming Disorder (and tech addictions) Treatment; Sexting and online pornography engagement; Interplay between disadvantaged, gender non-conforming and minority youth and media habits; and Media sub-cultures and their intersection with mental illness.