



Internet Addiction

Thomas Nordegren



Internet Addiction:

Internet Addiction Kimberly S. Young, Cristiano Nabuco de Abreu, 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

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 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

Internet Addiction in Children and Adolescents Kimberly S. Young, PsyD, Cristiano Nabuco De Abreu, PhD, 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 Addiction Christian Montag, Martin Reuter, 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

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 Internet Addiction is the latest volume in Greenwood s Health and Medical Issues Today series Part I explores what internet addiction is the many forms it can take and the serious consequences it can have Part II examines a number of controversies and issues such as balancing the internet s benefits against its addictive nature Part III provides a variety of useful materials including case studies a timeline of critical events and a directory of resources

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 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 Addiction Among**

Cyberkids in China: Risk Factors and Intervention Strategies Qiaolei Jiang,2019-02-07 Focusing on the two essential factors of the construction of risk this book presents research revolving around the staging of and the coping with Internet addiction in China Using ethnographic methods it investigates the signs and treatment of Internet addiction and discusses the in patient approaches used to help children overcome the addiction and to reduce the likelihood of relapse following discharge Examining the individual level and broader social levels of the process as well as the links between the two the findings provide valuable insights into the prevention and treatment of Internet addiction To help readers better understand the signs of Internet addiction and preventive measures the book addresses the following issues Public concern and media

coverage of Internet addiction in contemporary China
 Clinical assessment and risk factors of Internet addiction in adolescents
 Parent narrated signs of Internet addiction in Chinese children and adolescents
 Coping strategies and treatments for Internet addiction

Youth and Internet Addiction in China Trent Bax, 2013-08-15 A form of electronic opium is how some people have characterised young people's internet use in China. The problem of internet addiction in China is seen by some parents as so severe that they have sought psychiatric help for their children. This book, which is based on extensive original research including discussions with psychiatrists, parents and internet addicted young people, explores the conflicting attitudes which this issue reveals. It contrasts the views of young people who see internet use, especially gaming, as a welcome escape from the dehumanising pressures of contemporary Chinese life with the approach of those such as their parents who medicalise internet overuse and insist that working hard for good school grades is the correct way to progress. The author shows that these contrasting attitudes lead to battles which are often fierce and violent and argues that the greater problem may in fact lie with parents and other authority figures who misguidedly apply high pressure to enforce young people to conform to the empty values of a modern dehumanised consumer oriented society.

Principles of Addiction Medicine Richard K. Ries, Shannon C. Miller, David A. Fiellin, 2009 This respected text from the American Society of Addiction Medicine is valuable for all physicians and mental health personnel who specialize in addiction medicine and who treat patients with addiction disorders. The chapters blend scientific principles underlying addiction with the practical essentials of clinical addiction medicine. Many of the contributors are affiliated with leading government agencies that study addiction and its science such as the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse. The book will appeal to a wide and interdisciplinary range of professionals especially those with interest or duties relating to addiction related disorders and in particular physicians seeking certification status via either the American Board of Addiction Medicine or the American Board of Psychiatry and Neurology. A companion Website will offer the fully searchable text.

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

Floros, Konstantinos Ioannidis, 2021-05-31

Strength Based Perspective in Working with Clients with Mental Illness Kam-Shing Yip, 2008 This book offers to serve as a guide for professionals in understanding and applying a strength based perspective for Chinese clients with mental illness and to discuss the Chinese articulation of concepts and practice of these perspective within Chinese culture. Ever since the emergence of a medical model in the explanation of mental illness the disease model or deficit problem orientation became the dominant paradigm in perceiving, treating and rehabilitating persons with mental illness. The terms mentally ill and mental patient serve as labels for both professionals, family caregivers and members of community to describe the burden, the needs of care and treatment for persons with mental illness. These labels also justify the establishment and implementation of mental health services. Under the influences of the disease model persons with mental illness are regarded as subjects for academic research, patients for treatment, clients for intervention and

objects for stigmatisation and labelling Introduction to E-commerce Zheng Qin,2010-06-30 Introduction to E commerce discusses the foundations and key aspects of E commerce while focusing on the latest developments in the E commerce industry Practical case studies offer a useful reference for dealing with various issues in E commerce such as latest applications management techniques or psychological methods Dr Zheng Qin is currently Director of the E Commerce Institute of Xi an Jiaotong University He received his PhD from Northwestern Polytechnical University **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 addition 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 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 Understanding Addiction Behaviours G.Hussein Rassool,2011-06-17 Understanding addiction has never been more important as many professionals from counsellors and nurses to social workers and health psychologists encounter addictive behaviour on a daily basis Looking at addiction in all of its forms this multi disciplinary book provides a comprehensive introduction to the substances and the activities which can lead to excessive and addictive behaviour It discusses pharmacological addictions including both legal and illegal substances It also covers non

pharmacological dependencies such as internet addiction eating disorders gambling and sexual addiction which despite their prevalence are often absent from the literature on addiction Drawing on the field s broad evidence base the book features Coverage of eleven types of addictive substances and activities outlining signs symptoms adverse consequences and assessment and intervention strategies for each A range of engaging reflective activities and case studies to link theoretical discussion directly to practice Analysis of the broader context of addiction including dual diagnosis and harm reduction and issues relating to diversity and service provision Offering a rigorous introduction to the full spectrum of addictive behaviour this book is essential reading for anyone seeking to understand the nature of addiction for contemporary practice *The A-Z Encyclopedia of Alcohol and Drug Abuse* Thomas Nordegren,2002 With more than 30 000 entries The A Z Encyclopeda on Alcohol and Substance Abuse is the most complete and comprehensive reference book in the field of Substance Abuse A useful handbbok and working tool for drug abuse professionals The Encyclopedia is produced in close co operation with the ICAA International Council on Alcohol and Addictions since its inception in 1907 the world s leading professional non governmental organisation working with drug abuse related issues *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 *Neurobiological Biomarkers for Developing Novel Treatments of Substance and Non-Substance Addiction* Yanhui Liao,Dara G. Ghahremani,Jianhua Chen,Kyoji Okita,Wenbin Guo,2021-12-03

Whispering the Techniques of Language: An Emotional Journey through **Internet Addiction**

In a digitally-driven earth where displays reign supreme and quick interaction drowns out the subtleties of language, the profound strategies and mental subtleties hidden within phrases often move unheard. Yet, set within the pages of **Internet Addiction** a fascinating literary treasure sporting with organic emotions, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, that wonderful opus encourages visitors on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the material of each and every word. Within the emotional depths of this poignant review, we will embark upon a genuine exploration of the book's key themes, dissect its charming writing design, and succumb to the effective resonance it evokes deep within the recesses of readers' hearts.

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Internet Addiction Introduction

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