

# The Impact Of Internet Addiction On University Students

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.

*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.

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.

This study provides an account of the phenomenon of internet addiction from the perspective of academic achievement. In other words, this study aimed to explore the relation between academic performance of Turkish high school students in such different subject as Maths, English, History, GPA and their use of internet. Different school subjects were selected consciously as the predictor of success in different domains such as social sciences, language, mathematics and the mean of them (GPA). In this respect, employing convenience sampling method, 217 high school students (107 males, 110 females) were included in the study. The level of internet addiction among the participants was determined through administering one dimension of the adopted version of The Social Networking and Social Media Status Scale (Arslan & Kirik, 2013) ( $\alpha = 0.88$ ). For academic performance, the students were asked to write down the grade points for the specified three subjects and GPA as in their recent school reports.

Following the statistics and the procedures run for the reliability and validity of the scale using both SPSS 21 and Lisrel 6 for Windows; adequacy of the sampling; normality and homogeneity of the distribution, parametric tests (Independent Sample T tests & Pearson Product Moment Correlation) were run to analyze the data through SPSS 21 for Windows. The results suggested no gender impact on internet addiction. In terms of the academic performance, statistically positive relation was found between EFL performance and internet use while GPA scores were found to be negatively correlated with it. No correlation between performance in history or math and internet use was found.

Trying to save your child from Internet Addiction Internet use can have both a positive and a negative impact on children. There are many advantages of using online tools-making a child more creative, motivating him to be a good learner, and encouraging him to be a good researcher. Nevertheless, the advantages far outweigh the negative aspects of using the Internet. One of the main issues with using the Internet is childhood dependence. Initially, kids, who become addicted to the Internet, are mostly attracted to online games. They can, however, potentially be exposed to inappropriate or pornographic material on the Internet or may even commit a cybercrime. The guide will allow you to understand the nature and reasons of internet addiction found in children. It also discusses the consequences internet addiction generates on the health of children and the

ways to overcome this addiction and help your children to achieve sound mental health. This book will help you in learning-Internet addiction and its various forms found in children-Reasons behind this addiction-Impacts of internet addiction on mental and physical health of children-Role that parents can play to stop their child from this addiction. The guide will allow you to understand the nature and reasons of internet addiction found in children. It also discusses the consequences internet addiction generates on the health of children and the ways to overcome this addiction and help your children to achieve sound mental health. Start learning the importance and sensitiveness of this problem Get your copy now

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.

"As is true with many addictions, overuse of video games steals our valuable and limited time and minds." - Christie Morse, MD (Pediatric Ophthalmologist)

"Shocking insights into the minds of hardcore gamers." - Daniel Hunt (Former Competitive Gamer) About the Book The multi-billion dollar video game industry is in the business of creating fun and enticing games that can be addictive. As addicted gamers feast on digital indulgences, real life is neglected and their reality crumbles around them. Headlines related to video games "New Mexico mom gets 25 years for starving daughter." - Fox News "China used prisoners in lucrative Internet gaming work." - Guardian News "Online gamer killed for selling virtual weapon." - Sydney Morning Herald "South Korean dies after games sessions." - BBC News *Hooked on Games* is written by Brooke Strickland and Andrew Doan, MD, PhD, a physician with a research background in neuroscience, who battled his own addictions with video games. Dr. Doan was an addicted gamer, who at his peak, invested over 20,000 hours of playing games over a period of nine years. Dr. Doan's reckless compulsion to play games transformed him into a monster that almost destroyed his family, marriage, and career. He shares his expertise to educate others on the dangers

of video game addiction and to provide hope for video game addicts and their families. Dr. Doan shares steps for gaming addicts to achieve recovery and steps for families and loved ones to intervene. Without attention to this quickest growing addiction, our society will suffer from the creation of Generation Vidiot, millions of people devoid of innovation and skills to live in the physical world. 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:

Escape Compulsion Neglecting duties Anticipation Lack of Control Social Avoidance

"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.

The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the disorder with case examples. We believe that the case examples, which came from the authors' own practices, are the strength of the book.

The second edition *Handbook of Psychological Assessment in Primary Care Settings* offers an overview of the application of psychological screening and assessment instruments in primary care settings. This indispensable reference addresses current psychological assessment needs and practices in primary care settings to inform psychologists, behavioral health clinicians, and primary care providers the clinical benefits that can result from utilizing psychological assessment and other behavioral health care services in primary care settings. An investigation of the syndrome of computer addiction which attempts to discover if obsessive dependency is harmful to the psychological and social development. It is based on case studies made of volunteers, and other extensive research.

"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](http://www.netaddiction.com).

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.

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 Félix 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.

"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"--

"Behavioral Addictions is a timely landmark achievement and a must read for anyone interested in addictive and compulsive behavior and its treatment. Rosenberg and Feder have brought us leading addiction experts, who clearly present the growing evidence for including behavioral addictions in the DSM-5 and how best to treat them. While gambling is the first to be included in the DSM-5 chapter on substance related disorders, other behavioral addictions are likely to follow as evidence grows. This is the most important new textbook in addiction psychiatry in recent years." - Richard Frances MD, Founding President, American Academy of Addiction Psychiatry DSM-V broke new ground in May of 2013, designating a new disorder called "behavioral addiction." Clinicians immediately wanted to know: how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What, if anything, does this mean in terms of effective treatment? Behavioral Addictions is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence-based treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM-V designation of behavioral addiction Defines the criteria for 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

"We see our customers as invited guests to a party, and we are the hosts. It's our job every day to make every important aspect of the customer experience a little bit better." Jeff Bezos, Founder and CEO of Amazon.com This proceedings volume explores the ways in which marketers can learn about customers through

big data and other sources to create an enhanced customer experience. Consumers today do not simply demand engaging online or offline experiences anymore; they increasingly focus on one seamless experience throughout their journey across virtual and real spaces. While shopping in a physical store, consumers are checking their smart phones for customer reviews and competitive information, and catching a Pokémon or two at the same time. Online experience is no longer only about price shopping and convenience, and offline is no longer only about SKUs. Individual channels matter less and less; it is the omni-channel experience that is becoming main-stream. Marketers need to keep pace and continually adapt and contribute to the changing consumer landscape. Through countless touchpoints across different channels and media, marketers today can learn more about their customers and are better equipped than ever to provide them with a desired augmented experience: easy, fun, engaging, and efficient. Featuring the full proceedings from the 2018 Academy of Marketing Science (AMS) Annual Conference held in New Orleans, Louisiana, this volume provides ground-breaking research from scholars and practitioner from around the world that will help marketers continue to engage their customers in this new landscape. Founded in 1971, the Academy of Marketing Science is an international organization dedicated to promoting timely explorations of phenomena related to the science of marketing in theory, research, and practice. Among its services to members and the community at large, the Academy offers conferences, congresses, and symposia that attract delegates from around the world. Presentations from these events are published in this Proceedings series, which offers a comprehensive archive of volumes reflecting the evolution of the field. Volumes deliver cutting-edge research and insights, complementing the Academy's flagship journals, the Journal of the Academy of Marketing Science (JAMS) and AMS Review. Volumes are edited by leading scholars and practitioners across a wide range of subject areas in marketing science.

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

The 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.

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.

Since the Internet's early widespread use in the mid-1990s, Internet addiction has been identified as a legitimate psychological disorder with significant implications for an individual's cognitive, emotional, and social development. This book presents current research from across the globe in the study of Internet Addiction, including Internet Addiction in adolescence and emerging adulthood, on-line pathological gambling, the Internet and its negative impact on adolescents' sexuality, and the maltreatment of internet addicts in China. Over 5,000 high-school students of different social, religious, and national backgrounds were studied to show the effects of family experience, neighborhoods, minority groups, etc. on their self-image and response to society. Originally published in 1965. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

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 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 Impact of Online Addiction on General Health, Well-Being and Associated Societal Costs  
Frontiers Media SA  
Psychological, Social, and Cultural Aspects of Internet Addiction  
IGI Global

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.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party  
Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review)  
"The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review)  
"I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide  
"Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

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.

The brain is a fearsomely complex information-processing environment--one that often eludes our ability to understand it. At any given time, the brain is collecting, filtering, and analyzing information and, in response, performing countless intricate processes, some of which are automatic, some voluntary, some conscious, and some unconscious. Cognitive neuroscience is one of the ways we have to understand the workings of our minds. It's the study of the brain biology behind our mental functions: a collection of methods--like brain scanning and computational modeling--combined with a way of looking at psychological phenomena and discovering where, why, and how the brain makes them happen. Want to know more? *Mind Hacks* is a collection of probes into the moment-by-moment works of the brain. Using cognitive neuroscience, these experiments, tricks, and tips related to vision, motor skills, attention, cognition, subliminal perception, and more throw light on how the human brain works. Each hack examines specific operations of the brain. By seeing how the brain responds, we pick up clues about the architecture and design of the brain, learning a little bit more about how the brain is put together. *Mind Hacks* begins your exploration of the mind with a look inside the brain itself, using hacks such as "Transcranial Magnetic Stimulation: Turn On and Off Bits of the Brain" and "Tour the Cortex and the Four Lobes." Also among the 100 hacks in this book, you'll find: Release Eye Fixations for Faster Reactions See Movement When All is Still Feel the Presence and Loss of Attention Detect Sounds on the Margins of Certainty Mold Your Body Schema Test Your Handedness See a Person in Moving Lights Make Events Understandable as Cause-and-Effect Boost Memory by Using Context Understand Detail and the Limits of Attention Steven Johnson, author of "Mind Wide Open" writes in his foreword to the book, "These hacks amaze because they reveal the brain's hidden logic; they shed light on the cheats and shortcuts and latent assumptions our brains make about the world." If you want to know more about what's going on in your head, then *Mind Hacks* is the key--let yourself play with the interface between you and the world.

A psychologist shows readers how to enjoy the benefits of the Internet without being consumed by it.

*Internet Gaming Disorder: Theory, Assessment, Treatment, and Prevention* is an informative and practical introduction to the topics of Internet gaming disorder and problematic gaming. This book provides mental health clinicians with hands-on assessment, prevention, and treatment techniques for clients with problematic gaming behaviors and Internet gaming disorder. It provides an overview of the existing research on epidemiology, risk and protective factors, and discusses the distinct cognitive features that distinguish gaming from gambling and other related activities and disorders. Clinicians will find interest in discussion of the latest developments in cognitive-behavioral approaches to gaming disorder as well as the best structure for clinical interviews. Included in clinical sections are details of the key indicators of harm and impairment associated with problem gaming and how these might present in clinical cases. *Internet Gaming Disorder* is strongly evidence-based, draws extensively upon the latest international research literature, and provides insights into the likely future developments in this emerging field both in terms of technological development and new research approaches. Discusses the conceptual basis of Internet gaming disorder as a behavioral addiction Provides

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

Do you play video games on the Internet in excess? Are you compulsively shopping online? Can't physically stop checking Facebook? Is your excessive computer use interfering with your daily life - relationships, work, school? If you answered yes to any of these questions, you may be suffering from Internet Addition Disorder, also commonly referred to as Compulsive Internet Use (CIU), Problematic Internet Use (PIU) . . .

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.

The Internet and related technologies have reconfigured every aspect of life, including mental health. Although the negative and positive effects of digital technology on mental health have been debated, all too often this has been done with much passion and few or no supporting data. In *Mental Health in the Digital Age*, Elias Aboujaoude and Vladan Starcevic have edited a book that brings together distinguished experts from around the world to review the evidence relating to this area. The first part of the book addresses threats resulting from the growing reliance on, and misuse of, digital technology; it also looks at how some problematic behaviors and forms of psychopathology have been shaped by this technology. This section reviews problematic Internet and video game use, effects of violent video games on the levels of aggression and of online searches for health-related information on the levels of health anxiety, use of digital technology to harm other people, and promotion of suicide on the Internet. The second part of *Mental Health in the Digital Age* examines the ways in which digital technology

has boosted efforts to help people with mental health problems. These include the use of computers, the Internet, and mobile phones to educate and provide information necessary for psychiatric treatment and to produce programs for psychological therapy, as well as use of electronic mental health records to improve care. *Mental Health in the Digital Age* is a unique and timely book because it examines comprehensively an intersection between digital technology and mental health and provides a state-of-the-art, evidence-based, and well-balanced look at the field. The book is a valuable resource and guide to an area often shrouded in controversy, as it is a work of critical thinking that separates the hype from the facts and offers data-driven conclusions. It is of interest particularly to mental health professionals, but also to general audience.

Visibility of impulse-control disorders (ICDs) has never been greater than it is today, both in the field of psychiatry and in popular culture. Changes in both society and technology have contributed to the importance of conceptualizing, assessing, and treating impulse-control disorders (ICDs). The ground-breaking *Clinical Manual of Impulse-Control Disorders* focuses on all of the different ICDs as a group. Here, 25 recognized experts provide cutting-edge, concise, and practical information about ICDs, beginning with the phenomenology, assessment, and classification of impulsivity as a core symptom domain that cuts across and drives the expression of these complex disorders. Subsequent chapters discuss Intermittent explosive disorder, an often overlooked ICD characterized by impulsive aggression. Childhood conduct disorder and the antisocial spectrum. Self-injurious behavior and its relationship to impulsive aggression and childhood trauma. Sexual compulsions and their serious public health implications. Binge eating, a highly familial disorder associated with serious medical complications and psychopathology. Trichotillomania, which may be related to obsessive-compulsive disorder, skin picking, and nail biting. Kleptomania, a heterogeneous disorder that shares features with ICDs as well as with mood, anxiety, and addictive disorders. Compulsive shopping, more common in women, with treatments ranging from self-help and financial counseling to trials with selective serotonin reuptake inhibitors. Pyromania and how it differs from arson. Pathological gambling, a maladaptive behavioral addiction that is increasing in step with legalized and Internet gambling. Internet addiction, ranging from excessive seeking of medical information to dangerous sexual behaviors. The remarkable *Clinical Manual of Impulse-Control Disorders* sheds light on the complex world of ICDs. As such, it will be welcomed not only by clinicians and researchers but also by individuals and family members coping with these disorders.

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

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