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# Internet Addiction And Problematic Internet Use A

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Internet Addiction Test (IAT)  
Internet Addiction

*Internet Addiction And Problematic  
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## **PATEL GILLIAN**

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*Treatment, Education and Research* Wiley

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.

### Responsible Design, Implementation and Use of Information and Communication Technology ABC-CLIO

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.

### **Breakthroughs in Research and Practice** Penguin

A form of 'electronic opium' is how some people have characterised young people's internet use in China. The problem of 'internet addiction' (wangyin) 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.

### **Epidemiology, Assessment, and Treatment** Frontiers Media SA

Principles of Addiction provides a solid understanding of the definitional and diagnostic differences between use, abuse, and disorder. It describes in great detail the characteristics of these syndromes and various etiological models. The book's three main sections examine the nature of addiction, including epidemiology, symptoms, and course; alcohol and drug use among adolescents and college students; and detailed descriptions of a wide variety of addictive behaviors and disorders, encompassing not only drugs and alcohol, but caffeine, food, gambling, exercise, sex, work, social networking, and many other areas. This volume is especially important in providing a basic introduction to the field as well as an in-depth review of our current understanding of the nature and process of addictive behaviors. Principles of Addiction is one of three volumes comprising the 2,500-page series, Comprehensive Addictive Behaviors and Disorders. This series provides the most complete collection of current knowledge on addictive behaviors and disorders to date. In short, it is the

definitive reference work on addictions. Each article provides glossary, full references, suggested readings, and a list of web resources Edited and authored by the leaders in the field around the globe – the broadest, most expert coverage available Encompasses types of addiction, as well as personality and environmental influences on addiction

Internet and Mobile Phone Addiction Springer Science & Business Media

"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).

**Criteria, Evidence, and Treatment** Oxford University Press, USA

*Adolescent Addiction: Epidemiology, Assessment, and Treatment* presents a comprehensive review of information on adolescent addiction, including prevalence and co-morbidity rates, risk factors to addiction, and prevention and treatment strategies. Unlike other books that may focus on one specific addiction, this book covers a wide range of addictions in adolescents, including alcohol, cannabis, tobacco, eating, gambling, internet and video games, and sex addiction. Organized into three sections, the book

begins with the classification and assessment of adolescent addiction. Section two has one chapter each on the aforementioned addictions, discussing for each the definition, epidemiology, risk factors, co-morbidity, course and outcome, and prevention and intervention. Section three discusses the assessment and treatment of co-morbid conditions in greater detail as well as the social and political implications of adolescent addictions. Intended to be of practical use to clinicians treating adolescent addiction, the book contains a wealth of information that will be of use to the researcher as well. Contributors to the book represent the US, Canada, the UK, New Zealand, and Australia. About the Editor: Cecilia A. Essau is professor of developmental psychopathology at Roehampton University in London, UK. Specializing in child and adolescent psychopathology, she has been an author or editor of 12 previous books in child psychopathology and is author of over 100 research articles and book chapters in this area. Comprehensive with the state-of-the-art information on important and the most common adolescent addiction Easy to understand and organized chapters Written by international experts

Harmful Internet Use John Wiley & Sons

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 technological perspectives on problematic technology use, this critical publication is essential to the research and practical needs of therapists, public administrators, psychologists, students, and researchers interested in compulsive disorders, human behavior, dependency, and other key mental health issues. A pivotal addition to the current mental health research available, this book focuses on topics including, but not limited to, Internet addiction, gaming addiction disorder, gambling, gamification, hypermedia seduction theory, MMORPGs, psychotherapy, and related public policy issues.

*The Oxford Handbook of Digital Technologies and Mental Health*  
IGI Global

An up-to-date source of practical information on how to use the Internet to improve your health. It cuts through the bewildering array of new technologies to present some simple solutions to the problems of health care. Offers advice on how to distinguish between genuine health providers and questionable operators. Is There an Internet Addiction and what Distinguishes it from Problematic Internet Use Springer

The Internet has become an important part of many people's lives across the world since its first launching in 1960s. In spite of its many beneficial roles for various new applications and services, the emergence of the Internet also has created a new problem called "problematic Internet use" or "Internet addiction," in which individuals experience interpersonal, school, or work-related problems due to excessive use of the Internet. However, since problematic Internet use is a relatively new phenomenon, research in this field has produced as yet a limited number of research studies. This study reviews available research related to defining, assessing, and measuring the problematic Internet use of college students, and examines characteristics related to Internet use for this population. This study utilizes a web-based survey with a randomly selected sample of registered undergraduate and graduate students of the University of Texas at Austin in 2006. The Internet Addiction Test (IAT) (Young, 1998) and the Online Cognition Scale (OCS) (Davis, 2002) were employed to measure aspects of problematic Internet use. Result scores of the Internet Addiction Test (IAT) showed that only 0.8 percent of the respondents were diagnosed as Internet users with significant problems, whereas 28.0 percent were classified with frequent problems. Consolidation of the percentage of respondents with the frequent problems and the significant problems resulted in a total of 28.8 percent presenting with problematic Internet use. A gender difference with regard to problematic Internet use was evident, with male students scoring higher on both the Internet Addiction Test and the Online Cognition Scale. Time spent online for non-academic purpose was positively correlated with problematic Internet use, whereas both age and GPA were negatively correlated with problematic Internet use. The hard science students were more likely to be problematic Internet users than soft science and fine arts

students while freshmen students were more vulnerable to problematic Internet use than graduate students. Overall, the findings of this study support previous research except for Internet applications and services used by college students. The percentage of online chatting users has dramatically jumped from mere 9.1% (Scherer, 1997) to 56.4%. In contrast to this jump, the percentage of Usenet service use has decreased from 36.9% (Scherer, 1997) to 11.7%. Relatively new services such as blog/social networking and file sharing, which were not reported in earlier studies conducted by Scherer (1997) and Young (1996, 1998), have become increasingly popular. It seems that, as network technology is evolving and more services have become available, the trend of Internet use is also changing.

#### **Treating and Preventing Adolescent Mental Health Disorders** Springer Nature

It is increasingly recognised that the internet, in spite of all its benefits to society, can also be correlated with significant harms to individuals and society. Some of these harms have been studied extensively, particularly harms to privacy, harms associated with security and cybercrime, and harms resulting from digital divides. This report covers less studied but equally important harms: harms associated with internet use that concern the health, well-being a functioning of individuals, and the impact on social structures and institutions. The Part I of the study address the issue of the maladaptive use the internet at individual level, including virtual social networks, video games and other potentially addictive types of interactive media content. The three problems which emerged from the study were: generalised internet addiction, online gaming addiction and online gambling addiction. The ultimate aim of the study is to develop concrete policy options to be considered by the EU Institutions and Member States, to mitigate harmful effects of the internet for European citizens.

#### **Internet Addiction Test for Families (IAT-F)** IGI Global

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** Springer

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

*Health and Educational Effects* Academic Press

Overuse of the internet is often characterized as problematic, disruptive, or addictive, with stories frequently claiming that online use interferes with relationships, or that 'excessive' time in front of computer screens is unhealthy. The Multiplicities of Internet Addiction contests the claim that computers - specifically Internet use - are addictive, arguing that use of the Internet is now a form of everyday leisure engaged in by many people in Western society. Offering an analysis of the nature of addiction alongside a detailed empirical study of home computer use, this book will be of interest not only to sociologists of culture and popular culture, but also to scholars of media, ICT and education. *Neuroscience in the 21st Century* Stoelting

In the past, researchers have investigated the concept of Internet use possibly being similar to addictive behaviors in that sub-groups of Internet users may experience negative consequences secondary to Internet use, which could reasonably be considered excessive. Researchers have noted relationships between this type of Internet use, whether it is called Internet addiction or problematic Internet use, and characteristics such as loneliness and depression. It has also been observed that a characteristic common to individuals who approach Internet use in a compulsive

manner is that they spend a great deal of their time online communicating with others. This behavior, in conjunction with the loneliness believed to be relatively common to individuals with problematic Internet use, suggests that these individuals may be perceived as more socially inhibited or less socially adept than their peers. In order to investigate this further, this paper will assess these characteristics; including loneliness, depression, and anxiety related to social interactions, as well as how dating and Internet use patterns relate to problematic Internet use. This paper will also detail the findings from viewing individuals with problematic Internet use in an opposite-sex role-play situation, and comparing the observations to their peers who report non-problematic Internet use.

*Internet and Smartphone Use-Related Addiction Health Problems* Springer

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.

*What We Know and What We Don't Know* Springer

"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

**Neuroscientific Approaches and Therapeutical Implications Including Smartphone Addiction** John Wiley & Sons

"This book provides an academically oriented and scientifically based description of how technological advances may have contributed to a wide range of mental health outcomes, covering the spectrum from problems and maladies to improved and expanded healthcare services"--

*Your Guide to E-health* Routledge

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. *Psychological and Social Implications Surrounding Internet and Gaming Addiction* John Wiley & Sons  
Current knowledge about effective internet addiction treatment is limited. This book explores how 20 international internet addiction therapy experts experience the presenting problem of internet addiction in psychotherapy.  
*Internet Addiction* IGI Global

This study examines cognitive performance of heavy recreational Internet users across three executive function tasks - the Iowa Gambling Task, Wisconsin Card Sort Task, and the Go/No-go Task - in order to determine whether heavier Internet use is associated with executive dysfunction. These findings are then evaluated in a final discussion chapter. The results of this work establish Internet addiction as a unique expression of the addiction syndrome, both similar to and distinct from both other behavioral addictions and substance-related disorders.

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